

The International Plowing Match (IPM) is happening in Wellington County from September 20-24, 2016! Join us this year at the IPM for a "Fresh Taste of Farming!" Check out Page 35 of this Guide to learn more about this exciting event!

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Ask about our Seasonal Party Packages Birthday Party Hotline 519-744-9048

For details visit fun

Please visit the website for details. Age, weight, and height restrictions apply to some attractions.

GST informed



Mayor's Message

We are pleased to bring you the 2016 Guelph/Eramosa Community Guide!

Inside this edition, you will find information **about recreational opportunities** in Guelph/Eramosa for both the young and the young at heart. Our Guide includes program details for our popular Active 55+ fitness classes for older adults. In our Township, we also have lots of other recreational facilities including: soccer fields, baseball diamonds, a splash pad and over 11 play structures.

Be sure to also check out our exciting programs in this Guide for all ages happening at the Royal Distributing Athletic Performance Centre! Our Royal Distributing Athletic Performance Centre (RDAPC) boasts an indoor walking track and other fun activities to keep you moving all year long! We are very proud of this **state-of-the-art facility**, which has become a bustling community hub since its opening in 2010.

Whatever the weather, there are lots of things to see and do outdoors in Guelph/Eramosa! There are delicious local tastes to sample at one of our many farm markets or exciting fall events! Enjoy bright autumn colours with a fall hike or a snowy day with a cross country ski on one of Guelph/Eramosa's many trails. You can even grab your skates and head outside for some good Canadian fun at one of our community outdoor ice rinks. As the weather gets warmer, Guelph/Eramosa offers stunning landscapes and endless recreational opportunities. Walk on our many trails, camp out under the stars, enjoy our beautiful Conservation Areas, play in one our many picturesque parks and enjoy everything that Guelph/Eramosa has to offer!

This Guide promotes local businesses and other community service partners who provide important services for our residents. Be sure to check out all of the many wonderful offerings at our local bakeries, coffee shops, retail shops and agricultural businesses right here in Guelph/Eramosa.

Our Guide continues to play an important role as a one-stop resource for residents. This edition provides informative tips about outdoor water use, how you can be prepared for power outages and the importance of crossing guards in our community.

I wish everyone a safe and enjoyable year and I hope that you and your family take advantage of the many exciting activities and attractions happening right here in your own backyard!

Mayor Chris White Guelph/Eramosa Township

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www.get.on.ca Fall 2016/Winter 2017

GET informed

Get Connected with Guelph/Eramosa!

There are lots of ways that you can get connected with the Township of Guelph/Eramosa.

Visit our website at www.get.on.ca

The Township website at www.get.on.ca is a complete online source for information about Township services, programs, by-laws, applications, events and notices.



Sign up for our e-Newsletter

Visit our website at www.get.on.ca to sign up for our monthly e-newsletter for updates about Township news and upcoming events! Subscribe and watch your inbox for our next edition!

Like us on Facebook! Follow us on Twitter @GuelphEramosa!

Following us on Facebook and Twitter allows you to receive current updates and information about what is currently happening at the Township.



Like us on Facebook!



Follow us on Twitter @GuelphEramosa



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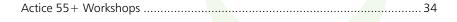


Photo credit: Charles Vince

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GET Exploring





Photo credit: Charles Vince

MAYOR & COUNCIL

GET informed



David Wolk Ward 1 Councillor

5117 Wellington Rd. 32 Guelph, ON N1H 6J4 **519-836-0743** david.wolk@sympatico.ca

Since late 2015 Ward 1 has benefitted from construction on Whitelaw Rd. of a sales and service structure for Mark Wilson's Better Used Cars and an office and warehouse building for Vivere Ltd., a hammock and recreation product distributor. These business additions are both welcome and crucial to our goal of achieving economic development.

In Ariss the sales campaign began for Ussher Creek estate homes: one new home is nearing completion and a model home is contemplated. Part of this project resulted in the re-surfacing of Pilkington Drive and roadside improvements along Ariss Glen Drive. Other improvements have included the much-needed shouldering work and edge re-paving of Sixth Line East plus extensive shouldering work along Township Rd. 3.

Against this backdrop of community development and improvements we should not lose sight of the cropthreatening conditions our farm residents are facing because of insufficient rain. Continued growth is my commitment and improved weather is my hope.



Corey Woods Ward 2 Councillor

5754 Jones Baseline, R.R.#5 Guelph, ON N1H 6J2 519-824-7377 coreywoods@rogers.com

As of the writing of this message we are experiencing not only one of the hottest summers on record but little to no rain. This has been particularly hard on agriculture. With the heart of the farm community within and surrounding Ward 2 my hope is by the time everyone is reading this message we have had a ton of rain!

Not only would a prolonged slow rain help recover farm yields but also top up Guelph Lake so that they can continue to function as a park and water reservoir. On a different note please lets all support the Hillside Festival so that they can be enjoyed for years to come. As always I am available for your comments or concerns. Please call me at 519-824-7377.





Louise Marshall
Ward 3 Councillor

41 Ash Street, SS1 Eden Mills, ON NOB 1P0 519-856-0641 louise.marshall.41@ outlook.com

I am honoured to serve as your Councillor and I'd like to tell you about a few upcoming events:

- The Rockwood Farmers' Market, held from 4:00 to 7:00pm on Wednesdays until October 5, features produce sold by local farmers, and snacks and meals sold by local vendors.
- The Eden Mills Writers' Festival will be held September 18, where you'll hear readings by Canadian authors and poets. A special area for children will allow them to hear readings by their favourite authors.
- The Farmer's Parade of Lights takes place on December 8 after dark. Farmers decorate their farm equipment with Christmas lights and drive along a route into Rockwood.

I hope those heading back to school will have a happy, successful year. If you're trying to get into a fall routine, take it one day at a time. Regardless of your circumstances, I hope you will be encouraged.



Mark Bouwmeester Ward 4 Councillor

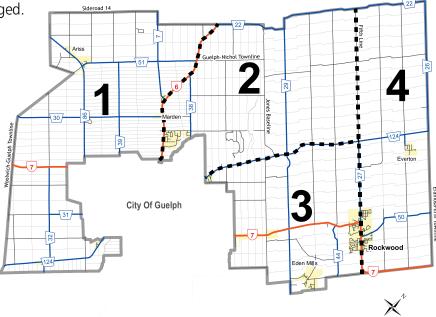
251 Brady Street Rockwood, ON NOB 2K0 **519-856-2127** markgb@sympatico.ca

With its beautiful rural areas, including the picturesque hamlet of Everton and village of Rockwood, it is my privilege and honour to represent the interests of Ward 4 residents on Council.

