

Rockmosa

OLDER ADULT CENTRE

RESOURCE GUIDE - 2021



ACTIVE
55+



GET active • GET informed • GET exploring

ROCKMOSA OLDER ADULT CENTRE

121 Rockmosa Dr., Rockwood, ON • NOB 2K0

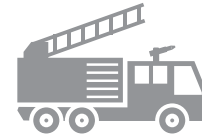
519-856-9596 ext. 139 • programming@get.on.ca • www.get.on.ca

List of Services and Resources

EMERGENCY: 911



Police



Fire



Ambulance

The purpose of this guide is to provide a list of programs and services available to you, as a resident of the County of Wellington and Guelph/Eramosa Township. During these uncertain times, we understand the importance of having access to these valuable programs and services.

Certain areas have many services available, research what best serves your needs and budget. Information on programs and services listed in this resource guide is being provided for informational purposes only and subject to change. If you are having trouble connecting to a program or service, or a number is incorrect/unavailable, please contact us at 519-856-9596 ext. 139.

IMPORTANT NUMBERS

211 Assistance finding resources

A free helpline that connects you to services and programs in your area. Find services for mental health, housing, legal, emergency, employment and more. Call 2-1-1 24/7 For Help. Services: Child/Family Services, Community Programs, Employment/Training, Health Care. gethelp@211ontario.ca
www.211ontario.ca

Healthline

Listing of local health services in all regions.
www.thehealthline.ca



Elder Abuse Prevention Ontario

Seniors Safety Line - Free confidential 365/24/7 support line for seniors experiencing or at-risk of abuse including physical, mental, sexual, neglect, and financial. *Partnered with Assaulted Women's Helpline (AWHL).
1-866-299-1011
info@elderabuseontario.com
www.elderabuseontario.com

Guelph Hospital

Guelph General Hospital is a medical care facility in Guelph, Ontario, Canada. It is a 165-bed facility employing 224 doctors among a total staff of about 1200.
115 Delhi Street, Guelph
519-822-5350
www.gghorg.ca

Wellington Dufferin Guelph Public Health

Partners in government, public health and health care, prevent illness and improve health with scientific evidence and expert guidance that shapes policies and practices for a healthier community.
160 Chancellors Way,
Guelph, ON. N1G 0E1
519-822-2715
www.wdgpUBLICHEALTH.ca

Waterloo Wellington Local Health Integration Network - Home and Community Care - Guelph Office

- Access to health care support at home or in the community.
- Coordinates health services for people who are recovering from illness or injury, and for those who are living with chronic illness or disability.
- Services help people avoid hospitalization, or return home quicker after being in hospital to recuperate in the comfort and privacy of their own homes.
- Care is provided in community settings such as home, residential facility or community clinic.
- Provides information about other community services, long-term care, retirement homes and refers when appropriate.

450 Speedvale Ave. W. Suite 201,
Guelph, ON. N1H 7G7
519-823-2550
After hours: 519-883-5500
waterloowellington@lhins.ca
www.lhins.on.ca

County of Wellington

- Garbage, Recycling, Roads, Long Term Care, Environment, Emergency Management, Green Legacy, Library, Museum & Archives.
- 74 Woolwich St., Guelph, ON. N1H 3T9**
519-837-2600
www.wellington.ca

Guelph/Eramosa Township

- Applications, Forms, Building Permits, Inspections, Emergency Management, Fire Services, Halls and Meeting Space, Licence, Parks, Pavillions, Property Taxes, Recreation and Fitness, Roads and Sidewalks, Zoning, By-laws

8348 Wellington Rd 124,
Rockwood, ON. N0B 2K0
519-856-9596 • www.get.on.ca

Telehealth Ontario

Free 24 hour, confidential services that provides health advice and information. A registered nurse can assess symptoms and direct you to the most appropriate level of care.

1-866-797-0000
health.gov.on.ca

Travel in Ontario

List of tourist attractions and discounted rates.

1-800-668-2746
www.ontariotravel.net

Global Travel Advisories

The Travel Advice and Advisories are the Government of Canada's official source of destination-specific travel information. They give you important advice to help you to make informed decisions and to travel safely while you are abroad.

www.travel.gc.ca

Canada Revenue Services - Don't Get Scammed

Beware of tax fraud schemes. If you get a call that sounds like a scam, it probably is. When in doubt contact the CRA and protect your personal information.

1-800-959-8281
www.canada.ca/taxes-fraud-prevention
www.antifraudcentre.ca
Benefits, credits and tax deductions.
1-800-387-1193
www.canada.ca/taxes-seniors

Free Income Tax Clinics

Volunteer accountants provide free services to those who qualify.

[East Wellington Community Services](#),
45 Main St. Erin, ON. N0T 1T0
519-833-9696 ext.231

Senior Driver's License Renewal Program

When seniors turn 80 years of age, additional testing is required every 2 years in order to renew your licence.

1-800-396-4233
www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml

Service Canada

Access to a wide range of government services and benefits, including Canada Pension Plan and Old Age Security.

