

The Centre Newsletter



Coming up in November:

November at the Centre will begin with honouring and remembering our Veterans. Our art wall will be filled with poppies and photos of veterans. We invite you to bring in photos of family members or friends who have served so we can reflect on and remember their contributions and sacrifices. Our wall will be ready for viewing from November 3-11.

We're excited to be opening our doors and welcoming in the community for our art show on Nov. 13-14 and our Christmas Bazaar and Bake Sale on Nov. 21.

This month's luncheon will feature a delicious array of pasta dishes from Mama Maria's.

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Coming in November cont.

If you want to learn new things we encourage you to check out our Military Records, Bridge Lessons with Lee, Exploring Your Library, Bachata Dance Lessons, and Google Gemini AI classes. If you're looking to get creative be sure to check out our Rope Bowls, Coffee Filter Poppy, Pinecone Wreath, water colour poppy classes and sewing workshop.

And if you're reading this and thinking, but wait, October isn't even over yet, you're right. This week we have Neurographic Art and Remembrance Day Memory Collage classes, a Digital Legacy Planning class with CeCe, and our very first Halloween Hoedown.

Whether you're coming to the Centre to get active, make friends, get creative, support your well-being, or get involved, you (and us) will be glad you came. See you soon!



October Recap

We learned all about growing tulips from Lynne Warner of Hat Trick Farms and a variety of flowers from Christine Gosnell of Christine's Flower farm. If you attended, you'll probably never look at a bouquet again without appreciating all the effort that went into the beautiful blooms. Indigenous artist John Williams taught a class and participants created beautiful feather art. We hosted the CK 55+ Bridge Tournament, Tanya's new beginner Tai chi classes started with a full group, and we enjoyed getting together for a yummy roast beef lunch from Yeck's.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Walk it off 9:00am Chair Yoga with Tanya 9:30am VON Char Exercise 11:00am Social Card Games 1:00pm Practce Tai Chi 2:00pm Floor Yoga 5:30pm Pepper 6:00pm Dungeons & Dragons 6:00pm Pickleball 7:00pm at RDHS	3 Walk it off 9:00am Card Making 11:00am Mobile Care Bus Vaccine Clinic 1-3pm Duplicate Bridge 1:00pm Sewing, Knitting & Crochet 1:00pm Po-Ke-No 1:00pm Mahjong 6:00pm Beginners Tai Chi 6:00pm [full] The Stitch Exchange 6:30pm Line Dancing 7:00pm	4 Walk it off 9:00am Chair Essentrics 9:00am VON Chair Exercise 11:00am Men's Walk it off 1:00pm Bridge for Beginners 1:00pm Coffee Filter Poppies 1:30pm* Chair Yoga with Lisa 5:30pm 20/20/20 Workout 6:00pm Bachata Dance Lessons 7:00pm* Badminton 7:00pm Footcare Clinic- call for appt.*	5 Walk it off 9:00am Line Dancing 11:00am Pilates 11:30am Floor Essentrics 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Art Collective 5:30pm Floor Yoga 5:30pm Chair Fitness with Osie 6:00pm Guided Yoga Nidra 6:45pm	6 Walk it off 9:00am Advanced Tai Chi 10:00am [full] Review: Beginners Tai Chi 11:00am [full] VON Chair Exercise 11:15am Po-Ke-No 1:00pm Poppy Watercolour Class 1:30pm* Learn New Card Games 2:00pm Restorative Yoga 6:00pm*	7 Chair Yoga with Lisa 10:00am Core & Sculpting 10:00am 50/50 Workout with Osie 11:05am