A number of exciting things continue to happen on this side of the Township. This September we look forward to the grand opening of Sacred Heart Catholic School in the north end of Rockwood! Sacred Heart is a JK-Grade 8 elementary school, and as summer comes to a close I would like to extend my best wishes to all the kids in our schools for a fun and safe school year!

As always, my goal is to represent your interests with integrity and devotion, to the best of my ability. Feel free to contact me anytime with your concerns as well as your ideas to help make Guelph-Eramosa an even better place to work, live, and raise a family!

TOWNSHIP OF GUELPH/ERAMOSA Ward Electoral Boundaries



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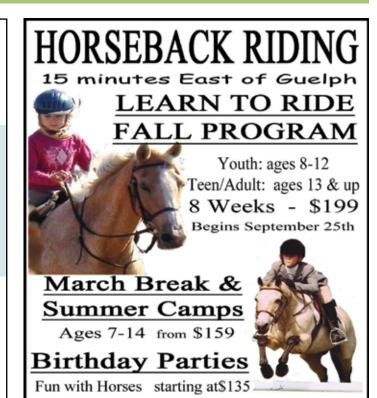
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GUELPH/ERAMOSA TOWNSHIP COMMUNITY GUIDE

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Guelph/Eramosa Township Department Directory

Township of Guelph/Eramosa

8348 Wellington Rd. 124 P.O. Box 700 Rockwood, Ontario N0B 2K0 Tel: 519-856-9951

Toll Free: 1-800-267-1465

Fax: 519-856-2240 www.get.on.ca

General Inquiries: general@get.on.ca

Office Hours:

Monday to Friday from 8:30 a.m. - 4:30 p.m.

Urgent After Hours Service:

519-856-9596 ext. 150

ADMINISTRATION SERVICES

Chief Administrative Officer	ext.	105
Accessibility	ext.	107
Birth and Death Registration	ext.	125
Communications/Website	ext.	107
Council Meetings	ext.	125
Human Resources	ext.	108

ENFORCEMENT AND LICENSING

By-law Enforcement	ext. 121
Property Standards	ext. 121
Dog Licensing	ext. 101
Lottery Licensing	ext. 140
Parking	ext. 121
O.P.P. non-emergency contact	1-888-310-1122
Guelph Humane Society	519-824-3091

PLANNING SERVICES

Planning and Zoning	ext.	112
Minor Variances	ext.	112
Letters of Compliance	ext.	112

FINANCE

Property Tax Information	.ext. 104 or 102
Accounts Receivable/Payable	ext. 103
Budgets and Finance Information	ext. 111
Water Billing and Meter Reading	ext. 126

PUBLIC WORKS

Snow Plowing	ext.	120
Sewer and Water		
Street Lights	ext.	120
Toilet Rebates	ext.	122



PARKS AND RECREATION

Park Inquiries	ext.	113
Community Centres Bookings	ext.	113
Royal Distributing Athletic		
Performance Centre (RDAPC)	ext.	200
Active 55+ Programs	ext.	139
Older Adult Centre Programs	ext.	139
Rockmosa Park Expansion	ext.	113

BUILDING SERVICES

Building Inquiries	ext.	117
Building Permits and Inspections	ext.	117
Septic Inspections	ext.	117

FIRE AND PROTECTION SERVICES

Emergencies	9-1-1
Fire Chief	
Deputy Fire Chief	519-856-9637
Rockwood Fire Station	519-856-9637
Open Air Burn Permit Inquiries	ext. 101

REGIONAL SERVICES

County of Wellington Solid	
Waste Services	
(Garbage & Recycling)	519-837-2601
County of Wellington	
Social Services	519-837-2600
Grand River Conservation	
Authority (GRCA)	519-621-2761
Wellington Dufferin Guelph	

County of Wellington......519-837-2600

Buelph Hydro – Po	wer Outages	
In Rockwood O	nly	519-822-3010

Ontario One Call	
(Call Before You Dig)	1-800-400-2255

www.get.on.ca Fall 2016/Winter 2017

PUBLIC WORKS DEPARTMENT

GST informed

Crossing Guards

School crossing guards play an important role in the lives of children. They ensure school children cross streets safely as they walk to and from school along the busy streets of Rockwood. These men and women provide an excellent community service and are dedicated individuals who work in heat, cold, rain and snow.

HOW CAN YOU HELP CROSSING GUARDS?

- Motorists must always stop before reaching a crossing when a crossing guard is displaying a school crossing stop sign. It's the law! And it keeps children and our crossing guard safe!
- Motorists must always remain stopped until persons, including the crossing guard, have cleared the roadway.
- Pedestrians should always use a school crossing when it is available. Adults can set a good example for children by always using a nearby crossing with a crossing guard.

OPPORTUNITIES AVAILABLE!

Being a crossing guard is not only a rewarding and honourable occupation, but it also offers you flexibility and time to do other things.



MORE INFORMATION ABOUT CROSSING GUARD POSITIONS

- There are two one hour shifts per day one in the morning, and one in the afternoon
- There are crosswalk locations at the following three areas in Rockwood: Highway 7 and MacLennan Street, Highway 7 at Waterside Park and Alma Street at Inkerman Street.
- There are two types of crossing guards: permanent and stand-by guards. Permanent guards work every day at one location and stand-by guards are called upon when the permanent guards cannot work.
- We are always accepting applications for stand-by guards.

For information about available crossing guard positions, visit www.get.on.ca, call 519-856-9596 ext. 120 or email lvince@get.on.ca

Services provided by the Roads Division of the Public Works Department:

SPRING/SUMMER

- Street Sweeping
- Maintenance Gravel
- Dust Suppression
- Line Painting
- Roadside Mowing/Weed Spraying
- Grading
- Shoulder Maintenance
- Ditching/Culvert Replacement
- Road Construction
- Sidewalk Repairs

FALL/WINTER

- Tree Replacements
- Snow Plowing
- Sanding/Salting
- Snow Removal
- Winter Road Patrols

YEAR ROUND

- Debris Pickup
- Tree Trimming/Removal
- Sign Replacements
- Routine Road Patrols
- Pothole Repairs
- Road Closures
- Special Event road closures

Contact the Roads Division at 519-856-9596 ext. 120.

