

The Centre Newsletter



What's coming up in October:

Join us for an evening of stories and learning about local flower farms on October 5 for our Flower Farm Panel, admission is free and this event is funded by the Together CK Municipal grant.

Our featured artist John Williams is teaching an intuitive art class on October 7. Tanya is starting a new beginner Tai Chi class on Tuesday evenings, and it all kicks off with an open house on October 13. Judith Fayter is teaching an Introduction to Family History Course.

Get creative making Neurographic Art with Carri McCoy, Leaf Painting with Lisa Hiles, and a special Memory Collage for Remembrance Day with Krista.

And of course, we're hosting our very first Halloween Hoedown on October 30 that we're boot scootin' boogie'n excited for. Tickets are already 30% sold!

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[Click here to view the October calendar](#)

September Recap

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We welcomed back Chair Fitness with Osie and she also started a new 50/50 workout on Saturdays. Liz and Amy taught a new card making technique, paper quilling and it recieved rave reviews.

We enjoyed a delicious lasanga luncheon, celebrated our first member of the month (congratulations Kathleen), hosted a stitch & create sewing workshop, painted citrus in watercolour, and got into the fall spirit painting goldenrods and aster.



New - Member of the Month

Nominate a member who helps or inspires others, makes the Centre a welcoming and friendly place, or has contributed in a meaningful way.

Get your nomination form at the front desk!



Congratulations! Kathleen Tye - Member of the Month

Thank you for being such a dedicated volunteer. You make the best coffee and tea, you're always on top of things and reminding us when things need to be taken care of in the kitchen or lounge area.

Kathleen has contributed 13 years of service volunteering at the Centre to date!

Congratulations to Liz McDonald, who received the Older Adult Centres' Association of Ontario (OACAO), Volunteer Award of Merit!

Liz was nominated and awarded the Volunteer Award of Merit, which recognizes volunteers who are making a significant impact on the lives of older adults in their community.

The award committee noted that “there were many notable nominees this year, and Liz was an exceptional choice”.

Liz volunteers at the Centre in a number of capacities, helping behind the scenes with the Centre's bookkeeping and on the Financial Management Committee, volunteering at the front desk and on our Bingo team. Liz was an integral part of the team that successfully rebuilt the centre to its current thriving state. She also regularly bakes homemade desserts for members to enjoy and shares her creative talents by facilitating and instructing popular iris folding and embroidered card-making and craft sessions.

“Liz has helped to create the welcoming, caring, and communal spirit that defines our Centre.” - Krista Kankula, Manager

"Liz has a remarkable gift for making everyone feel like they belong. Her countless contributions have helped shape the welcoming, supportive, and vibrant community that makes our Centre so special." - Alison Rae, Activities Coordinator



Closure Notice:

The Centre will be closed on Saturday, October 10 and Monday, October 12 for Thanksgiving!

Happy Thanksgiving everyone!

Coming back to the Centre after being away for the summer?

Pick up your new member/sign in card at the front desk!



Rally, smash, play.

Gather your friends for some Pickleball & Badminton fun!



Drop in and join us for some fun on the courts.

\$3 for members, \$6 for non-members.

We have paddles and raquets for you to use.

Want to participate in activities without having to pay each time you come to the Centre?

Here are two options available to members that make checking in easier:

1) Add money to your “wallet”

In our new check in system, each member has what is called a “wallet”. You can add any amount of money to your wallet via cash, debit, or credit at the front desk. You can then use your wallet to pay for activities, lunch tickets, art classes, your membership renewal, foot clinic appointments - anything you need to pay for at the Centre.

You can also add funds to your wallet online via My Active Center. You can create an account and then go to the cart/check out icon to add funds to your wallet. If you have questions, ask a staff member or a front desk volunteer and we'll be happy to assist you. CeCe is teaching a class on how to sign up for and use my active Center on October 22, [click here](#) or visit the front desk to sign up for this free class.