8	9 Walk it off 9:00am Chair Yoga with Tanya 9:30am VON Char Exercise 11:00am Social Card Games 1:00pm Practce Tai Chi 2:00pm Rope Bowls Workshop with Mary 5:00pm* Floor Yoga 5:30pm Pepper 6:00pm Pickleball 7:00pm at RDHS	10 Walk it off 9:00am Military Records Class 10:00am* Duplicate Bridge 1:00pm Sewing, Knitting & Crochet 1:00pm Po-Ke-No 1:00pm Mahjong 6:00pm Beginners Tai Chi 6:00pm [full] The Stitch Exchange 6:30pm Line Dancing 7:00pm	11 Remembrance Day - Centre is closed from 8:30am-1:00pm Men's Walk it off 1:00pm Bridge for Beginners 1:00pm Chair Yoga with Lisa 5:30pm 20/20/20 Workout 6:00pm Bachata Dance Lessons 7:00pm* Badminton 7:00pm	12 Walk it off 9:00am Exploring your Library 10:00am* Line Dancing 11:00am Pilates 11:30am Floor Essentrics 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30pm Chair Fitness with Osie 6:00pm Guided Yoga Nidra 6:45pm	13 Walk it off 9:00am Advanced Tai Chi 10:00am [full] Review: Beginners Tai Chi 11:00am [full] VON Chair Exercise 11:15am Po-Ke-No 1:00pm Learn New Card Games 2:00pm Art Show: Art in our Community 5:00pm to 9:00pm Free to attend. Open to all.	14 Art Show: Art in our Community 10:00am to 2:00pm Free to attend. Open to all. All classes cancelled this morning.
15	16 Walk it off 9:00am Chair Yoga with Tanya 9:30am Bridge Lessons with Lee 10:00am* VON Char Exercise 11:00am Social Card Games 1:00pm Practce Tai Chi 2:00pm Floor Yoga 5:30pm Natural Pinecone Wreath Workshop 6:00pm* Pepper 6:00pm Dungeons & Dragons 6:00pm Pickleball 7:00pm at RDHS Nature Photography Group 7:00pm	17 Walk it off 9:00am Card Making 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet 1:00pm Po-Ke-No 1:00pm Mahjong 6:00pm Beginners Tai Chi 6:00pm [full] The Stitch Exchange 6:30pm Line Dancing 7:00pm	18 Walk it off 9:00am Chair Essentrics 9:00am VON Chair Exercise 11:00am Men's Walk it off 1:00pm Bridge for Beginners 1:00pm Book Club 1:00pm Chair Yoga with Lisa 5:30pm 20/20/20 Workout 6:00pm Bachata Dance Lessons 7:00pm* Badminton 7:00pm Footcare Clinic- call for appt.*	19 Walk it off 9:00am Discover Google Gemini: Your Guide to Everyday AI 10:00am* Line Dancing 11:00am Pilates 11:30am Floor Essentrics 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30pm Chair Fitness with Osie 6:00pm Guided Yoga Nidra 6:45pm	20 Walk it off 9:00am Advanced Tai Chi 10:00am [full] Review: Beginners Tai Chi 11:00am [full] November Luncheon 12:30pm* Po-Ke-No 1:00pm Learn New Card Games 2:00pm	21 Christmas Bazaar & Bake Sale 9:00am to 2:00pm Free to attend. Open to all. All classes cancelled this morning.
22 Rest & Restore 4:00-6:00pm*	23 Walk it off 9:00am Mobile Care Bus 9:30am-3:00pm Chair Yoga with Tanya 9:30am VON Char Exercise 11:00am Social Card Games 1:00pm Sewing Workshop with Mary 1:00pm* Practce Tai Chi 2:00pm Floor Yoga 5:30pm Watercolour Holiday Cards 6:30pm* Pepper 6:00pm Pickleball 7:00pm at RDHS	24 Walk it off 9:00am Card Making 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet 1:00pm Po-Ke-No 1:00pm Mahjong 6:00pm Beginners Tai Chi 6:00pm [full] The Stitch Exchange 6:30pm Line Dancing 7:00pm	25 Walk it off 9:00am Chair Essentrics 9:00am VON Chair Exercise 11:00am Men's Walk it off 1:00pm Bridge for Beginners 1:00pm Chair Yoga with Lisa 5:30pm 20/20/20 Workout 6:00pm Bachata Dance Lessons 7:00pm* Badminton 7:00pm	26 Walk it off 9:00am Line Dancing 11:00am Pilates 11:30am Floor Essentrics 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Falls Prevention Presentaion 5:00pm* Floor Yoga 5:30pm Chair Fitness with Osie 6:00pm Guided Yoga Nidra 6:45pm	27 Walk it off 9:00am Advanced Tai Chi 10:00am [full] Review: Beginners Tai Chi 11:00am [full] VON Chair Exercise 11:15am Po-Ke-No 1:00pm Learn New Card Games 2:00pm Restorative Yoga 6:00pm*	28 Chair Yoga with Lisa 10:00am Core & Sculpting 10:00am 50/50 Workout with Osie 11:05am
29	30 Walk it off 9:00am Chair Yoga with Tanya 9:30am VON Char Exercise 11:00am Social Card Games 1:00pm Practce Tai Chi 2:00pm Floor Yoga 5:30pm Fabric Tree Art 6:00pm* Pepper 6:00pm Dungeons & Dragons 6:00pm Pickleball 7:00pm at RDHS	To learn more or sign up call us at 519-674-5126, email programs@ridgetownadultcentre.com or visit us person! To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required. All other activities are drop-in unless otherwise specified.				