GET informed PUBLIC WORKS DEPARTMENT

Outdoor Water Use

The Township of Guelph/Eramosa's municipal water system has a water supply that relies upon the use of groundwater. As a result, the Township has had outside water use restrictions in place since 2007 to balance demand with the available water supply. Restrictions are in place for residents using municipal water services.



LEVEL 0 - NO WASTING OF MUNICIPAL WATER

In order to conserve water:

- Do not, during a rain storm, permit a watering device to run water for the purpose of irrigation.
- Do not permit water to pool on the ground or run off from any lawn, boulevard, sports field, tree, shrub, flower, vegetable plant or other outside plant.
- Do not direct water onto a paved surface, including driveways, pathways, side-walks, curbs, gutter s or roadways during the irrigation of any lawn, boulevard, sports field, tree, shrub, flower, vegetable plant or other outside plant;
- Do not operate or cause to operate a decorative fountain or garden pond without water circulation;
- Do not wash a vehicle or the outside of a building with the use of a hose that is not equipped with a shut-off valve at the end of the hose:
- Do not use flowing water instead of dry sweeping to remove loose debris from a driveway on Residential Zoned property, unless failure to do so would cause permanent damage or an unsafe condition.



LEVEL 1 – CAREFUL USE

Watering lawns/gardens and washing vehicles

- permitted on alternative days:
- Mornings and evenings only (6:00 a.m. to 9:00 a.m. and 6:00 p.m. to 9:00 p.m.)
- Even numbered addresses on even numbered days.
- Odd numbered addresses on odd numbered days.



LEVEL 2 – REDUCE AND STOP NON-**ESSENTIAL USES**

Washing Vehicles is NOT PERMITTED Lawn and Boulevard Watering:

- Mornings and evenings only (6:00 a.m. to 9:00 a.m. and 6:00 p.m. to 9:00 p.m.)
- Even numbered addresses on even numbered days.
- Odd numbered addresses on odd numbered days. Garden Watering:
- Hand watering devices must be used to water any outdoor plant, flower, tree, shrub, or garden.



LEVEL 3 – FURTHER REDUCE AND STOP **NON-ESSENTIAL USES**

Outside water use is not permitted during Level 3. This includes: watering the lawn or garden, washing vehicles, using sprinklers or filling swimming pools, hot tubs, ponds and fountains.

The Current Water Level is posted on the Township website at www.get.on.ca. Check regularly for updates!

Services provided by the Water/Wastewater Division of the Public Works Department:

- Providing water services to properties serviced by municipal water and wastewater
- Regular sampling, testing, monitoring and reporting of drinking water quality
- Annual watermain (hydrant) flushing and sewer flushing
- Water shut off requests
- Regular equipment maintenance

Contact the Water/Wastewater Division at 519-856-9596 ext. 122

www.get.on.ca Fall 2016/Winter 2017

BUILDING DEPARTMENT GET informed

Thinking About Building?

WHEN DO YOU NEED A PERMIT?

Here is a list of some of the construction projects which typically require a Building Permit:

- Addition of a carport, garage or room(s) to an existing home
- Construction of a deck or enclosing an existing porch or deck
- Any structural work, including: alterations to interior partitions or the installation of skylights, windows, doors or dormers
- Constructing or installing an accessory building, such as a garage or shed which is larger than 10 square meters (107 square feet)
- Construction of a new home
- Construction or finishing of rooms in the basement or attic or converting a garage space into living space
- Some designated structures, such as retaining walls and solar panels
- New water service, new sewers, alteration or extension of an existing plumbing system
- Building a structure of any size that contains plumbing or plumbing work including solar heating and lawn irrigation systems
- Raising a dwelling or excavating a crawl space to provide a full basement
- Installation of a new heating system, including woodstoves
- New or replacement septic systems

WHY ARE BUILDING PERMITS REQUIRED?

Building permits ensure that the proposed construction meets with standards set out in the Ontario Building Code and local by-laws. Building permits also ensure that work is completed so that public health and safety are protected. Remember, a building permit must be issued prior to starting any work.



SUBMITTING YOUR APPLICATION

Please consult with the Building Department before submitting an application by calling 519-856-9596 ext. 117 or ext. 135. The basic requirements include:

- A completed Building Permit application form
- Two (2) copies of a site plan and sufficient plans, specifications and documents related to the project

OTHER CONSIDERATIONS

Zoning & Planning

• Contact our Planning staff at 519-856-9596 ext. 112 to determine the zoning for your property. Even construction that does not require a building permit must still conform to applicable zoning regulations. The Township's Zoning By-law can be found on our website at www.get.on.ca

Inspections

• Once the building permit is issued, the owner must ensure that inspections are completed, as required. Please book your inspections at least 24 hours in advance by calling the Building Department at 519-856-9596 ext. 117 or ext. 135.

The Guelph Humane Society



The Township of Guelph/ Eramosa is pleased that the Guelph Humane Society is now providing animal control and shelter services for our community, as of July 1, 2016.

The Guelph Humane Society offers a high level of professionalism, considerable expertise within the field of animal control and is a well recognized organization in the Guelph/Eramosa community.

If you have a lost or found dog, please report it in the following ways:

During Regular Business Hours (8:30 a.m. to 4:30 p.m., Monday to Friday) Call the Municipal Office at 519-856-9596 ext. 101.

During After Hours/Weekends/ Statutory Holidays

Call the Guelph Humane Society at 519-824-3091 Remember to get a Guelph/Eramosa Dog Tag for your Dog!

Not only does licensing your dog help ensure that he or she will be returned home safely, it is a requirement in the Township of Guelph/Eramosa. To find out more about Dog Tag Licenses, visit www.get.on.ca or call 519-856-9596 ext. 101.





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- Annual maintenance of treatment systems

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www.snorksepticservice.com

POWER OUTAGES

GST informed

Don't let power failures keep you in the dark. Get prepared!

BEFORE A POWER FAILURE HITS:

- Monitor local radio or television stations for severe weather warnings.
- Keep a battery-powered or, better yet, a crank radio on hand.
- Keep a **flashlight** where it can be easily accessed in the dark.

AFTER A POWER FAILURE HITS:

Turn off all appliances, tools and electronic equipment.

- Tools and appliances left on will start up automatically when service is restored. Turning them off will prevent injury, damage or fire. Also, power can be restored more easily when there isn't a heavy load on the electrical system.
- Leave one light switch on, so you know when power is restored.