259 Woodlawn Road Unit C,
Guelph, ON.
1-800-622-6232
www.canada.ca/en/employment-social-development/corporate/service-canada

Guelph Seniors At Risk - Canadian Mental Health Association Waterloo Wellington

The Seniors at Risk System Coordinator provides support, consultation and access to supports for vulnerable older adults and their families in Guelph and Wellington County. This includes: coordinated community response to abuse of older adults and a multi-disciplinary approach across health and social, legal and police services.

80 Waterloo Ave,
Guelph, ON. N1H 0A1
Vulnerable Seniors
Lead: 519-821-8089 ext. 2049
Crisis Line: 1-844-437-3247

CAA - Canadian Automobile Association

Roadside Service, Food & Entertainment Discounts. Deals, Perks and Travel Services.

1005 Paisley Road,
Guelph, ON. N1K 1X6
519- 821-9940
guelph@caasco.ca
www.caasco.com

Condominium Association

The Condominium Authority of Ontario (CAO) is a newly established organization that aims to improve condominium living by providing services and resources for condo owners, residents and directors.

P.O. Box 69038, RPO, St. Clair Centre,
Toronto, ON. M4T 3A1
1-844-880-5341
www.condoauthorityontario.ca

Humane Society

500 Wellington St. W.
Guelph, ON. N1H 6L3
519-824-3091
info@guelphhumane.ca
www.guelphhumane.ca

FOOD DELIVERY AND MEAL PROGRAMS

Food Bank - Township of Guelph/Eramosa

8:30AM - 4:00PM Monday to Friday
143 Dennis Street,
Rockwood, ON. N0B 2K0
519-856-2113
www.eastwellingtoncommunityservices.com

Food Bank - Erin, Hillsburgh, Brisbane and Ballinfad

45 Main Street, Erin, ON. N0B 1T0
519-833-9696 ext. 227
or 519-215-1468
www.eastwellingtoncommunityservices.com

Taste Real

Provides a list of local business, farms and producers where you can source out locally grown food.

74 Woolwich Street,
Guelph, ON. N1H 3T9
519-837-2600 ext. 2615

www.wellington.ca/en/business/tr-partners.aspx

The Seed

Emergency Food Home Delivery - Nutritious food boxes to vulnerable seniors, people with low income and health challenges.

176 Wyndham Street. North
Guelph, ON. N1H 8N9
519-821-6638 ext. 317

theseed@guelphchc.ca
www.theseedguelph.ca

VON Meals on Wheels

The Meals on Wheels Program offers hot and frozen meal options to Seniors and Adults with physical disabilities living in Guelph and Wellington County.

519-323-2330 ext. 4963

www.von.ca/en/site/waterloo

Guelph, Centre Wellington and Wellington North only - Hot meals are delivered Monday-Friday at the lunch hour. All hot meals are homemade and prepared fresh daily. The cost is \$7.25/meal and includes an entree, cup of soup and dessert. Dietary restrictions may be accommodated.

Note: Guelph hot meals are prepared at St. Joseph's Health Care Centre and Wellington hot meals are prepared at the Wellington Terrace LTC home.

Guelph and Wellington County only
Frozen meals are ordered/delivered monthly to clients living in rural areas and to those who require additional weekend support or flexibility. The cost is \$4.85/entree and \$1.95/soup or dessert. The menu can be viewed at entreeplus.com.

Diabetic, Gluten Free, Ground, Low Fat, Low Sodium, Minced, Puree, Renal, Softened, Thickened Fluids, Vegetarian

Heart to Home Meals

Call or order online. Home delivery of frozen meals available in a variety of special diets, whole or puree or minced forms.

1-877-545-5577

www.hearttohomemeals.ca

Grocery Gateway Grocery Delivery

1-877-447-8778

www.grocerygateway.com

FARMER'S MARKETS

Rockwood Farmer's Market

Every Wednesday from 4:00PM to 7:00PM (June to mid Oct). The Rockwood Farmers' Market serves local growers and consumers by providing a venue for local growers to sell their goods and access for consumers to locally grown and produced foods. It also brings the community together and supports community development.

Rockmosa Park - parking lot behind the Rockmosa Community Centre.
110 Rockmosa Dr.

Rockwood, ON. N0B 2K0
226-337-4343

therockwoodfarmersmarket@gmail.com

www.therockwoodfarmersmarket.ca

Guelph Farmers Market

Open Saturdays from 7:00AM - 12:00PM. Offers fresh local food, artisanal products and a friendly, welcoming atmosphere year round.

2 Gordon St, Guelph, ON. N1H 4G7
519-822-1260 ext. 2244

www.guelph.ca/living/recreation/rec-facilities/farmers-market

Aberfoyle Farmers Market

Open Saturdays, May to October, 8:00AM - 1:00PM. The Aberfoyle Farmers' Market is a local only, seasonal farmers' market located in the heart of downtown Aberfoyle. Available produce is based on the Ontario growing season and is grown within mere kilometres of market.