Member of the month:



Joyce Campbell

After many years of leading our card making group, Joyce is “passing the scissors”. Joyce has been involved at the Centre since 2008. She also leads our Po-Ke-No activity and is an active and enthusiastic line dancer. She’s an inspiration and reminder that having fun and dancing throughout life is essential!

Nominate a member for 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! Nomination forms are reviewed monthly at the Board of Directors meeting.

Closure Notice:

The Centre will be closed on Wednesday, October 28, all programming is cancelled that day.

The Centre will be closed for the morning on Wednesday, November 11. We are doing this in honour of Remembrance Day and to allow members and volunteers to attend and participate in ceremonies.

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)

3) Scan the QR code

REGISTER HERE



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

Remembrance Day - Call for photos

We invite you to bring in photos of family members or friends who served in the armed forces so we can help keep their memories and stories alive.

If you have a photo you would like to share, please bring it to The Centre. If possible, include their name and any details or memories you would like us to know about them.

We invite the community to come view our Remembrance Day display starting November 3 through to November 11.



Memory Collage for Remembrance Day

NEW DATE: Thursday, October 29 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.

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.



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.

Sign up at the front desk or on My Active Center



REGISTER HERE



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.

REGISTER HERE



The poster has a decorative border with a large bow at the top center, two bats in the top corners, and two ghosts wearing cowboy hats on the left and right sides. A globe with stars is hanging from the bow.

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



November - New Activities, Events, & Classes



CK Mobile Care Bus Vaccine Clinic Tuesday, November 3 from 1-3pm

Get your FREE flu and COVID-19 vaccines with MobileCare Chatham-Kent! No health card or appointment required. Please note on Vaccine Clinic dates regular services are unavailable. In the event of a service disruption, they will post an update on social media [@mobilecareck](#).

[Click here to learn more about the mobile care clinic](#)



New Activity: Bridge for Beginners Wednesdays at 1 pm Starting November 4

We're excited to be starting Bridge for Beginners, which is sometimes referred to as social or kitchen bridge. This is open to anyone who is wanting to learn how to play bridge and anyone who is a beginner bridge player and wants more experience.

Drop in and join us!

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



Bachata Dance Lessons

**Wednesday, November 4, 11, 18 & 25
at 7pm**

Ready to dance? Join us for a fun, beginner-friendly introduction to Bachata, a popular Latin dance! Over 4 weeks, we'll learn the basic steps & movements in a fun & relaxed setting with instructor Michelle Kraus.

REGISTER HERE



Bring a partner if possible, however we can accommodate singles as well. Wearing shoes with a smooth sole is recommended, but not necessary.

\$3 for members/class & \$6 for non-members/class.

Sign up at the front desk or on My Active Center



Coffee Filter Poppies

Wednesday, November 4 at 1:30pm

Join us for an afternoon of creativity as we make poppies to help decorate and display in recognition of Remembrance Day and to honour the brave men and women who have served our country.

Get creative, socialize with friends, and enjoy a relaxing afternoon of crafting while we remember and reflect together.

REGISTER HERE



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

Sign up at the front desk or on My Active Center

Art Collective

Thursday, November 5 from 5:30-8:30 pm

The Artist Collective is a monthly creative hangout where visual artists of all experience levels can come work on their projects at their own pace. Drop in anytime between 5:30 and 8:30 pm, spread out your supplies, and get lost in your art. It's a relaxed space to connect with other makers, swap ideas, spark inspiration, and just enjoy creating together.

Hosted by Carri McCoy

\$3 for members & \$6 for non-members

Drop in and join us



Poppy Watercolour Class- Friday, November 6 at 1:30pm

Join us for a relaxing and creative afternoon as we paint beautiful watercolour poppies in honour of Remembrance Day.

Whether you're picking up a paintbrush for the first time or have some painting experience, this beginner-friendly class will guide you through creating your own lovely poppy artwork. Enjoy exploring watercolours, learning simple techniques, and expressing your creativity in a welcoming and supportive environment.