To report a power failure, please call your utility provider:

Guelph Hydro (for the Rockwood area)
Regular business hours: 519-822-3010
Outside of regular business hours:
519-822-3014

Hydro One (for all areas of the Township, except Rockwood) 1-800-434-1235



Get out your emergency kit.

 Make sure it's in a portable container such as a duffel bag or suitcase with wheels in case you have to leave your home.

Don't open your freezer or refrigerator.

• A full freezer should keep food frozen for 24 to 36 hours if the door remains closed.

NEVER use charcoal or gas barbecues, heating equipment for camping, or home generators indoors.

• They give off carbon monoxide. Because you can't smell or see it, carbon monoxide can cause health problems and even kill you before you know it's there.

Never leave lit candles unattended.

• Use proper candle holders and always put them out before going to sleep.

In the event of a power outage, check on your neighbours provided it is safe to do so.

For more information on preparing for power failures, visit www.getprepared.gc.ca.





michael.chong@parl.gc.ca

866-878-5556

519-843-7344



IS YOUR FAMILY PREPARED?

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be selfsufficient for at least 72 hours.

Easy to carry

 Think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary

Water

 Two litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)

Food

- That won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual can opener

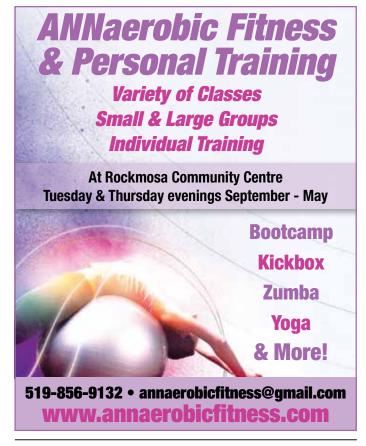
Supplies

- Flashlight and batteries
- Battery-powered or wind-up radio
- Extra batteries

Special needs items

- Prescription medications, infant formula or equipment for people with disabilities
- Extra keys for your car and house

• First aid kit



Cash

 Include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones

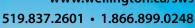
Emergency plan

 Include a copy of it and ensure it contains in-town and out-of-town contact information

For more info about 72 hour emergency kits, visit www.getprepared.gc.ca



County of Wellington SOLID WASTE SERVICES www.wellington.ca/sws







Providing for today, planning for the future.

blue box recycling • user pay garbage • scrap metal recycling appliance recycling • tire recycling • brush and wood diversion backyard composting • household hazardous waste diversion electronics recycling • reuse centres • textile recycling

Property Tax Payment Methods

PRE-AUTHORIZED PAYMENT PLAN

Monthly – Monthly deductions will be taken out the first Friday of each month with a reconciliation withdrawal in November.

Installment – Installment amounts will be deducted on the tax due dates (February, May, August and October).

MAIL/POST-DATED CHEQUES – Post-dated cheques corresponding with the dates on the remittance portions of tax bills are accepted and held for deposit as they become due. Include the installment stub from your bill when submitting payments.

TELEPHONE/INTERNET BANKING – Using your property assessment roll number, contact your banking institution to set up this payment method.

IN-PERSON/DROP BOX – Administration Office, 8348 Wellington Rd. 124 from 8:30 a.m. to 4:30 p.m. Drop box for after hours is located at the front entrance.

MORTGAGE COMPANY – If your taxes are paid through your mortgage, the bill is mailed to you for your records only and to the mortgage company for payment.

FINANCIAL INSTITUTION – In person at major banks or most credit unions across Ontario with the original tax bill stub.

Cheques may be made payable and mailed to: Township of Guelph/Eramosa, 8348 Wellington Road 124, P.O. Box 700, Rockwood, ON NOB 2KO.

For forms and further information visit www.get.on.ca or contact the Finance Department: Laura Smith, Tax Administrator at 519-856-9596 ext. 104 or lsmith@get.on.ca or Mary Keleher, Finance Clerk at 519-856-9596 ext. 102 or mkeleher@get.on.ca.

COUNTY OF WELLINGTON SOLID WASTE SERVICES (SWS)



The County of Wellington is responsible for municipal solid waste management in the Township of Guelph/Eramosa. This includes curbside collection of garbage and recycling. For information on any of our services or facilities, please visit our website **www.wellington.ca/sws**, see the annual SWS Calendar, or call 519.837.2601.

Curbside Collection

Curbside collection is on Friday. Collection is weekly in towns, villages, and larger subdivisions (urban); every other week in all other areas (rural). Please have materials to the curbside by 7:00 am. Check the SWS calendar or our website for rural collection dates. If you are unsure whether you receive weekly or bi-weekly collection, please call 519.837.2601.

Garbage - User pay garbage bags are needed for garbage collection. There are two sizes - large (\$2.00) and small (\$1.50) which are sold in packages of 10. They are available in many locations, including the Township office. Check the SWS website for a full listing of retailers. If you are experiencing animal issues, garbage cans are an option. Urban residents must obtain a special sticker to use a can. Rural residents can skip this step. Please call the SWS office for more information.

Recycling - Blue boxes are available at the Township office and County waste facilities. There is no charge for the first two; each additional box is \$5.00 (available from waste facilities and the County Administration Centre at 74 Woolwich Street in Guelph). You can put out up to six blue boxes per collection day. See the SWS calendar or the SWS website for acceptable items.

Holidays - Curbside collection is cancelled on statutory holidays. Collection is usually rescheduled to the following Saturday. Changes are advertised in the Wellington Advertiser on the County page. You can also check the SWS calendar or the SWS website.

New subdivisions - The Collections Supervisor regularly monitors new developments. When the majority of construction is completed we can offer collection. A blue box with welcome information will be delivered to each home. Please use one of our waste facilities for your garbage and recycling needs until collection is available.

Waste Facilities

The County operates six waste facilities. The three closest facilities to Guelph/Eramosa:

Aberfoyle Waste Facility Belwood Waste Facility Elora Waste Facility 6922 Concession 4 8585 Wellington Road 19 6549 Gerrie Road

Township of Puslinch Township of Centre Wellington Township of Centre Wellington

Diversion Opportunities

There are many diversion opportunities at the County's waste facilities. These operate year-round and include textiles, electronics, tires and hazardous waste materials, which are all accepted for free. Visit our website for site-specific information, directions, and hours.

Composters are available for sale at the Township Office and County waste facilities. They cost \$30 each, taxes included.

Household Hazardous Waste (HHW) depots and event days are available throughout the County.