23 Brock Rd S,
Puslinch, ON. N0B 2J0

www.afma.ca

www.facebook.com/aberfoylefarmersmarket

Erin Farmers Market

Fridays - 3:00 PM to 7:00 PM

109 Main Street (McMillan Park),
Erin, ON. N0B 1T0

www.erinfarmersmarket.ca

Elora Farmers Market

Every Saturday from 9:00AM - 1:00PM in Bissell Park (May to December).

226-821-5536

elorafarmersmarket@gmail.com

www.elorafarmersmarket.ca



IN-HOME SUPPORT SERVICES

VON Senior Supportive Living Program

Service area: Guelph/Erin/Township of Guelph Eramosa/Puslinch. Senior Support Workers provide highly responsive, short term support intended to assist clients following hospital discharge, illness, surgery, or to establish a long term support network.

Types of services include:

- Crisis intervention with housekeeping, meal prep, laundry, safety checks, etc.
- Providing immediate personal care support (i.e. shower assistance, med reminders).
- Resourcing for seniors with questions or health concerns.
- Referring to formal supports (i.e. LHIN home care, family doctor).
- Linking to community supports (i.e. Meals on Wheels, transportation).
- Assistance with the completion of forms.
- Providing opportunities for socialization and recreation.
- Visiting at-risk seniors, providing exposure to supports available.
- Accompaniment to appointments.
- Assisting with picking up groceries, or supplies when ill.
- Providing urgent respite to caregivers.

8:30AM - 4:30PM Monday to Friday
519-323-2330 ext. 4963
kaitlyn.navarro@von.ca
www.von.on.ca/en/site/waterloo

Peace of Mind Care

Peace of Mind Care provides a variety of professional in-home care services to help you stay at home while receiving the support to do so.

- Morning/Evening Routines
- Bathing/Toileting
- Dressing/Grooming
- Oral Care
- Meal Preparation
- Feeding Assistance
- Assistance with Special Care -directed by health care professionals
- Medication Reminders Post-Surgical/Post-Hospital Care
- Palliative and End-of-Life Care
- Mobility Assistance
- Accompany to Appointments
- Light Housekeeping
- Laundry
- Grocery Shopping

291 Woodlawn Road West, Unit 5B,
Guelph, ON. N1H 7L6
Carol Bard: 519-827-5866
info@pomcare.ca
www.pomcare.ca

Right at Home Health Care and Assistance

In-home support including:

- Companionship, Homemaking, Errands and Transportation.
- Physical Assistance at Home.
- Personal Care and Hygiene.
- Nursing and Therapy.
- Alzheimer's, Dementia and Cognitive Care.
- Special Care Situations.

104 Dawson Rd., Unit 101,
Guelph, ON. N1H 1A6
519-265-7887
or 1-844-232-4663
www.rightathomecanada.com/guelph

Seniors for Seniors

- Drop-in companions, overnight and live in care, driver companions for errands and appointments, home cleaning, indoor and outdoor handiwork, Alzheimer's & Dementia support, pet and house sitting, respite care and hospice support.

519-836-3893
www.seniorsforseniors.ca

Closing the Gap Healthcare

Personal care, medication reminders, escorting to medical appointments, social outings and events.

Meal planning and preparation, light housekeeping, laundry, companionship.

89 Dawson Rd, Suite 215,
Guelph, ON N1H 1B1
519-823-2784
www.closingthegap.ca

Nurse Next Door

Personal care, companionship, meal preparation, homemaking, nursing care, care giver relief and respite, end of life care.

64 Delhi Street, Guelph, ON. N1E 4J7
226-706-2485
www.nursenextdoor.com/locations/guelph-on



Bayshore Home Care Solutions
203-300 Willow Road,
Guelph, ON. N1H 7C6
519-843-6731 • www.bayshore.ca

Philips Lifeline

In partnership with Guelph Hospital, electronic equipment is placed in the client's home by the Lifeline Home Service Representative. Personal Help Button worn on a wristband or pendant is linked to the telephone and used to connect with a Lifeline Response Associate who assesses the situation and arranges for appropriate assistance.

115 Delhi St, Guelph, ON. N1E 4J4
519-836-6420 • info@gghorg.ca
www.gghorg.ca

Ontario Assistive Devices Program

If you have a long-term physical disability, you can get help paying for equipment and supplies when you qualify for the Assistive Devices Program.

www.ontario.ca/page/assistive-devices-program

TRANSPORTATION FOR SENIORS/PHYSICALLY DISABLED ADULTS

East Wellington Community Services

Servicing Guelph Eramosa Township, Town of Erin, Hillsburgh, Brisbane and Ballinafad. Transportation services to pick up prescriptions, groceries etc. For seniors and adults with disabilities. Wheelchair accessible bus available. Fees do apply.

Booking hours: 8:30AM - 4:00PM
519-856-2113
www.eastwellingtoncommunityservices.com

Wellington County - Ride Well Program

Ride Well is a rural transit service that offers door to door transportation throughout the County of Wellington. The service uses demand based ridesharing that groups together passengers with similar pick up and drop off locations. This service is in partnership with RideCo. Fares are \$0.60 per km with a minimum cost of \$5.00 and maximum cost of \$40.00. Payment by credit card only.