Instructor Carri McCoy

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

Sign up at the front desk or on My Active Center



REGISTER HERE



Rope Bowls Workshop - Monday, November 9 at 5:00pm

Get creative with us! Join us for a fun and relaxing afternoon as we learn to make our own colourful rope bowls. Using rope and your choice of colours, you'll create a unique, handmade bowl that's both beautiful and practical. Whether you use it to hold small treasures, keep your space organized, or simply display it as a decorative piece, your finished creation will be one of a kind! No experience is necessary, and all supplies will be provided. **Please bring: Your own sewing machine and basic sewing supplies.**

Instructor Mary Hill

\$15 for members & \$18 for non-members

Sign up at the front desk or on My Active Center



REGISTER HERE



Military Records Class- Tuesday, November 10 at 10:00am

Military records can help you extend your family tree, learn more about your ancestors, and even help you with research roadblocks. They are a wealth of information, and many detailed records are available, from the late 1700s to World War II.

During this class, you will learn: how to access, read and understand military records, about the variety of records available and the information they contain

Instructor, Certified Genealogist, Judith Fayter
\$3 for members & \$6 for non-members

Sign up at the front desk or on My Active Center

ATTESTATION PAPER. No. 2351
Folio.

CANADIAN OVER-SEAS EXPEDITIONARY FORCE.

QUESTIONS TO BE PUT BEFORE ATTESTATION.
(ANSWERS.)

What is your surname?	Bellamy.
What are your Christian names?	Alexander Crombie.
What is your present address?	Humboldt, Sask.
What Town, Township or Parish, and in what Country were you born?	Cannington, Ontario.
What is the name of your next-of-kin?	George H. Bellamy.
What is the address of your next-of-kin?	Box 384 Humboldt, Sask.
What is the relationship of your next-of-kin?	Father.
What is the date of your birth?	Sept. 1st 1898
What is your Trade or Calling?	Farmer.
Are you married?	No.
Are you willing to be vaccinated or re-vaccinated and inoculated?	Yes.
Do you now belong to the Active Militia?	No.
Have you ever served in any Military Force? (If so, state particulars of former service.)	No.
Do you understand the nature and terms of your engagement?	Yes.
Are you willing to be attested to serve in the (CANADIAN OVER-SEAS EXPEDITIONARY FORCE?)	Yes.

DECLARATION TO BE MADE BY MAN ON ATTESTATION.

REGISTER HERE



Exploring your Library- Thursday, November 12 at 10:00am

Discover everything your library has to offer! Join us for a friendly, hands-on introduction to the library's online resources and services. Learn how to search the library catalogue, place holds on books and other materials, explore digital collections, stream movies and documentaries through Kanopy, and discover other tools available with your library card. Whether you're new to the library or simply want to get more out of your membership, this class will help you make the most of your library—both online and in person!

Instructor CeCe Aers

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

REGISTER HERE



Sign up at the front desk or on My Active Center

Bridge Lessons with Lee Monday, November 16 at 10:00 am

REGISTER HERE



Experienced bridge players are invited to join us for fun and interesting lessons with Lee Daugharty. Learn how to improve your bridge game.

\$3 for members & \$3 for non-members. Advanced sign up required.

Sign up at the front desk or on My Active Center

Nature Photography Group Monday, November 16 at 7:00 pm

The Nature Photography Group can teach you how to take exquisite shots of wildlife, flowers, and natural landscapes. All experience levels are welcome, whether you have a point and shoot, DSLR, or mirrorless camera, you are invited to participate.

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

Calling all CK Artists: Submit Your Art

The Centre is hosting a pop-up art show celebrating art in our community and the unique, diverse, and shared stories of Chatham-Kent.

We invite artists to submit their work to our upcoming art show. This is a great opportunity to share your creativity, connect with other artists, and have your work seen by the community. We welcome artists of all experience levels and encourage you to submit your original pieces for display.

SCAN TO
SUBMIT
YOUR ART



Opening Weekend

Nov. 13 5:00-9:00 pm

Nov. 14 10:00 am-2:00 pm



 **40 ERIE ST S.
RIDGETOWN, ON**

The word 'ART' is rendered in a large, bold, serif font. The letter 'A' is stylized with multiple concentric, wavy lines to its left. Below 'ART', the words 'IN OUR' and 'COMMUNITY' are stacked in a bold, sans-serif font.

Natural Pinecone Wreath Workshop - Monday, November 16 at 6:00pm

Get into the holiday spirit by creating a beautiful, natural pinecone wreath to decorate your home this Christmas!