Reuse Centres are available at Aberfoyle and Belwood waste facilities. There is also a reuse website to post items for free at **www.wellington.reuses.com**.

www.get.on.ca Fall 2016/Winter 2017

FIRE SAFETY

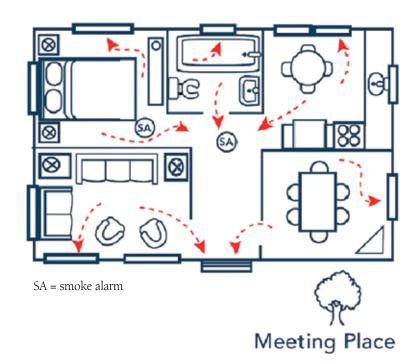
GET informed

Home Fire Escape Plan

When a fire occurs, there is no time to waste. That is why it is so important to sit down with your family and make a step-by-step plan for escaping from a fire.

Here are some tips for making your Home Fire Escape Plan:

- Draw a map of your home. (Get your kids involved with making the map!)
- Show all doors and windows on your plan.
- Visit each room. Find two ways out, if possible. All windows and doors should open easily.
- Make sure your home has smoke alarms.
 Push the test button to make sure each alarm is working and make sure everyone in your family can recognize the sound of an alarm.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place. Once outside, everyone should stay outside!
- Call the Fire Department from outside your home and make sure everyone in your family knows emergency numbers.



- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Practice your home fire escape drill!

Develop and practise your Home Fire Escape Plan. Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond!

Install working smoke alarms and carbon monoxide (CO) alarms. Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas. CO alarms are required on any floor level with where a sleeping area is located. It's the law! Test your alarms regularly and replace them according to the manufacturer's recommendations.

For more safety tips and videos, visit Fire Prevention Corner at www.get.on.ca or www.safetyinfo.ca. Contact: Fire Prevention Officer Mathew Williamson at 519-856-9637 or GuelpheramosaFD@get.on.ca

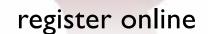
GYMNASTICS FORALL!

Gymnastics is one of the most allinclusive "lifestyle exercise programs" available to children and teens, incorporating strength, flexibility, speed, balance and coordination.

Fitness AND fun you'll flip over!

REGISTER NOW!







GST informed

Schools in our Community

A local school is not just an institution designed for teaching students, but it can also be a social hub within a community. Guelph Eramosa is home to various schools for elementary ages (JK - 8).

ECOLE HARRIS MILL PUBLIC SCHOOL

207 MacLennan Street, Rockwood

École Harris Mill School opened in 2014. It is a dual track school with both English and French Immersion from JK - Grade 5. Students from École Harris Mill School attend Rockwood Centennial Public School for grades 6-8. To learn more about Ecole Harris Public School, visit the school's website at www.ugdsb.on.ca/harrismill/

ELORA ROAD CHRISTIAN SCHOOL (ERCS)

ERCS is an evangelical Christian day school for children in JK through Grade 8. As Christian educators, the desire of ERCS is to see each child develop Christ-like character and Christian faith. Academically, ERCS continues to meet or exceed the Ontario Ministry of Education Guidelines, and the biennial standardized testing ensures that these standards are maintained. Established in 1981, Elora Road presently serves about fifty families and one hundred students from about twenty different area churches. To learn more about ERCS, visit the school's website at www.eloraroad.ca

ERAMOSA PUBLIC SCHOOL

5757 Fifth Line, Rockwood

Eramosa Public School serves students from JK to Grade 6. The school's mission statement is "in a caring climate of honesty, respect and enthusiasm, Eramosa Public School teaches and facilitates the development of independent thinking and problem-solving skills to ensure that every student reaches his/her potential to be a responsible, flexible and life-long learner." For more information visit the school website at www.ugdsb.on.ca/eramosa

ROCKWOOD CENTENNIAL PUBLIC SCHOOL

157 Pasmore Street, Rockwood

Rockwood Centennial P.S. is a vibrant community-based school for students Grades JK - 8. It has several specialized programs to support students. During the 2013-14 school year, Rockwood Centennial P.S. was awarded GOLD standing for Environmental Stewardship. To learn more about Rockwood Centennial P.S., please visit the school's website at www.ugdsb.on.ca/rockwood

SACRED HEART CATHOLIC ELEMENTARY SCHOOL

5146 Wellington Road 27, Rockwood

Sacred Heart Catholic Elementary School will open in September 2016. This new school offers faith-based education for students Grades JK - 8. To learn more about Sacred Heart Elementary School, please visit the school's website at http://www.wellingtoncdsb.ca/school/shrockwood





GET informed COMMUNITY SUPPORT

East Wellington Community Services

EWCS Adult Day Program – EWCS Adult Day program offers social, cognitive and physical stimulation for frail older adults and those with different forms of dementia throughout East Wellington. Stimulating programming is provided for each participant through a variety of therapeutic, social and recreational programs. Nutritious meals, snacks and refreshments that can be tailored to each individual's dietary requirements. Transportation services are provided to and from the program. Please contact Becky Walker at 519-833-0087 for more information.

Community Outreach Support – EWCS provides support services and resources to those dealing with tragedies, illness, housing problems, financial hardship, family conflict and other circumstances that affect their overall health and well-being. Services include care coordination, system navigation, food support, assistance with housing, advocacy, budgeting, health and wellness programming, referrals and life skills support. Please call 519-856-2113 or 519-833-9696 for more information

New to You Thrift Store - Tremendous deals on name-brand clothes, accessories and books. Open Monday through Friday 10:00 a.m. to 4:00 p.m., Saturday 12:00 p.m. to 4:00 p.m. and the second Thursday of each month until 7:00 p.m. at 107 Harris St. in Rockwood.



Volunteer Opportunities – We have volunteer opportunities for everyone! From high school students looking to complete their volunteer hours, to larger groups looking to volunteer together or individuals looking for a way to connect and give back to their community. Please call Barb at 519-856-2113 for more information.

Medical Transportation – Transportation for East Wellington seniors and adults with disabilities to attend medical appointments in various locations. Minimum two business days advance notice. Contact Andrea at 519-856-2113. User pay service.

Children's Programs – For parents and caregivers in Guelph/Eramosa that stimulate social, emotional and intellectual growth for newborn children up to the age of six years. Parents can benefit from our program, which enriches parenting skills by providing resources suited to their child and offering an opportunity for families and caregivers to connect and share experiences. Contact Jane or Susanne at 519-856-2113 for information.





