

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To learn more or sign up: Call us at 519-674-5126, email: programs@ridgetownadultcentre.com or visit us in person! Sign up online via My Active Center, click here or scan the QR code. To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.				1. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Art Collective 5:30pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	2. Walk it off 9:00 am Advanced Tai Chi 10:00 am [class full] Review: Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn New Card Games 2:00pm Badminton 2:30pm Restorative Yoga 6:00pm*	3. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am 50/50 Workout with Osie 11:05am
4.	5. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Pepper 6:00 pm Dungeons and Dragons 6:00pm Pickleball 7:00pm at RDHS Flower Farm Speaker Panel 7:00pm*	6. Walk it off 9:00 am Card Making 11:00am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	7. Walk it off 9:00 am Chair Essentrics 9:00am Intro to Family History Course 10:00am* (4-week class) VON Chair Exercise 11:00 am Men’s Walk it Off 1:00 pm Paint with John Williams 1:00pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm Footcare Clinic-call for appt.*	8. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	9. Walk it off 9:00 am Advanced Tai Chi 10:00 am [class full] Review: Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn New Card Games 2:00pm Badminton 2:30pm Restorative Yoga 6:00pm*	10. The Centre is CLOSED for Thanksgiving weekend!
11.	12. The Centre is CLOSED for Thanksgiving Day!	13. Walk it off 9:00 am Card Making 11:00am CK 55+ Duplicate Bridge 1:00pm* Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm NEW! Beginners Tai Chi Open House 6:00pm* (must sign up in advance) The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	14. Walk it off 9:00 am Chair Essentrics 9:00am Intro to Family History Course 10:00am* (4-week class) VON Chair Exercise 11:00 am Men’s Walk it Off 1:00 pm Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm	15. Walk it off 9:00 am Google Maps Made Easy 10:00am* Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	16. Walk it off 9:00 am Advanced Tai Chi 10:00 am [class full] Review: Beginners Tai Chi 11:00 am [class full] October Luncheon 12:30pm* Po-Ke-No 1:00 pm Learn New Card Games 2:00pm Badminton 2:30pm Restorative Yoga 6:00pm*	17. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am 50/50 Workout with Osie 11:05am
18.	19. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Pepper 6:00 pm Dungeons and Dragons 6:00pm Leaf Painting Workshop 6:30pm* Pickleball 7:00pm at RDHS Nature Photography Group 7:00pm	20. Walk it off 9:00 am Card Making 11:00am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm NEW! Beginners Tai Chi 6:00pm* (must sign up in advance) The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	21. Walk it off 9:00 am Chair Essentrics 9:00am Intro to Family History Course 10:00am* (4-week class) VON Chair Exercise 11:00 am Men’s Walk it Off 1:00 pm Book Club at 1:00 pm Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm Footcare Clinic-call for appt.*	22. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm New Sign Up Online Training 5:30pm* Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	23. Walk it off 9:00 am Advanced Tai Chi 10:00 am [class full] Review: Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn New Card Games 2:00pm Badminton 2:30pm Restorative Yoga 6:00pm*	24. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am 50/50 Workout with Osie 11:05am
25.	26. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Pepper 6:00 pm Pickleball 7:00pm at RDHS	27. Walk it off 9:00 am Card Making 11:00am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Neurographic Art Workshop 6:00pm* Mahjong 6:00pm NEW! Beginners Tai Chi 6:00pm* (must sign up in advance) The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	28. Walk it off 9:00 am Chair Essentrics 9:00am Intro to Family History Course 10:00am* (4-week class) VON Chair Exercise 11:00 am Men’s Walk it Off 1:00 pm Memory Collage for Remembrance Day 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm	29. Walk it off 9:00 am Digital Legacy Planning 10:00am* Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	30. Walk it off 9:00 am Advanced Tai Chi 10:00 am [class full] Review: Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn New Card Games 2:00pm Badminton 2:30pm Halloween Hoedown 7:00pm*	31. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am 50/50 Workout with Osie 11:05am

October 2026



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Puzzle Library

Please stop by the Centre, and check out our puzzle library! Feel free to take a puzzle, or even bring in your own!

Flower Farm Speaker Panel— Monday, October 5 at 7pm

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.

Light refreshments will be provided. This event is funded by the Together CK Municipal grant.

Join us for engaging activities, exercise, fun and friendship

Membership is open to adults ages 30 and up!

Ph. 519-674-5126

email: programs@ridgetownadultcentre.com

website: Ridgetownadultcentre.com

A note about activity & event sign ups:

If an activity or an event requires advance sign up, booking, or a ticket purchase we put an asterisk (*) beside that activity on our calendar.

All of our other activities are drop-in unless otherwise specified.

Closure Notice:

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

Happy Thanksgiving everyone!

Have an Idea? We'd Love to Hear It!

Would you like to see new programs added to the Centre's calendar?

We're always looking for fresh ideas and exciting activities to offer our community. If there's a class, workshop, or program you'd love to see, please chat with Alison, our Activities Coordinator, and share your suggestions.

Your ideas help shape what we do!

Activity & Memberships Fees

1 Year Standard Membership - \$30.00

1 yr. Associate Membership - \$15.00

Are you an existing member of another Chatham-Kent adult centre? Show proof of membership to become an associate member with us!

Regular Activity Participation Fees:

Members & Associate Members - \$3.00

Non-members - \$6.00

3 month unlimited—\$75.00

6 month unlimited—\$150.00

Unlimited for one year—\$300.00

Foot Clinic Appts

Members & Associate Members —\$20

Non-members—\$30

Accepted payment methods: cash, debit or credit. As a not-for-profit organization, we appreciate and encourage cash and debit transactions.

Get access to Ancestry

Ancestry—\$25 for members & associate members (access for one year)

This gives you access to a World Deluxe membership which includes access to all records (Canadian and international) on Ancestry.

Sign up at the front desk!

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Art Collective—Thursday, October 1 at 5:30-8:30pm

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.

Intro to Family History Course—Wednesday, October 7, 14, 21 & 28 at 10:00am

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.

Paint with John Williams—Wednesday, October 7 at 1:00pm

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.

We're growing Tai Chi!

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 register for the Open House, see the Front Desk or visit MyActiveCenter.

Google Maps Made Easy—Thursday, October 15 at 10:00am

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.

October Luncheon—Friday, October 16 at 12:30pm

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. Catered by Yeck's Smokehouse.

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!

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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.

New Sign Up Online Training—Thursday, October 22 at 5:30pm

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, as there is limited spots. There is no fee for this training.

Neurographic Art Workshop—Tuesday, October 27 at 6:00pm

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.

Memory Collage for Remembrance Day—Wednesday, October 28 at 1:30pm

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.

Participants will have the opportunity if they wish, to display their finished piece on our art wall for Remembrance Day. **All supplies included. \$7 for members & \$10 for non-members.**

Digital Legacy Planning—Thursday, October 29 at 10:00am

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.

Halloween Hoedown—Friday, October 30 at 7:00pm

Howdy! Join us for our very first Halloween Hoedown! Dress in your best costume or western outfit.

Tickets are \$10 per person, and includes light refreshments. There will be a cash bar available.

This is open to members & public. Adults ages 19+ only.

See y'all there!