

# ROCKMOSA OLDER ADULT CENTRE

## SPRING 2024 NEWSLETTER



Rockwood Conservation Area



121 Rockmosa Dr, Rockwood, ON



Open Monday - Friday  
9:00AM-3:00PM



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## A NOTE FROM THE COMMUNITY PROGRAMS COORDINATOR

MELISSA BIFFIS



The first day of Spring is quickly approaching, signs of the seasons changing have already begun, longer days, more sunshine and warmer weather! We look forward to all the exciting programming we have planned from April to June. We have a lot to celebrate in the coming months. April 14th to 20th is National Volunteer Week, the theme for this year is "Every Moment Matters" this theme "highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities." We have many volunteers that support our Centre and the programming we provide, from helping at the front desk to facilitating programming, providing support for special events, and helping maintain our beautiful Enabling Garden. We are so thankful for the support we receive by the many volunteers at the Centre, if you participate in any of our programs please find a volunteer and thank them!

June is Seniors Month in Ontario. This month is a time to recognize the hard work seniors have done all their lives to make their communities the great places they are today. To celebrate the seniors in our community we will once again host a Strawberry Social. This was a popular and busy event last year, to ensure we have enough food and space we are asking people to register in advance, more details on the event can be found in this newsletter.

Thank you to all who support our Centre and programming, we look forward to spending time with you this Spring!

*Melissa Biffis*

**The Rockmosa Older Adult Centre and Rockmosa Community Centre will  
be closed:  
April 1 and May 20, 2024.**



**HOME GROWN is back this JUNE!**  
**An Intergenerational Celebration of Community Art**

*This year, our event will be celebrating INTERGENERATIONAL CONNECTIONS. Local teen artists (ages 13-17) are also invited to join the exhibition, and participate in a Homegrown Mentorship Workshop. Stay tuned for more details!*

# REGISTRATION INFORMATION

**Please register in advance for all workshops and events. All programs are subject to cancellation with insufficient registration. If cancelled due to low enrolment you will receive a full refund. Early registration is recommended to avoid cancellation.**

**To register for fitness classes, workshops, cooking classes or drop-in programs:**

**[www.get.on.ca/fitness](http://www.get.on.ca/fitness)  
519-856-9596 ext. 139  
[programming@get.on.ca](mailto:programming@get.on.ca)**

## **Rockmosa Older Adult Centre Membership**

- **membership with the Rockmosa OAC is optional**
- **memberships run from purchase date for one year**
- **membership helps support our space and our programming**
- **active membership gets you, the membership holder, discounts (\$5-\$6) off workshops, programs, events and fitness classes for the year**
- **Membership discounts cannot be used for family or friends**

**Membership Fees:**  
**First year \$28.00+HST**  
**Subsequent Years \$20.00+HST**

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2.00	Rockmosa Community Centre	12:00PM & 1:30PM
Tuesday	Gentle Pole Walking	Rockmosa Park Trail	9:30-10:30AM
Tuesday	Shuffleboard \$2.00	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg	Older Adult Centre	1:00-3:00PM
Tuesday *3rd of the month	Photography Club	Older Adult Centre	7:00-9:00PM
Wednesday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Every Other Wednesday	<b>NEW</b> Bid Euchre \$2.00	Older Adult Centre	9:30-11:30AM
Wednesday	Pickleball \$2.00	Rockmosa Community Centre	12:00PM & 1:15PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday	Garden Club	OAC Enabling Garden	11:30AM-12:30PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:30PM
Thursday	Pickleball \$3.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday	Knitting Club	Older Adult Centre	2:00PM-3:00PM

# GARDEN CLUB

Join our Garden Club Thursdays mid-morning from May - September as we plan, maintain and enjoy the Rockmosa Enabling Garden, located just outside the Older Adult Centre.