Fall 2016/Winter 2017 www.get.on.ca

Royal Distributing Athletic Performance

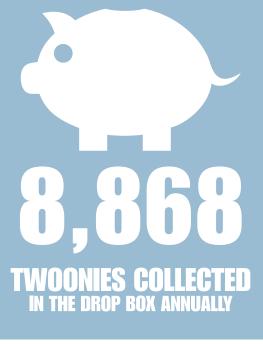


SQUARE FEET OF FACILITY

INDOOR COED SLO-PITCH LEAGUE







RUNNERS IN 2016



OF THE FIELDHOUSE

rmance Centre - By The Numbers!

\$478,891 2016 PROJECTED REVENUE



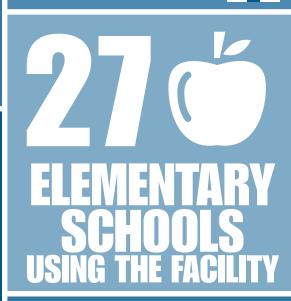
DOLLARS IT COST FOR

ANNUAL TRACK MEMBERSHIP

\$485,237 2016 PROJECTED EXPENSES



324
NUMBER OF PEOPLE WHO LIKE US ON FACEBOOK



OVER

5,475

CUPS OF COFFEE DRANK
BY THE COFFEE CLUB

1,686
HOURS OF RENTED

FIELD TIME ANNUALLY

1,617
TRACK MEMBERS

DDP YOGA MEMBERS

4x 210m

NUMBER OF ATHLETES THAT USED THE FACILITY THAT COMPETED IN THE 2016 RIO NIVMPICS



FACILITIES FOR ACTIVE LIVING GET active

Royal Distributing Athletic Performance Centre (RDAPC)

7384 Wellington Rd. 30 Located on the 64-acre lands of Marden Park, this facility houses an artificial turf sports field and a perimeter rubberized track. Also features a coaching/learning room.

FEATURES: Indoor sports field and walking track, changing rooms, coaching room and viewing gallery



Rockmosa Older Adult Centre

85 Christie St., Rockwood

FEATURES: A kitchenette, social gathering area with a television and gas fireplace, and ample folding tables and chairs. For members and older adults in the community.



Marden Community Centre

7368 Wellington Rd. 30, Guelph

FEATURES: 100 person capacity, catering kitchen, enabling garden, parking, air conditioning, table and chairs, bar and pavilions



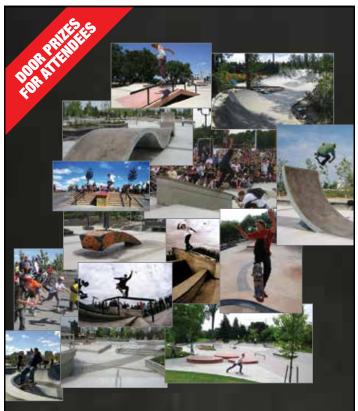
Rockmosa Community Centre

74 Christe St., Rockwood

FEATURES: 300 person capacity, 3,600 Sq.Ft. room with stage, catering kitchen, parking, air conditioning, table and chairs, bar and wheelchair-accessible washroom and ramp

For more information or to book one of our facilities visit www.get.on.ca or call 519-856-9596 x113.





ROCKMOSA PARK SKATEPARK INTERACTIVE DESIGN WORKSHOP

September 21st 2016, 6:00pm - 8:00pm Rockmosa Park Community Centre 74 Christie St, Rockwood, ON NOB 2K0

Be a part of creating the design direction for the highly anticipated Rockmosa Park Skatepark!!! Learn more about this exciting project, contribute your ideas, and work alongside internationally recognized skatepark designers.





For more information please contact: Robin Milne, Director of Parks & Recreation 519-856-9596 x110



RDAPC PROGRAMMING GET active

Indoor Walking and Jogging track

Our indoor track is open to people of all ages and abilities. The 4 lane, 210 metre polyeurethane track is great for getting out for a walk with friends in any conditions. The track is open daily from September to May. All track users MUST change into indoor shoes before entering the track area. The track is closed on all statutory holidays.

Nov 14 - April 30	Monday to Friday	7:00am-9:00pm
	Saturday to Sunday	8:00am-9:00pm
May 1 - May 22	Monday to Sunday	8:00am-9:00pm
May 23 - September 4	Monday to Friday (Closed Weekends)	8:00am-4:30pm
Sept 6 - November 13	Monday to Sunday	8:00am- 9:00pm

Women's Recreation Soccer (Indoors)

Looking to G.E.T. active and social at the same time? Join our kick'in Women's recreational soccer league.

We will be running pick up inside the fieldhouse Saturday afternoons for 28 Weeks!

Saturday Afternoons at 2:00pm - October - May - \$220/player

Contact dnichol@get.on.ca or call (519)856-9596 Ext. 201 for more details

Saturday Night COED Slo Pitch League

Our Saturday night Slo pitch League will be returning for a 5th season and we are looking to expand again. Come for some off season exercise and join the fun.

Season begins December 3, 2016 at 8:00pm 18 Weeks \$2,200/tm \$300/player

Contact dnichol@get.on.ca or call (519)856-9596 Ext. 201 for details and registration

Tot' N Play

Come to the RDAPC and burn off that energy! When it's cold, wet and snowy outside stay nice and dry indoors while continuing to enjoy outdoor games! We have parachutes, and even a bouncy castle on Fridays! Socialize and meet new friends too.

Monday/Wednesday/Friday - 9:00am-12:00pm

\$3/child, \$25 for a 10 play card • Parents/Guardians play for FREE.

All participants must wear clean indoor shoes or sock feet for this program

Royal Distributing Athletic Performance Centre Birthday Party!

All RDAPC Birthday party Packages include:

- 1 hour of Field Time (Full field and Half Field availability)
- 2 hours of Party room (tables, chairs, comfy sitting area, AV)

October-April - \$217.62 (full), \$146.82(half) May-September - \$146.82 (full)

Optional Looking at adding EXTRA fun to your party? We have 2 bouncy castles, Bubble Soccer, Archery Tags, and Pro Soccer instructors to entertain you and your party goers.