2) Purchase Unlimited Participations - Available for 3, 6 or 12 months

If you regularly participate in multiple activities at the Centre, our unlimited participation passes may be a great fit for you (and save you money). This enables you to participate in an unlimited number of our regular \$3 activities for a set time frame. Call or visit the Centre for more information and to purchase yours. You can also purchase your unlimited pass on My Active Center

3 months - \$75.00

6 months - \$150.00

12 months - \$300

Sign up for activities, purchase your lunch or Halloween Hoedown tickets online via My Active Center. Here's how to get to our my active center:

1) Click on this link:

<https://myactivecenter.com/activities/6077:1>

2) Click on the register here icon (you'll also see this icon throughout the newsletter)

REGISTER HERE



3) Scan the QR code

Art Wall - Featured Artist: John Williams

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John Williams, Ojibway artist from Amjiwnaang First Nation, Sarnia, Ontario, Canada. He was born in December of 1973.

His artwork is mainly focused on native culture in their daily lives, customs, & beliefs, dreams and legends. He paints in acrylics and also works with graphite and ink.

We encourage you to visit the Centre and see John's beautiful works of art for yourself. John is teaching a class on October 7 and [you can sign up for that here](#). John is also selling a selection of art prints, cards, and calendars at the Centre.

Thank you to Volunteer Carri McCoy for your ongoing support coordinating and organizing the art wall.



Teacher Judith Fayter



Tell us a little bit about yourself:

I have lived in Ridgetown for almost twenty years, and would not want to live anywhere else. After retiring as minister at Erie Street United Church, I have enjoyed my garden, my friends, and getting lost in genealogical studies and searches.

What activities do you enjoy most at The Centre?

I enjoy teaching Family History, and helping to plan special events. I have done some physical fitness classes and plan to do more. I enjoy being part of the marketing/communication committee.

What is your favourite thing about The Centre?

I love the facility, the variety of people who come here, and the extensive programs offered.

What is something interesting we might not know about you?

Once upon a time, I worked for the New Massey Hall Project before it became Roy Thomson Hall, and was in on all the planning, development, and amenities. It was a fascinating time of learning.

What motivates you to participate and be involved at The Centre?

The Centre is an important part of making Ridgetown a lively community and provides opportunities for people of many ages and backgrounds to participate and belong. Belonging and community are very important values to me.

Who is your role model (dead or alive) and why?

My Mom and Dad; always have been. Love, curiosity, importance of learning, standing with the underdog, living with kindness; all the important things in life I learned from them.

What constitutes the perfect day for you?

I'm perfectly happy being retired. Slow start to the day, enjoying good coffee, researching some family history for someone, talking to a friend.

October - New Activities, Workshops, & Events

Art Collective

Thursday, October 1 at 5:30-8:30 pm



Join our monthly Art Collective led by Carri McCoy, where visual artists of all levels come together to work on projects, share inspiration, and connect with fellow creatives.

Bring your own art supplies and work on a new or ongoing piece. Beginners welcome. Please avoid bringing spirit-based oils, spray paints, or aerosols.

Drop in and join us. \$3 for members & \$6 for non-members.

Behind the Blooms - Flower Farm Speaker Panel

Monday, October 5 at 7 pm

Together **CK** 

Join us for an evening of stories and learning about local flower farms. Hear how local growers got started, their experiences growing and selling flowers, and what it takes to bring beautiful blooms from farm to community.

Hear from these local flower farmers:

- Hat Trick Farms
- Christine's Flower Farm
- Talbot Trail Flower Farms

This is a free presentation. Drop in. Open to members & public. Light refreshments will be provided. This event is funded by the Together CK Municipal grant.



Intro to Family History Course

Wednesday, October 7, 14, 21 & 28 at 10:00 am



This introductory 4-week course will cover the essential aspects of researching and determining your family tree. We will look at birth, baptism, marriage and death records; census records; military records, court and will records. You will become familiar with using online databases and websites, both paid and free, and learn how to prepare your own Pedigree Chart and family tree.



This course is interactive, allowing participants to begin their searches as we discuss the various records. Bring a tablet or laptop with you if you have one.

The instructor is Judith Fayter, Certified Genealogist. \$3 for members/class & \$6 for non-members/class.

Sign up at the front desk or on My Active Center

REGISTER HERE



Paint with John Williams

Wednesday, October 7 at 1:00 pm

Join artist John Williams for a meaningful and creative step-by-step intuitive art session inspired by The Feather.

In this approximately 2.5–3 hour acrylic painting class, participants will be guided through the creation of their own 10" × 20" canvas, exploring expressive colour combinations, a flowing floral design, and the warmth and symbolism of the sun.