Booking hours: Monday to Friday 8:30AM - 4:00PM

Service Hours: 6:00AM - 7:00PM
1-833-900-7433
www.ridewell.ca/book

Ride Guru

Choosing a rideshare option can be confusing. The RideGuru price comparison tool gives accurate fare estimates and ridehailing information to help you get where you want to go, whether you want to use Uber, Lyft, Curb, Ola, Didi, or even a traditional taxi or limo service. Find available services in your area, use filters to find just the right option for you, then hail your ride right from RideGuru.

www.ride.guru

CARE GIVER, COUNSELLING AND SUPPORT SERVICES

Alzheimer's Society of Waterloo Wellington

Free educational and community resources. Individual and family support services, social and recreational programs, telephone and caregiver support programs.

69 Huron Street,
Guelph, ON. N1E 5L6
519-836-7672
www.alzheimer.ca/ww

St. Joseph's Community Support Services

St. Joseph's Health Centre Guelph offers community support services and programs such as Out n' About, Fergus Day Out, Alzheimer's, Aphasia, Acquired Brain Injury, Dinner Club and Overnight Stay programs. All programs and services take a holistic view of a person's health and well-being and support them in reaching their individual goals. The goal of each program is to help people live their lives to the fullest and maintain their independence.

100 Westmount Road, Guelph, ON.
519-824-6000 ext. 4415
info@sjhcg.ca
www.sjhcg.ca/our-programs-of-care/community-support-services

Homewood Health Centre

Community out-patient program for people struggling with addiction. Individual, family and group counselling available.

155 Delhi St, Guelph, ON. N1E 4J3
519-836-5733
www.homewoodhealth.com/healthcentre

Hospice Wellington

Support for those individuals of Guelph and Wellington County who are living with a life-limiting illness or experiencing grief and bereavement. These programs extend to the families and caregivers supporting those diagnosed with a life-limiting illness. Programs are available in the community, as well as to those who have been supported by our residential hospice. These programs are provided at no cost to clients. Services include One-to-One Palliative, Caregiver and Bereavement Volunteer Support, Palliative Day Program for clients and respite for Caregivers, Group Support Programming for Bereavement and Caregivers, Art

Therapy Groups and Workshops;
and Integrated Wellness Programs
including a variety of Complementary
Therapies and Lending Library.

[795 Scottsdale Drive,
Guelph, ON. N1G 3R8
519-836-3921](#)

www.hospicewellington.org

Safe Communities - Eramosa Township

Safe Communities - Guelph/
Eramosa Township is a volunteer
sub-committee of 'Safe Communities-
Wellington County'. Includes Snow
Angels Snow Removal Program.

Safe Communities Chairman:
[Annemarie Linde from Eden Mills](#)
1-905-537-5358

Action Mobility

Rental of mobility and home health
equipment such as walkers, power
and manual wheelchairs, transport
chairs, scooters, hospital beds, ramps,
electric lift and recline chairs, and
bathroom safety equipment.

[340 Edinburgh Rd N,
Guelph, ON. N1H 5S2
519-767-1300](#)

actionmobilityrentals@gmail.com
www.actionmobilityrentals.com

Heart and Stroke Foundation

[21 Surrey St W, Guelph, ON. N1H 3R3
519- 837-4858](#)

www.heartandstroke.ca

Cancer Society of Guelph

[380 Jamieson Pkwy #12,
Cambridge, ON. N3C 4N4
1 888-939-3333 • \[www.cancer.ca\]\(http://www.cancer.ca\)](#)

Arthritis Society - Grand River Region - Guelph Program

- Community-based rehabilitation program.
- physiotherapists, occupational therapists and social workers available.
- individual consultation and group education sessions.

[Dawson Road Family Medical Clinic -
83 Dawson Road,
Guelph, ON. N1H 1B1
519-743-4141 • \[www.arthritis.ca\]\(http://www.arthritis.ca\)](#)

HOUSING INFORMATION

Eramosa Non-Profit Housing (Squires Lodge)

Senior living housing. Live
independently in a quaint rural
community situated close to amenities
and services. Market rent and rent
geared to income housing for older
adults includes 26 apartments (20
one-bedroom, six two-bedroom) 50%
of units are subsidized.

[160 Guelph Street,
Rockwood, ON. N0B 2K0
Manager of Squire's Lodge:](#)

[519-856-4190
\[eramosanonproffithousing@gmail.com\]\(mailto:eramosanonproffithousing@gmail.com\)
\[www.wellington.ca\]\(http://www.wellington.ca\)](#)

Wellington County Housing Continuum

Deliver programs across the
housing continuum, from
homelessness prevention initiatives
to homeownership down payment
grants. Own and operate 1189 rent-
geared-to-income (RGI) units and 131
units of affordable housing.