## Planning Meeting

Thursday May 23, 2024

11:30AM

## Planting Week

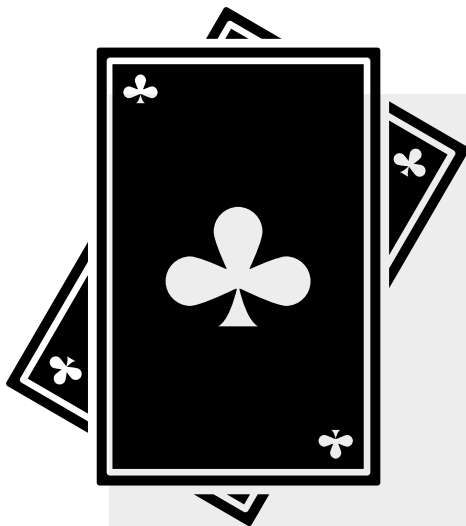
Week of May 27, 2024

Dates and times TBD

## Weekly Garden Club

Thursdays

11:30AM



## NEW BID EUCHRE DROP IN

Wednesdays

April 10, May 8 & 22, June 19, 2024

9:30-11:30AM

\$2.00 Drop in Fee

**\*no need to pre-register**

Join us for Bid Euchre every other Wednesday this spring. Be sure to check the schedule as some weeks are cancelled due to alternative programming. All levels and beginners welcome! \$2.00 Drop-In fee.

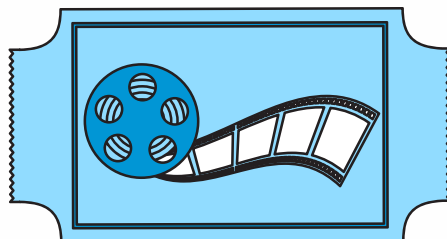
# SILVER SCREEN

## IN THE ROCKWOOD LIBRARY LEARNING ROOM

### 2:00-4:00PM


## FREE!

<p><b>Tuesday</b> <b>April 9, 2024</b></p>	<p><b>"First Man"</b></p> <p>A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.</p>
<p><b>Tuesday</b> <b>May 14</b> <b>2024</b></p>	<p><b>"Into the Woods"</b></p> <p>A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.</p>
<p><b>Tuesday</b> <b>June 11, 2024</b></p>	<p><b>"Dolittle"</b></p> <p>A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets.</p>



 [www.get.on.ca](http://www.get.on.ca)

 [programming@get.on.ca](mailto:programming@get.on.ca)

 519-856-9596 ext. 139

# EVENTS

## BINGO!

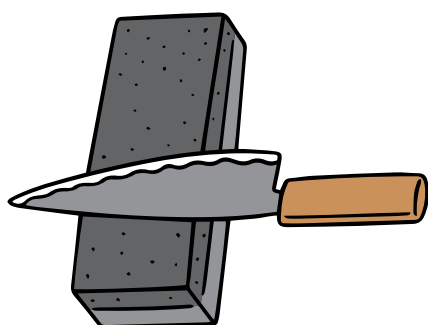
Tuesday April 23, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

Buy in \$5.00+HST

Join us for a morning of fun and friendly bingo, for your chance to win a fresh spring prize!



## Mobile Knife Sharpening Clinic with Sharp My Knife

Monday April 29, 2024

Appointments start at 1:30PM

Rockmosa Older Adult Centre

Please view price list here (cash or cheque payments):  
<https://www.sharpmyknife.com/pricing/sharpening-services>

Reserve a time slot with Drew from Sharp My Knife to freshen up your knife collection for spring! Sign up online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness) - > 55+ General Interest -> Learn and Develop -> Knife Sharpening Clinic

## Nintendo SWITCH Games

Wednesday May 15, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

Come play some Nintendo Switch games with us! We will be trying a variety of virtual games such as bowling, golf and more!