Using pinecones and nature-inspired accents, you'll design a rustic, woodland-style wreath with beautiful textures and festive details. Embrace the natural browns and earthy tones, or add touches of white, gold, and silver for a little extra sparkle.

Enjoy a relaxing, creative time while making a unique, handmade wreath that you'll be proud to hang on your door or display in your home throughout the holiday season!

Instructor Lisa Hiles

\$15 for members & \$18 for non-members.

Sign up at the front desk or on My Active Center



REGISTER HERE



Discover Google Gemini: Your Guide to Everyday AI - Thursday, November 19 at 10:00am

Curious about AI and what it can do for you? Join us for an in-depth, hands-on introduction to Google Gemini! This class will give you more time to explore Gemini's features and discover how it can help with everyday tasks. Learn how to write effective prompts, brainstorm ideas, summarize information, plan projects, get help with writing, and explore creative possibilities. We'll also discuss tips for using AI responsibly, recognizing its limitations, and checking the accuracy of its responses. Whether you're new to AI or ready to explore beyond the basics, you'll leave with practical skills and ideas to start using Gemini with confidence!

Instructor CeCe Aers

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

Sign up at the front desk or on My Active Center

REGISTER HERE



November Luncheon - Friday, November 20 at 12:30pm

Join us for our November Luncheon and enjoy a delicious meal catered by Mamma Maria's! Our menu will feature three varieties of pasta, fresh house salad, and soft, delicious buns. Dessert will be cupcakes, made by Liz McDonald.

Coffee, tea, pop & water are all included.

Tickets are \$20/pp. Buy yours before they are gone!

**Get tickets at the front desk or
on My Active Center**



REGISTER HERE



Rest & Restore - Sunday, November 22 at 4-6pm

Take a little extra time for yourself with this extended Restorative Yoga experience. Building on our regular one-hour class, this special two-hour pop-up offers more time to slow down, settle in, and fully embrace the art of rest.

Through gentle, fully supported poses, mindful breathing, and moments of stillness, you'll be invited to release tension, quiet the mind, and reconnect with your body. With extra time to relax into each pose, there's no rush—just space to breathe, soften, and allow yourself to be present.

Instructor Tanya Ulliyatt

Sign up in advance. \$3 for members & \$6 for non-members.

Sign up at the front desk or on My Active Center

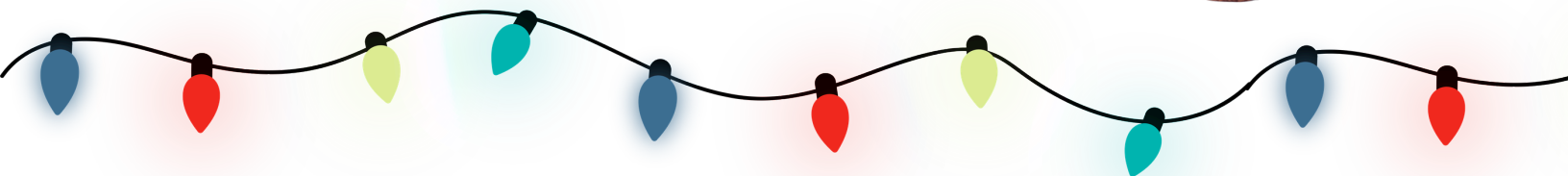


REGISTER HERE



Will you bake us something sweet?

We're having a bake sale at our Christmas Bazaar on November 21st as part of our fundraiser for the Centre. We're asking if you could possibly donate a baked good(s) for our table. It will be greatly appreciated!



To ensure our bake sale is safe and successful, we need to follow these Public Health guidelines:

1. Fancy loaves, squares, cookies, butter tarts, preserves, fudge, muffins, hard candy etc. would be allowed (basically, all baked sweets!)
2. Certain foods, ie. Whipped cream, cream fillers, cream cheese, cheese, soups, baked beans, fresh custards, unbaked pies, etc. are not allowed as they may be capable of supporting growth of toxigenic microorganisms (basically, anything that has to be refrigerated, is not allowed)
3. You will have to fill out a "log" of foods that will be available for sale – you will have to provide your name and Type of food and whether they contain nuts. The "Log" will be available at the Front Desk.

Drop Off Baked Goods:

Drop off of baked goods will be on November 20th from 9:30 am – 12:00pm and 1:30pm to 3:00pm. If you happen to be attending our monthly luncheon on November 20th, you can drop off the baked good(s) at that time – we cannot accept any food donations prior to or after those times. Also, could you please prepackage and label your baked goods with the name of the baked item and if they contain nuts or other allergens.