[138 Wyndham Street,
Guelph, ON. N1H 4E8
519-824-7822
\[www.wellington.ca\]\(http://www.wellington.ca\)](#)

St. Joseph's Housing Corporation

Non-profit charitable organization
providing non-profit seniors residence
accommodations. Includes access
to recreation, education, cultural
activities, meal preparation and
shopping assistance.

[100 Westmount Road,
Guelph, ON. N1H 5H8
Resident Manager: 519-822-9284
\[www.sjhcg.ca\]\(http://www.sjhcg.ca\)](#)

Parkside Christian Village

Federal Housing Providers maintain
their own application forms and
waiting lists. To apply or visit, call
on-site manager. Minimum age for
Foxwood rental units is 60; minimum
age for Parkside life lease units is 55.

[70 Woodlawn Rd E,
Guelph, ON. N1H 7W7
Manager/Administrator:
519-836-4260](#)

Maryborough Township Housing Corporation

Market rent and rent geared to income
housing for adults over the age of 60.

[Property Manager: 519-504-6284
\[moorefield.seniors@gmail.com\]\(mailto:moorefield.seniors@gmail.com\)
\[www.wellington.ca\]\(http://www.wellington.ca\)](#)

East Wellington Community Services

Support with accessing housing
supports and completing and
submitting rent geared to income
applications, rent bank, rent subsidy
programs.

[519-833-9696 ext. 231
\[www.eastwellingtoncommunity
services.com\]\(http://www.eastwellingtoncommunity
services.com\)](#)



HEALTH AND WELLNESS

East Wellington Family Health Team

Medical clinic including a doctors office that provides primary health care. Workshops available to patients and community members: Mental Health (must be a patient and requires a doctors referral), Diabetes and Pre-Diabetes, Anxiety, Better Sleep, CBT for anxiety and depression, cooking classes, heart health and relaxation and stress management skills and more.

ROCKWOOD CLINIC

175 Alma Street, Box 340
Rockwood, ON. NOB 2K0
Rockwood: 519-856-4611

ERIN CLINIC

6 Thompson Cres. Unit 1,
Erin, ON. NOB 1T0
Erin: 519-833-9396 • www.ewfht.ca

Medismart Foot Care Nursing Services

Professional gentle and safe advanced/diabetic foot care.

179 Harris Street,
Rockwood, ON. NOB 2K0
Andrea Buck RPN, CAFCN
Home: 519-856-9300
Cell: 519-400-0550
abuck4@bell.net

Rockwood Pharmacy

Full service drugstore, medication counselling, at home medication reviews, specialty medication packaging, vaccine administration, flu shot administration, professional nursing foot care, blood pressure monitoring, medication & sharps disposal.

Monday to Friday: 9:00AM - 7:00PM
Saturday: 9:00AM - 5:00PM
Sunday: Closed
175 Alma Street,
Rockwood, ON. NOB 2K0
Maija Dale and Jill Kron -
Pharmacist/Owners
519-856-9486
www.rockwoodpharmacy.ca

Pharmasave Ridge Square Pharmacy and Medical Clinic

Through Ontario Telemedicine Network (OTN) we provide telemedicine walk-in services, lab services and a panel of specialists.

1A - 167 Jolliffe Ave.

Rockwood, ON. NOB 2K0

519-856-2223

clinic@ridgesquaremedical.com

www.pharmasave.com/rockwood

East Wellington Community Services - Outreach

Outreach services offers community support services to all community members of East Wellington. Our compassionate and energetic outreach team includes hard-working and empathic outreach workers that can provide support and direction in many areas; System navigation (health care, social services, legal/justice, government benefits, etc.).

- Assistance in connecting to mental health, addictions, housing/homelessness, employment, education, immigration, abuse/trauma/grief counselling, and health care services.
- Support in accessing services (i.e. referrals, connecting with services with transportation and/or 1:1 support, assisting with applications and phone calls).
- Direct access to transportation program, food security, income tax clinics, adult day programs, and youth services.
- Support while navigating through difficult times, i.e. grief, trauma, stress, etc.
- Assited Devices Program and Personal Support Worker services including dementia clients.

14 Boland Dr. Erin, ON. NOB 1T0

Amanda: 226-971-2352 (Outreach)

Julia: 226-979-7308

Francesca-519-833-0087

www.eastwellingtoncommunityservices.com

Rockwood Dental Centre

Dr. Domenic Ho & Associates

175 Alma St, Rockwood, ON. NOB 2K0

519-856-4831

nfo@rockwooddental.ca

www.rockwooddental.ca

Ridge Square Dental

Dr. Sahib Maallah

167 Jolliffe Ave Units 7,

Rockwood, ON. NOB 2K0

519-856-9191

info@ridgesquaredental.ca

www.ridgesquaredental.ca

Big Smiles Mobile Dental Hygiene

Mobile dental hygiene services accessible for seniors with mobility challenges. Delivered by a registered dental hygienist with over 25 years of experience.

647-286-0958

bigsmilesmobileh@icloud.com

Active 55+ Fitness Programs

- Variety of fitness classes led by professional instructors for residents 55 and older.

- Pre-registration is required.