# EVENTS

## May Flowers High Tea

Tuesday May 21, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

Registration Fee \$25.00+HST

OAC Members Fee \$20.00+HST



Join us for a High Tea in Celebration of the beautiful month of May! Stay for a fun and easy Flower themed craft. **Please register by May 16, 2024.**



## Euchre Tournament & Pizza Lunch

Tuesday June 18, 2024

9:30AM-12:30PM

Rockmosa Older Adult Centre

Buy In \$8.00+HST

Join us for our third fun and friendly progressive style Euchre Tournament. \$8 buy in for your pizza lunch and multiple games. Partners will be selected before the games begin. **Please register by June 13, 2024.**

## Celebrate Seniors' Month! Strawberry Social

Thursday June 27, 2024

Sitting 1: 9:30-10:30AM ; Sitting 2: 11:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

This year we are offering TWO SITTINGS of our popular event to celebrate our 55+ Community and enjoy sweet local strawberries, cake and cream.

**Please pre-register for one sitting online by June 21, 2024.**





# WORKSHOPS



## Birds Nest Pansy Planters

**with Monika**

Monday April 22, 2024

10:00-11:30AM

Rockmosa Older Adult Centre

Registration Fee \$25.00+HST

OAC Members Fee \$20.00+HST

Join Monika from Touchstone Florals and create an adorable Birds Nest Pansy Planter, perfect for spring! **Register online by April 18, 2024.**

## Discover Herbs with Monika

Wednesday June 5, 2024

10:00-11:30AM

Rockmosa Older Adult Centre

Registration Fee \$25.00+HST

OAC Members Fee \$20.00+HST



Join Monika for a deep dive into your favourite culinary herbs and some lesser known ones as well. We'll plant up the perfect kitchen planter of herbs and learn about their interesting history and uses. **Register online by May 31, 2024**

## Coffee and Conversation

Join us for coffee and conversation with local professionals and organizations.

Mondays, 10:30-11:30AM

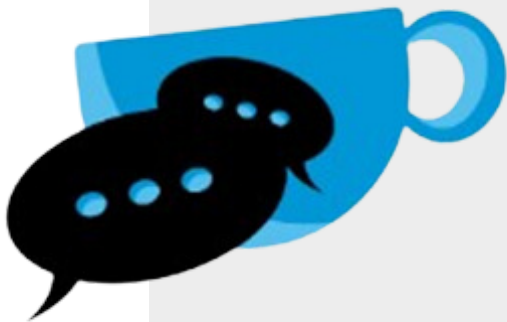
Rockmosa Older Adult Centre

FREE

April 15, 2024 - Tri City Bee Rescue

May 13, 2024 - Music Therapy, Health and Wellness

June 17, 2024 - Hospice Wellington "How to Talk about Death and Dying"



# COOKING CLASSES

## Spicy Samosas and Sweet Chutney with Chitra Saravanan

Monday April 27, 2024

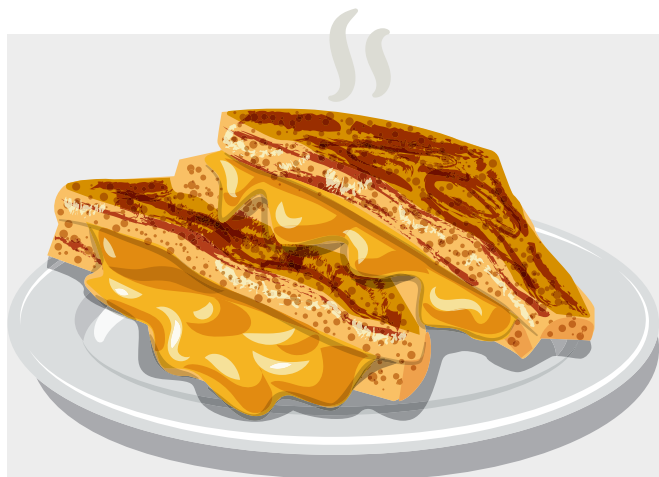
6:30-8:30PM

Rockmosa Community Centre

Registration Fee: \$55.00+HST

OAC Members: \$50.00+HST

In this class you will learn about some basic Indian spices and how to make the popular Indian appetizer Samosas. We will be making samosa pastry from scratch and a chicken filling for samosas with minced chicken, potatoes and peas with some exotic spices. To accompany the samosa's, we will prepare a Sweet and Sour Tamarind Chutney. Please bring an apron, water bottle and containers for any possible leftovers.