\$30 for members

\$33 for non-members

REGISTER HERE



Sign up at the front desk or on My Active Center

New: Evening Tai Chi Class for Beginners & Open House

Exciting changes are coming to the Centre with a **new evening Tai Chi class for Beginners**.



Classes will be held on Tuesday evenings with an **Open House on Tuesday, October 13 at 6:00pm**.

Come out and learn about Tai Chi, meet our instructor Tanya and find out about the classes. No previous experience required.

There is no fee for the Open House however advanced sign-up is required. We will be limiting the class size to ensure that everyone has a great experience.

To sign up the Open House see the Front Desk or visit MyActiveCenter.

If you cannot attend the open house and want to participate in the new beginner classes, call or visit the Centre.

REGISTER HERE



Google Maps Made Easy - Thurs. October 15 at 10:00 am

This class introduces participants to the powerful features of Google Maps and how to use them effectively for everyday life. Participants will learn how to navigate both local and international destinations, explore neighborhoods using Street View, and monitor real-time traffic conditions to plan efficient routes. Additional topics include trip planning, saving favorite places, creating custom maps, using public transportation features, and maximizing mobile and desktop tools for travel and daily navigation.

Bring a device with you (laptop, tablet, mobile device)

Instructor CeCe Aers. \$3 for members & \$6 for non-members.

Sign up at the front desk or on My Active Center

REGISTER HERE



October Luncheon

Friday, October 16 at 12:30 pm



Join us for our October Luncheon as we gather together for good food, warm conversation, and wonderful company!

This month, we're serving up a comforting autumn-inspired meal featuring Roast Beef, Mashed Potatoes & Roasted Veggies. Coffee, Tea, Pop & Water, as well as dessert are included.

\$20 per person. Grab your tickets quick so you don't miss this tasty meal!

REGISTER HERE

Purchase your luncheon ticket at the front desk or on My Active Centre



Leaf Painting Workshop

Monday, October 19 at 6:30pm

Create your own beautiful autumn-inspired masterpiece! Using real leaves and paint, you'll explore texture, colour and creativity to create a stunning leafy design on paper.

No experience necessary—just bring your creativity and have some fun!

Instructor Lisa Hiles. \$7 for members & \$10 for non-members.

Sign up at the front desk or on My Active Center



REGISTER HERE

New Sign up Online Training

Thursday, October 22 at 5:30 pm

Want to learn how to sign up for programs from the comfort of your own home? We'll be hosting short training sessions for members, so you can learn how to use the online features to sign up for activities, purchase tickets, and add activity credits from your phone, tablet, laptop, or desktop!

We ask that you sign up in advance at the front desk or on My Active Center, as there is limited spots. There is no fee for this training.



REGISTER HERE

Neurographic Art Workshop

Thursday, October 27 at 6:00 pm

Neurographic Art is an abstract art form that anyone can do. All levels are welcome. You will go home with your completed art work ready for framing! Try out a new way of making art.

Spark your creativity and create for the joy of it!

Instructor Carri McCoy. \$7 for members & \$10 for non-members.



REGISTER HERE

Sign up at the front desk or on My Active Center

Memory Collage for Remembrance Day

Wednesday, October 28 at 1:30 pm



Bring a photo or multiple photos of a veteran(s) or woman who contributed on the home front during the war years and make a personalized collage. If you don't have a photo of a veteran or woman who contributed on the home front, you are still welcome to participate and create a collage in honour of Remembrance Day.

Using layered papers, textures, vintage and poppy embellishments, you'll craft a piece that honours their sacrifices, contributions, and tells their story.

REGISTER HERE

Participants will have the opportunity if they wish, to display their finished piece on our art wall for Remembrance Day. All supplies included. Facilitated by Krista Kankula.

\$7 for members & \$10 for non-members.

Sign up at the front desk or on My Active Center

Digital Legacy Planning

Thursday, October 29 at 1:00 pm

In today's digital world, much of our personal information and memories are stored online — from passwords and emails to social media and banking accounts. But what happens to all of that when we're no longer able to manage it ourselves? Join CeCe Aers for an informational session on understanding and organizing your electronic legacy. Learn how to set up legacy contacts, manage online accounts, and plan for digital access. Participants will receive forms and a take-home folder to help organize important information and record account details — a valuable resource you can continue to add to over time.