519-856-9596 ext. 139

programming@get.on.ca

www.get.on.ca

Still Kicking with Hilary Balaban

Still Kicking: Active and Aging and Mobility is here to help people stay active and independent as they age. Our goal is to provide in home and community based exercise with an emphasis on independence. We believe in keeping everyone moving so that they can age safely in place by maintaining their activities of daily living. This means being able to carry out daily tasks like cooking, cleaning, hobbies, and hygiene safely in their home. We focus on strength for functional movements, balance, and falls prevention.

Hilary Balaban: 519-830-5610

hilary@stillkicking.ca

www.stillkicking.ca

Fit To Be Tried

Personal Fitness Training with a Canadian Certified Personal Trainer, Bone Fit Instructor and Functional Aging Specialist.

Margaret Iutzi: 519-831-3221
iutzime@gmail.com

St. Joseph's Health Centre - Waterloo Wellington

Long Term Care, Complex Medical Care, Rehabilitation, Palliative Care, Community Support Services, Outpatient Services, Speech and Language Pathology, Clinic and Medical Services.

519-824-6000 • www.sjhcg.ca

Neff Hearing

Provides hearing health services and hearing products for people experiencing hearing loss or hearing impairment.

226-790-8193 • info@neffhearing.com
www.neffhearing.com

VON SMART Exercises Wellington County

Exercise classes with a focus on falls prevention help older adults stay healthy, active, and mobile. Classes are publicly-funded and held at various community locations. There is no fee for eligible participants.

**392 Main St N, Unit 4,
Mount Forest, ON. NOG 2L2**
519-323-2330
www.vonsmartexercise.com

Optometrist - Dr. Parthipan and Associates

- Offering comprehensive eye exams for all ages.
 - Assessment and Vision Therapy
- 147 Alma St., Rockwood, ON. NOB 2K0**
519-856-9797 • www.eyeppractice.ca

CLUBS AND ASSOCIATIONS

Guelph Rowing Club

Located at Guelph Lake. The Guelph Rowing Club is a community-based, volunteer organization inspiring a life-long love of rowing in athletes ranging in age and ability.

**370 Stone Road West,
Guelph, ON. N1G 4V9**
info@guelphrowing.ca
www.guelphrowing.com

Guelph Community Boating Club

It is a community based boating club, located only a few minutes outside of Guelph. Becoming a member is a great way to stay active, immerse yourself in nature and enjoy a variety of activities such as sailing, canoeing and kayaking.

**5422 Jones Baseline, Guelph
Eramosa, ON.**
membershipgcbc@gmail.com
www.guelphboating.ca

Rockwood Tennis Club

Offering Leagues, Lessons, Organized Play Groups and Free Play.

**111 Rockmosa Drive,
Rockwood, ON. NOB 2K0**
519-760-2300
www.rockwoodtennis.com

Guelph Wellington Men's Club

This club offers opportunities for Learning and Fellowship Through Weekly Meetings, Speakers, Social and Sporting Events.

**197-304 Stone Road West,
Guelph, ON. N1G 4W4**
www.guelphwellingtonmensclub.ca



Guelph Hiking Trail Club

GHTC is a volunteer organization that offers guided hikes of various lengths, throughout the year in Guelph and the surrounding area. We maintain over 80km of trails, thanks to private landowner permission, from Cambridge to Limehouse and from Guelph to West Montrose. Membership fee: \$25 annually.

www.guelphhiking.com

Order of the Bear

Non-profit gaming community founded by a few neighbours sharing a love of games.

**110 Rockmosa Drive, Lower Level,
Rockwood, ON. NOB 2K0**
dm@orderofthebear.ca
www.orderofthebear.com

Guelph Horticultural Society

Meetings are held the fourth Tuesday of the month at Dublin Street United Church in Guelph, ON. Unless otherwise indicated, meetings start with announcements at 7:30PM, followed by a speaker on current and relevant horticultural topics, at 8:00PM.

**3-304 Stone Rd W #153,
Guelph, ON. N1G 4W4**
guelphhort@gmail.com
www.guelphhort.org

Guelph Carving Club

The Guelph Carving Club is a group of people interested in wood carving. The carving range from decoys, birds, wildlife, and caricatures. This group meets Mondays from 6:00PM - 9:00PM.

**Meets at Marden Community Centre,
7368 Wellington Rd 30, Guelph, ON.**
Main office: 519-767-0145
www.facebook.com/Guelph-Carving-Club-1495478720755284/about

South Wellington Coin Club

South Wellington Coin Society is 100% Canadian, fully run by its members in a cooperative and collaborative environment! Focused on education and fellowship. Meetings are held the 1st Wednesday of each month from March to December. 7:00PM - 9:00PM.

[121 Rockmosa Dr. Rockwood, ON. NOB 2K0](#)
info@southwellingtoncoinsociety.ca
www.southwellingtoncoinsociety.ca

Lions Club of Rockwood

Provides annual family events and financial support in the form of donations and sponsorship/supports. District Lions initiatives focus on services for the visually impaired, persons with diabetes, and youth. Meetings first and third Wednesday of the month. 7:00pm, September-June.