Please call The Centre @ 519.674.5126 or email Karen Clark at centre@ridgetownadultcentre.com, if you have any questions.



Happy shopping!

Christmas Bazaar

SATURDAY, NOVEMBER 21
2026

9:00 AM - 2:00 PM
40 Erie Street South, Ridgetown

Art & Craft Vendors
Raffle Table & Bake Sale
Lunch & Refreshments

Mobile Care Clinic Chatham-Kent

Monday, November 23 from 9:30 am - 2:30 pm

MobileCare is a clinic on wheels that travels to participating communities and locations to increase access to mental health and addictions care, as well as primary care. In the event of a service disruption, they will post an update on social media [@mobilecareck](#).

[Click here to learn more about the mobile care clinic](#)



Sewing Workshop with Mary

Monday, November 23 at 1:00pm

Create your own fabric bags in this fun and beginner-friendly sewing workshop! Using festive fabrics and coordinating lining, you'll learn how to sew these adorable bags. These bags are perfect for holding sewing supplies, small gifts, treats, craft materials, or everyday treasures.

Choose your favourite fabrics and personalize your baskets to match your style or the season. They're practical, pretty, and make wonderful handmade gifts! **Please bring: Your own sewing machine and basic sewing supplies, including scissors, pins/clips, thread, and a sewing needle.**



Instructor Mary Hill

\$15 for members & \$18 for non-members

Sign up at the front desk or on My Active Center

REGISTER HERE



Watercolour Holiday Cards - Monday, November 23 at 6:30pm

Add a personal, handmade touch to your holiday greetings! Join us for a fun and relaxing watercolour workshop where you'll learn to create festive holiday cards featuring simple designs like evergreen trees, wreaths, and other seasonal details. Whether you're an experienced artist or picking up a paintbrush for the first time, this class is a great opportunity to explore your creativity and make beautiful cards to share with family and friends. All supplies will be provided, so just bring your creativity and holiday spirit!

Instructor Carri McCoy

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

Sign up at the front desk or on My Active Center



REGISTER HERE



Falls Prevention Presentation

Thursday, November 26 at 5:00pm

Join us for a relaxed and informative presentation on falls prevention. Learn simple, practical tips to help reduce your risk of falling, make your home safer, and maintain your balance and independence. Whether at home or out and about, discover small steps you can take to help keep yourself safe and steady!

This is a free presentation.

Drop in and join us!



Fabric Tree Art

Monday, November 30 at 6:00pm

Explore the beauty of colour, texture, and embellishment as you create your own unique decorative Christmas tree using a variety of fabrics, beads, buttons, and other beautiful details. Each tree becomes a one-of-a-kind piece of art, reflecting your personal style and festive spirit.

Whether you love crafting, enjoy trying something new, or simply want to spend time creating something special, this workshop is a wonderful way to slow down, get inspired, and embrace the magic of the season.

No two trees will be alike, and that's part of the charm! Your finished creation will make a beautiful addition to your holiday décor or a thoughtful handmade gift for someone special.

Instructor Lisa Hiles

\$15 for members & \$18 for non-members

Sign up at the front desk or on My Active Center



REGISTER HERE



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, program, or workshop you'd love to see, please chat with Alison, our Activities Coordinator or email her at programs@ridgetownadultcentre.com and share your suggestions!

Your ideas help shape what we do!



Decorate Your Porch & Support The Centre

Purchase a pot/urn and swag, made with fresh cut greenery and your choice of colour scheme

Your pot/urn or swag will include the following festive decor, in your choice of colour scheme:

- a bow (of your main color choice)
- dogwood branches (maybe even birch log(s))
- and 3+ decor pieces (Christmas ornaments, hydrangeas, pine cones etc)

Pots are recycled and will be approx. 10"+

Pricing: \$35/pot \$25/swag

Order and pay at the front desk by November 13

Pick up at 21520 Victoria Road

Pick up dates:

Fri. Nov. 20 from 9 am - 12 pm

Sat. Nov. 28 from 9 am - 12 pm

Local delivery to the Centre or alternate pick-up dates can be made available. Please request upon ordering.



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!

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."



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.

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



Become a badminton co-host!

We're looking for volunteers to welcome participants & facilitate fun badminton games.



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

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

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/