Bring a device with you (laptop, tablet, mobile device)

Instructor CeCe Aers. \$3 for members & \$6 for non-members.

Sign up at the front desk or on My Active Center

REGISTER HERE



HALLOWEEN HOEDOWN

Friday, October 30 at 7-10 pm

Tickets \$10/pp includes
light refreshments & snacks | Cash Bar
Ages 19+

The Centre - 40 Erie Street S, Ridgetown

**Members purchase
your tickets here!**



CLICK HERE 

**Public purchase
your tickets here!**



CLICK HERE 

**Tickets also for
sale at the centre**

the
CENTRE 
RIDGETOWN AREA ADULT ACTIVITY CENTRE

Save the Date - Coming to the Centre later this fall

Art Show - Friday, November 13 & Saturday, November 14

It's no secret that we love getting creative and showcasing artists at the Centre. We're excited to be hosting another art show in November. Stay tuned as we'll be sharing details on how artists can submit their work soon. Save the date and we hope to see you there!

Mark your calendar folks, our annual Christmas Bazaar is happening Saturday, November 21 from 9–2!

We have a fantastic lineup of talented artists and makers and a delicious bake sale all under one roof. It will be the perfect spot to get some Christmas shopping done!

Save the date- you won't want to miss it!



Meet new people, learn new skills, & share your experience.

Join our volunteer team!

Front Desk Volunteer

It's a flexible role—choose 1–4 shifts a month, daytime, evening, or Saturdays. A shift is 2–4 hours. You'll receive one-on-one training from our staff, so you feel confident and supported every step of the way. At the front desk, you get to greet members, field questions and inquiries over the phone and in-person, sign up new members, check people in, and process transactions.

NEW Added Perk

Once you've completed your training, for every front desk shift you complete, you'll receive money in your "wallet" that you can use towards activity participations, lunch tickets, art/craft class registration, foot clinic appts, refreshments, future membership renewals or buying an unlimited participation pass.

Why volunteers love this role:

"I enjoy getting to know members by name and welcoming people into the Centre."

"I've met so many new people. It keeps me busy, helps me learn new things, and I really enjoy it."

Interested in joining or want more information?

Call or email Amy, our Events Coordinator at admin@ridgetownadultcentre.com or stop by the front desk next time you're in.

Volunteer Opportunities Cont.

Badminton Host

We're looking for 2 people to "host" our badminton activity. As a host you will help:

- Welcome participants, make introductions and share the basic rules
- Pair people up to play games
- Help with timing games and ensure everyone gets an opportunity to participate
- Set up and take down the nets and put equipment away
- Encourage people to keep coming back to play and have fun

As a host you can still participate in the fun and play badminton. We will give you all of the instructions and support to make this role easy to do and enjoyable.

For more information, contact to Alison or pop by the Centre to chat with her.
email: programs@ridgetownadultcentre.com



Bingo Team Member

The Centre participates in the Riverview Gaming Centre's Charitable Gaming Program. It's a great fundraising opportunity for The Centre.

We're looking for members who are available to volunteer for a couple of hours, 3 to 4 times a year. To support you in this role you'll start by completing a 30-minute online training. After that your first shift is a training shift, so you can learn and feel confident in your volunteer role!

Call or email Krista at manager@ridgetownadultcentre.com if you're interested in learning more about this role.

About The Centre

Join us at the Centre for exercise, fun, & friendship

We believe that time spent with friends doing fun activities keeps you strong in mind, body and spirit and is one of the true joys of life. Membership is open to adults 30 years of age and up.

Membership is valid for one year.

Standard membership is \$30 | Associate membership is \$15

Are you an existing member of another CK Adult Activity Centre?
Show proof of membership to become an associate member!

Visit the Centre to learn more and tour our facility or sign up online to become a member at ridgetownadultcentre.com/become-a-member

To learn more about volunteering, upcoming activities or to sign up for special events and classes, visit us in person or contact us at:

Phone: 519-674-5126

Email: centre@ridgetownadultcentre.com

Sign up online: <https://myactivecenter.com/activities/6077:1>

Stay up to date and keep in touch with us on social media:

facebook.com/TheAdultActivityCentre/

instagram.com/ridgetownadultactivitycentre/