[110 Rockmosa Dr. Rockwood, ON. NOB 2K0](#)
Membership Contact
Daryl Nichol: 519-856-4566
darryl.marion.nichol@gmail.com
www.lionsclubs.org

The Donkey Sanctuary of Canada

The Donkey Sanctuary of Canada is a home for donkeys, mules and hinnies who have been neglected or abused. 6981 Conc. 4 Puslinch, ON. NOB 2J0 519-836-1697

info@thedonkeysanctuary.ca
www.thedonkeysanctuary.ca



COMMUNITY GARDENS/ OUTDOOR TRAILS AND PARKS

Rockwood Enabling Garden

The Rockmosa Enabling Garden has been designed to stimulate all the human senses and to provide an accessible space for active and leisure pursuits. Features of the garden include: a shade structure, water feature, elevated gardens, seating and stone chess board. It is a venue for the popular Music in the Garden concert series organized by the Rockmosa Older Adult Centre that runs 1x per month from June to August.

[121 Rockmosa Dr. Located behind the Rockmosa Older Adult Centre and Rockwood Library. Access through the gate off Drexler Ave. in Rockwood.](#)

Marden Enabling Garden

The Enabling Garden, is open throughout the year. The Garden is maintained by the Guelph Township Horticultural Society, with assistance from the Guelph/Eramosa Parks and Recreation Department. We invite you to stop by to enjoy the sights, sounds and scents that the Garden has to offer. This is a great place for family photos, picnics or just a special spot to relax and read a book or have coffee with friends. To become a member of the Guelph Township Horticultural Society visit www.guelphhort.org. [7368 Wellington County Road 30, Guelph, ON. Located behind the Marden Library and Community Centre.](#)

Rockwood Conservation Area

Open 8:00AM - 6:00PM - Towering limestone cliffs, caves and glacial potholes, including one of the world's largest, are a few of the natural wonders at the Rockwood Conservation Area. You can view them from hiking trails on both sides of the Eramosa River. Swimming, camping, hiking, canoe and paddle boat rentals, pavilion for picnics and events.

[161 Falls Street South. Rockwood, ON. 519-856-9543](#)
www.grandriver.ca/en/outdoor-recreation/Rockwood.aspx

Guelph Lake Conservation Area

Open May to October 8 AM to sunset. Swimming, hiking, camping, rental kayaks available. Recreational space for events and gatherings.

[7743 Conservation Dr. Guelph, ON. 519-824-5061](#)
guelphlakepark@grandriver.ca
www.grandriver.ca/parks

Indian Trail

1 KM trail that starts at 172 Parkinson Dr. in Rockwood and ends at Wellington Road 44 (Guelph Line). www.get.on.ca/living-here/trails-and-enabling-gardens

Sarah Ransom Woodlot and Trails

www.get.on.ca/living-here/trails-and-enabling-gardens

Kissing Bridge Trailway

The Kissing Bridge Trailway travels for 45 km through rural communities and rivers and wetlands of southern Ontario along the right-of-way of a former railway. You can take a 2km detour to see the West Montrose Kissing Bridge, which is the last covered bridge in Ontario.

[Parking at 5535 Wellington Rd. 39, and in Ariss at the dead end of Schuett Rd.](#)
www.get.on.ca/living-here/trails-and-enabling-gardens

Rockmosa Park

Over 20 acres of park offering, a covered pavilion, splash pad, 2 KM walking trails, toboggan hill, dog park, soccer fields, baseball diamond, ping pong table, tennis courts.

[110 Rockmosa Dr.](#)

[Rockwood, ON. N0B 2K0](#)

The Arboretum - University of Guelph

The Arboretum encompasses 400 acres adjacent to campus featuring plant collections, gardens, walking trails, natural woodlands, wetlands, and meadows. Established in 1970, The Arboretum is home to more than 2000 different species of woody plants, in thematic collections such as a synoptic World of Trees, Native Trees of Ontario, and noteworthy collections of Oaks, Beeches, Maples, and Conifers.

[200 Arboretum Rd,](#)

[Guelph, ON. N1G 2W1](#)

[519-824-4120 ext. 52113](#)

arbor@uoguelph.ca

www.uoguelph.ca/arboretum

LIFELONG LEARNING AND EDUCATION

Third Age Learning - Guelph

Third Age Learning Guelph is a non-profit organization that holds four lecture programs yearly for those interested in life long learning.

We meet at the Arboretum Centre, University of Guelph. Stimulate your mind with new ideas from leaders in a variety of subject matter areas.