## Soup and Sandwiches with Chef Emily Richards

Wednesday May 1, 2024

11:00AM-12:30PM

Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

Menu:

Italian Wedding Soup, Deluxe Grilled Cheese, and Classic Hot Chicken Sandwich

## Meal Salads

## with Chef Emily Richards

Monday June 3, 2024

11:00AM-12:30PM

Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

Menu:

Shaved Brussel Sprout, Bacon and Egg Salad, Pesto Tortellini Salad with Bocconcini and White Beans and Asian Chopped Chicken Salad.



# PROGRAMMING SERIES

## Sing a Long with Mary

Thursdays

April 4 - April 25, 2024

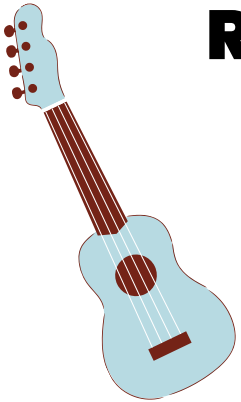
10:00-11:00AM

Rockmosa Older Adult Centre

FREE



Join Mary for a fun and casual sing a long group this spring. Group singing is a great way to support your mental health in the winter months, as it regulates your breathing, increases your 'feel good' hormones, gives you a time to play, and brings you together as a group. No singing experience needed - just come out and have fun!



## Rockmosa Strummers Ukulele Group with Carolyn McLeod-McCarthy

Thursdays

April 11 - June 13, 2024

7:00-8:30PM

Rockmosa Older Adult Centre

Registration Fee: \$105.00+HST

OAC Member Fee: \$100.00+HST

This program includes a lender ukulele and song sheets. Focus will be on the anatomy of the uke, finger positioning, strumming, learning songs with the same chords and strumming patterns. Musical experience is NOT necessary to participate in the fun group, and all levels are welcome in this class that will show beginner to intermediate skills. **Open to 18+!**

## Community Drumming with Mary

Thursday

May 9 - June 13, 2024

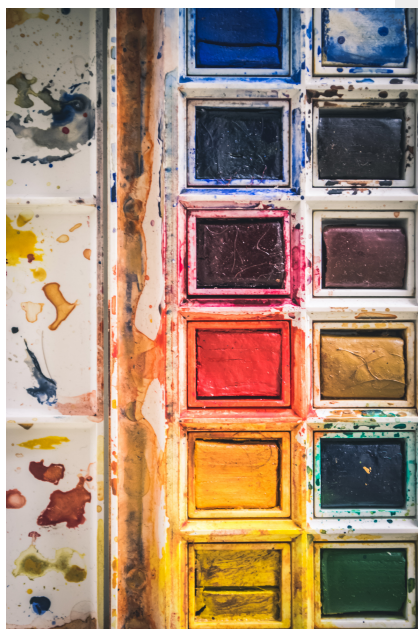
10:00-11:00AM

Rockmosa Older Adult Centre

FREE



Join Mary and enjoy group Djembe drumming. Learn the basic skills of drumming on a Djembe and explore how group music making can build community. Djembes available to loan for free for the program.



## Watercolours & More with Vita Keeling

**Mondays**

**April 8 - May 13, 2024, 2024**

**1:00PM-3:30PM**

**Rockmosa Older Adult Centre**

**Registration Fee: \$79.98+HST**

**OAC Members Rate: \$75.00+HST**

Discover the beauty of Watercolour Painting. Whether you are an absolute beginner or have already painted come and explore this beautiful medium. In a relaxed atmosphere and through step-by-step instruction, learn about different painting techniques, and explore possible media combinations with watercolour.