Contact dnichol@get.on.ca or call (519)856-9596 Ext. 201 for more details. *Additional Fees apply*

Dr Tim Peloso Dr Tim Mckee

ROCKWOOD FAMILY CHIROPRACTIC

New patients and emergencies welcome No referral necessary Evening and Saturday appointments

www.rockwoodfamilychiropractic.ca 519.856.2624

GET active RDAPC PROGRAMMING

Remote Control Flying

Calling all Remote Control enthusiasts! Drop in to fly your personal R/C flyer during the cold weather months. Come all year or just stop in to fly and meet some fellow flying enthusiasts! Battery operated machines only.

Wednesday - 12:30-2:00pm Thursday - 2:30-4:00pm \$5/drop in

Indoor Golf Range

Calling all Golf enthusiasts! We have an indoor driving range at the RDAPC!

Drop in and keep your swing smooth over the colder months with use of our soft flite balls. The soft flite balls simulate actual ball flight for better indoor practice.

We also offer JUNIOR golfers a chance to swing for FREE! We have junior clubs for children 10 and under that are free for use with one paying adult.

Monday AND Friday - 12:30-4:00pm \$8/ bucket of 75 \$15/ 2 buckets \$70/10 bucket card

*Lessons available

Contact dnichol@get.on.ca for details.

Class trips to the RDAPC

We have special pricing and availability saved for school programming. Please contact dnichol@get.on.ca if your class or school is interested in coming out to the RDAPC!

Pole Walking Workshops

Pole walking is rapidly growing in popularity and we are on board at the RDAPC. We've got pole walking workshops for all ages. Join us the 3rd Sunday of the month from 2:30-5:00pm for a workshop on pole walking best practices, breathing techniques, nutrition and learn the basics of keeping fit and having fun! All for just \$25.

Poles (\$80) and replacement Boots (\$15) available for purchase at the front desk.

Pole Walking - Private Session

Want to get the most out of your walking poles? We now offer one-on-one individual 1 hour sessions with certified pole walking instructors.

\$48.00/hr. Times selected at your convenience. Contact dnichol@get.on.ca or 519-856-9596 ext. 201 for more info.

DDP Yoga

DDP YOGA combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create one of the most effective fitness plans in existence today. DDP Yoga is suitable for everyone wanting to perform at an optimum level and want to see life changing results while improving their activity and quality of life.

All DDP classes are open to all ages See page 33 for more details.

Stay Fit with Nancy

You get a little bit of everything with Nancy. Enjoy a fun hour with all the components of a healthy exercise routine. Nancy's classes are great stressrelievers and are the perfect way to burn off calories! Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit!

Tuesday Use It, Lose It, Tone It Up 9-10am Music 'N' Motion 10-11am

Just for the HEALTH of it 11:30am-12:30pm

Thursday Use It, Lose It, Tone It Up 9-10am Music' N' Motion 10-11am

Please see Page 30 for more details.

Outside User Groups

To connect with outside user groups please contact their website.

littlekickers.ca gameonguelph.ca archeryterminal.com bubbleforce.com 2ksoccer.com notippytappy.com

perpetualmotion.org

www.get.on.ca Fall 2016/Winter 2017

ACTIVE 55+ PROGRAMMING GET active

REGISTRATION

TELEPHONE: Call 519-856-9596 ext 113. Office hours are Monday to Friday, 9 a.m. to 4:30 p.m.

FAX: Fax registration form, including payment information, to 519-856-2240 to the attention of Vicki Hafner.

EMAIL: Email registration form to vhafner@get.on.ca and include in your email a number you can be reached at for payment.

IN-PERSON: Register for programs during office hours (Monday to Friday, 9 a.m. to 4:30 p.m.)

- Brucedale Municipal Office, 8348 Wellington Rd. 124, Rockwood
- Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30, Guelph

MAIL: Mail completed form and payment (no cash please) to:

Township of Guelph/Eramosa,

Attn: Vicki Hafner, 8348 Wellington Rd. 124, P.O. Box 700, Rockwood, ON NOB 2K0

FLEX CARD

"FLEX CARD" available for the fall and winter sessions (can be purchased as a secondary class) Price is always \$50 which is good for 10 classes. Flex Cards cannot be used for DDP Yoga (Men's and Mixed) and expires at the end of the session.

Multiple Class Discount: When you sign up for a second class, you receive a \$10 discount for the second class. If you sign up for 3 classes, you will receive a \$20 discount on your third class.

Partner Discount: When 2 residents that live in the same household sign up for the same class, the second registration is only \$50

Free Weeks: Courses that have dollar signs \$\$ associated with them means you can try that course for free before registering for the class. Each dollar sign will equal a free week of class, so if there is one dollar sign (\$) that means the first week is free, if there are 2 dollar signs (\$\sigma\$) that means the first two weeks are free. If no dollar signs unfortunately there are no free weeks associated with that class.

Dates and times for winter classes may be subject to change, based on enrollment and instructor availability.



GET active ACTIVE 55+ PROGRAMMING

REGISTRATION FORM

COST DISCOUNTS

MULTIPLE CLASS DISCOUNT: Sign up for two programs and receive a \$10 discount on the second class; additionally sign up for three classes and receive a \$20 discount on the third class.

PARTNER DISCOUNT: When two individuals living in the same household sign up for the same class, the second registration is only \$50.

,				
MAIN CONTACT				
Adult's first name:	Adult's last name:			
Address:	City/Town: Post		Postal	Code:
Home phone:	Daytime phone:		Email:	
PARTICIPANT 1				
First name	Last name			☐ Male ☐ Female
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				
2				
3				
If class is full please: ☐ Wait List ☐ Try another course (below)				
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				
DDOCDANA CANCELLATIONS				

PROGRAM CANCELLATIONS: All classes are subject to cancellation if there are insufficient registrations. If your class is cancelled due to insufficient enrolment, you may transfer free of charge to another program (subject to availability) or receive a full refund.

REFUNDS: A full refund will be issued for all courses cancelled. Requests for refunds or credits based on withdrawal must be received five business days prior to program commencement. Prorated refunds will be issued for medical reasons only with a doctor's certificate, providing notification is received no later than halfway through the program and providing that a certificate is brought in prior to the end of the program.

PAYMENT ☐ Cash ☐ Cheque (payable to The Township of Guelph/En	ramosa) 🗖 Debit	□ Visa	☐ MasterCard
Credit card #:	_ Expiry date (mm/yy):		CCV #:
Cardholder's name (print):			
From time to time, the Township of Guelph/Eramosa contacts participants in our programs for informational purposes. We are committed to protecting your personal privacy and will not share your personal information with outside organizations. By checking the box below you indicate you DO NOT wish to be contacted by The Township of Guelph/Eramosa for the purpose stated above.			
☐ Please DO NOT contact me with updates or for informational property of the	urposes.		