[Third Age Learning-Guelph,](#)

[P.O.Box 1862, Guelph, ON, N1H 7A1](#)

[226-486-1502](tel:226-486-1502) • info@talg.ca

www.talg.ca

Continuing and Distance Education

School boards, colleges and universities offer opportunities for continuing and distance education.

www.ontario.ca/page/ontario-universities

www.ontario.ca/page/ontario-colleges

www.ontariolearn.com

Wellington County Libraries

www.wellington.ca/library

Rockwood Library

[121 Rockmosa Drive,](#)

[Rockwood, ON. N0B 2K0](#)

[\(519\) 856-4851](tel:519-856-4851)

rockwoodlib@wellington.ca

Marden Library

[7368 Wellington County Rd 30,](#)

[Guelph, ON. N1H 6J2](#)

[\(519\) 763-7445](tel:519-763-7445)

mardenlib@wellington.ca

Wellington County Museum and Archives

The Wellington County Museum and Archives is a National Historic Site located in the building that stands as the oldest remaining House of Industry and Refuge in Canada. Events, Activities and Exhibits year round.

[0536 Wellington County Rd 18,](#)

[Fergus, ON. N1M 2W3](#)

[519-846-0916](tel:519-846-0916)

www.wellington.ca/en/museum-and-archives.aspx

Guelph Civic Museum

The Guelph Civic Museum is a museum of culture and natural history located in Guelph, Ontario. It was established to explore the culture and natural history of Guelph through exhibitions and public programs.

[52 Norfolk St, Guelph, ON. N1H 4H8](#)

[519-836-1221](tel:519-836-1221)

www.guelphmuseums.ca



OLDER ADULT RECREATION CENTRES

Rockmosa Older Adult Centre

Located in the Rockwood library, open Monday to Friday 8:30AM - 3:30PM.

Offering a selection of workshops, drop in programs, events, trips and outings for residents 55+.

[121 Rockmosa Dr.](#)

[Rockwood, ON. N0B 2K0](#)

[Community Programs Coordinator](#)

[519-856-9596 ext. 139](tel:519-856-9596)

programming@get.on.ca

www.get.on.ca

Royal Distributing Athletic Performance Centre - Marden

Equipped with an artificial turf sports field, a perimeter rubberized track for training, walking/jogging track open to the public. The building compliments the features of the surrounding park, including the natural wooded areas, a 5.5 acre pond, a cold water stream, outdoor sports fields, picnic areas, community centre, and county library.

[7384 Wellington County Rd 30,](#)

[Guelph, ON. N1H 6J2](#)

[Facility Manager: 519-265-7905](tel:519-265-7905)

www.get.on.ca/rdapc

Evergreen Senior Centre

Open 9:00AM - 4:00PM Monday to Friday. The Guelph Wellington Seniors Association is a non-profit organization providing diverse programs, activities, and services to Guelph and Wellington County.

[683 Woolwich Street, Guelph](#)

[519-823-1291](tel:519-823-1291)

www.gwsa-guelph.ca

Victoria Park Seniors Centre

Open 9 AM to 4 PM Monday to Friday. Victoria Park Seniors Centre provides a wide range of recreational, educational, social, wellness and volunteer opportunities for older adults. Programs offered are tailored to individuals 55+.

150 Albert Street, Fergus, ON.
(519) 846-9691 ext. 277
www.centrewellington.ca/en/living-here/seniors-centre.aspx

DOWNSIZERS AND MINIMIZERS

Harmonious Spaces Organizing and Staging Services

Offers a confidential, non-judgmental approach to helping people conquer the clutter that has taken over their lives by providing solutions tailored to the unique needs of each client.

304 Stone Rd W,
Guelph, ON. N1G 3C4
Heidi Kachel - owner: (519) 856-1137
www.harmoniousspaces.ca

T's Complete Moving Solutions

Is a one-stop-shop for residential moving. T's plans and implements residential moves, declutters homes and sells household contents.

Theresa Shelton - owner:
226-820-1032
completemove@gmail.com
www.tscompletemovesolutions.com

Glen's Senior Services Lifestyle Assistance

- Small household maintenance and repairs.
- Organizing downsizing, errand and small moves.
- Certified Senior Fitness Instructor.

Glen Froom: 519-824-8197
Froom@sentex.ca

TECHNOLOGY SUPPORT

Tech Serve TO

Is a non-profit organization which provides free technical support. Online one to one support and workshops.

1-888-418-4771
support@techserveto.com

Senior Tek

Tech support for seniors online or in person.

3-304 Stone Rd W Suite 311,
Guelph, ON. N1G 4W4
Rick Green - owner: 519-803-7562
rgreen@seniortek.ca
www.seniortek.ca

FINANCIAL SERVICES

County of Wellington Administrative Centre - Tax Relief Program

Property tax relief program for low income seniors or low income persons with disabilities.

Monday to Friday 8:30AM - 4:30PM
74 Woolwich St,
Guelph, ON. N1H 3T9
1-800-663-0750
www.wellington.ca

Government of Canada - Free Tax Clinics

A free tax clinic is a place where eligible people can get their tax returns done for free by volunteers.

These tax clinics are hosted by community organizations across Canada through the Community Volunteer Income Tax Program.
www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program

NOTES



ROCKMOSA OLDER ADULT CENTRE

121 Rockmosa Dr., Rockwood, ON • NOB 2K0

519-856-9596 ext. 139 • programming@get.on.ca • www.get.on.ca

GET active • GET informed • GET exploring