**Supply list can be found online at [www.get.on.ca](http://www.get.on.ca)**

## Introduction to Water Based Oil Paints with Vita Keeling

**Mondays**

**June 3 - 24, 2024**

**1:00PM-3:30PM**

**Rockmosa Older Adult Centre**

**Registration Fee: \$55.00.00+HST**

**OAC Members Fee: \$50.00+HST**



For those that want to try painting in oils but worried about the toxicity...How about water mixable oils that can be mixed with water or natural drying oils, and clean your brushes with soap and water!

We start simple...getting used to the paint...develop brush control...loosen up...begin colour mixing (with just three colours).

4 Classes to begin growing your ability to paint with water mixable oils.

**Supply list found online at [www.get.on.ca](http://www.get.on.ca)**

# PROGRAMMING SERIES



## Fit Minds

Wednesdays

10:30–11:30AM

April 3 & 17, 2024

Rockmosa Older Adult Centre

FREE

Join Chartwell Retirement Residences for Fit Minds®,. This program is an opportunity for participants to engage in stimulating social activities that improve their brain health. By participating in games and activities, seniors can boost their mental processes while still having fun.

## Introduction to Spanish with Elisa

Tuesdays

April 9 – May 28, 2024

3:30–4:30PM

Rockmosa Older Adult Centre

Registration Fee: \$55.00+HST

OAC Members Fee: \$50.00+HST



Are you hoping to travel in the near future and looking for a basic understanding of Spanish to help you in your travels? In this 8-week series you will learn the following:

- Introduction to Spanish
- Basic Vocabulary (memorizing new words and phrases)
- Proper Pronunciation
- A traveler's guide to Spanish (important words, questions, phrases and expressions while on vacation)

**Interactive, engaging, fun and informative learning!**

# MUSIC IN THE GARDEN

## SUMMER 2024

We are thrilled to once again offer our Music in the Garden program FREE this summer, with a generous sponsorship from Chartwell Retirement Residences. Bring your own lawn chair and enjoy the SHOW! In case of rain, we will move the program INSIDE Rockmosa Community Centre, and this change of venue will be communicated by 3:00PM the day of the concert.

***Please pre-register online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness) -> 55+ General Interest -> Art & Music to be updated about any location changes.***

**Thursday June 20, 2024**  
**7:00-9:00PM**

**Thursday July 18, 2024**  
**7:00-9:00PM**  
**Fiddlestix**

**Thursday June 20, 2024**  
**6:30-8:30PM**  
**Caribbean Steel Drums Band**

**stay  
TUNED**



## Caregiver Coffee Conversations

Tuesdays

April 2, 16, 30, May 14, 28, June 11, July 9 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

*Register by calling 519-836-3921 ext 228*



This group is for Caregivers caring for a loved one with a life limiting illness. It's an opportunity to meet other caregivers, learn ways to manage your stress, share their experiences, hear how others have met similar challenges and identify strategies for self-care.

## Songs of Our Lives ; Weaving the Tapestry

Last Monday of the Month

April 29, May 27 & June 24, 2024

10:00-11:30AM

Rockmosa Older Adult Centre

FREE

*Register online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)*

Music offers a wonderful way of stepping through our lives, and of coming alongside others as we explore memories and the feelings that they evoke. Please join us for singing, reminiscing, and connecting with one another guided by Catherine Manning, Hospice Wellington's Music Therapist. We will journey through songs of our lives and explore how music can help enhance our wellbeing.



## Organizing your "When I'm Gone" file – getting your documents together" Workshop

Tuesday May 7, 2024

10:00-11:30AM

Rockmosa Older Adult Centre

FREE



Planning and preparing for the day you need to, "Just in Case" is not something that most people think about. Planning and preparing in advance is a gift to your loved ones. It allows you time to be clear about your wishes and making decisions ahead of time. It allows you to gather all your documents and have them ready for that "Just in Case" day. Planning ahead allows you time to think about your wishes and have conversations with your family/loved ones not only about your health care wishes but funeral arrangements, your will, where important documents are and anything that you want shared when you are gone (like letters to loved ones, who gets that special item you cherish).

***Register Online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness) - 55+ General Interest - Learn and Develop***