Fall 2016/Winter 2017 www.get.on.ca

ACTIVE 55+ PROGRAMS GET active

Stay Fit with Nancy at these three classes!

You get a little bit of everything with Nancy. Enjoy a fun hour with all the components of a healthy exercise routine. Nancy's classes are great stress-relievers and the perfect way to burn off calories! Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! Please bring: Good-fitting running shoes, water bottle,

Instructor: Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Cost: \$60/course

Use it! Lose it! Tone it Up! \$\$

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina and strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment. Please bring: A set of light weights and mat

> 10 Tuesdays 9:00-9:50a.m. Sept 20 – Dec 6

Jan 17 – April 4

10 Thursdays 9:00-9:50a.m. Sept 22 - Dec 8

Jan 19 – April 6

Music 'n Motion (Introductory Class) \$\$

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Music 'n Motion. You get a little bit of everything - all with great music to distract you! This class is a great stress-reliever and the perfect way to burn off calories. Work at your own pace with feel good exercises to enhance your health and well-being. Please bring: A set of light weights.

> 10 Tuesdays 10:00-10:50a.m. Sept 20 – Dec 6

Jan 17 – April 4

Just for the Health of It!

This series includes a mix of active and informative sessions including: practical applications of recent research; tips for general health and well being; safe exercises for older adults; open forum discussions; a review of health and wellness issues and exercises; prescriptions including information on diabetes; osteoporosis, parkinson's, dementia and arthritis. Participant workbook is included with the series. Participants will complete a Par-Q. Please bring: Indoor shoes, water bottle, pen or pencil and wear comfortable clothing.

> 11:30a.m.-12:30p.m. Sept 27 – Nov 29 10 Tuesdays

Music 'n Motion \$\$

This is a cardio, strength and balance class with a fun and entertaining musical twist! Your CCAA (Canadian Centre for Activity and Aging) and Canfitpro-certified instructor, Jill, will get your heart rate up in a lighthearted class that will distract you from the fact that you are getting a terrific full-body workout. During this class everyone will be able to work at their own level of fitness and ability. Please bring: Good-fitting running shoes, water bottle and your biggest smile

Instructor: Jill Simpson

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 9:30-10:25a.m. 10 Mondays **Sept 19 – Dec 12** (No class Oct 10)

Jan 16 - April 10 (No Class Feb 15)

10 Wednesdays, 9:00-10:00a.m. Sept 21 – Dec 7

Jan 18 – April 5

GET active ACTIVE 55+ PROGRAMS

Use it! Lose it! Tone it Up! \$\$

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina and strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment. Please bring: Goodfitting running shoes, water bottle, a set of light weights and mat

Instructor: Jill Simpson

Rockmosa Community Centre, 74 Christie St. Rockwood Location:

Cost: \$60/course

> 10 Mondays 8:30-9:25a.m. Sept 19 – Dec 12 (No class Oct 10)

> > Jan 16 – April 10 (No class Feb 20)

Body, Mind, and Movement ProgramTM for Brain Fitness \$\$

This scientific-based, physical workout has been created specifically for cognitive stimulation. Whether you are concerned about dementia or simply want to maintain a healthy brain, MB & MP™ is a tune-up for your brain and teaches you important techniques for maintaining your cognitive health. Please bring: Good-fitting running shoes, water bottle and your biggest smile.

Instructor: Jill Simpson,

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 10 Wednesdays 10:00-11:00a.m. Sept 21 – Dec 7

> > Jan 18 – April 17

Tap Dance for Beginners \$\$

Fred Astaire and Ginger Rogers watch out! Learn the basics of tap dancing in this fun, relaxed class that builds balance, strength and coordination. Over the course we will string together a couple of routines to dazzle your kids and your grandkids. Tap shoes and a sense of humour are a must! (Don't worry, we will help you find tap shoes at a very reasonable price). Please bring: Tap shoes and water bottle

Instructor: Jill Simpson

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 10 Mondays 10:30-11:25a.m. Sept 19 – Dec 12 (No class Oct 10)

> > Jan 16 – April 10 (No class Feb 20)

Tap Dance - Intermediate \$\$

Build on your basic tap skills, increase your repertoire of moves and challenge both your body and brain with some flashy and exciting new tap routines. Bring those tap shoes, now slightly worn and of course your sense of humour. Please bring: Tap shoes and water bottle

Instructor: Jill Simpson

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

10 Wednesdays 11:00a.m.-12:00p.m. Sept 21 – Dec 7

Jan 18 – April 17

Fall 2016/Winter 2017 www.get.on.ca

ACTIVE 55+ PROGRAMMING GET active

Gentle Yoga \$\$

Whether you're new to yoga or have been practicing for years ~ this class is for you! This class will bring attention to your breath and provide you with the basics of yoga postures and movement. In this class you will build on your strength, flexibility and balance while reducing stress, and promoting an overall sense of well-being. Please bring: A yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 10 Tuesdays 9:00-9:50a.m. Sept 20 - Dec 6 10 Thursdays Sept 22 - Dec 8 9:00-9:50a.m. 10 Tuesdays Jan 17 – April 4 9:00-9:50a.m. 10 Thursdays 9:00-9:50a.m. Jan 19 – April 6

Yoga - Moving Forward \$\$

This progressive class will help you move past the introductory elements and build on your strength, flexibility and balance. You will learn new poses, movements and postures and understand how important your breath becomes during your practice. Modifications for different abilities will be offered. Please bring: A yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 10 Tuesdays 10:00-10:50a.m. Sept 20 – Dec 6 10 Thursdays Sept 22 - Dec 8 10:00-10:50a.m. 10 Tuesdays 10:00-10:50a.m. Jan 17 – April 4 10 Thursdays 10:00-10:50a.m. Jan 19 – April 6

Band Together

This class is composed of a brief cardiovascular warm-up, followed by core stability and balance training, resistance training using tension bands (if you've ever had physiotherapy, you've probably used these) from standing, sitting or lying positions. Last is the stretching portion of the program, to keep those working muscles limber and reduce the risk of injury. Please bring: Good-fitting shoes, water bottle

Instructor: Margaret lutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Cost: \$60/course

> 10 Fridays 9:00-9:50a.m. Sept 30 – Dec 16 Jan 13 - March 31

Worth the Weight \$

This weight training class will introduce participants to upper body and lower body resistance exercises using hand weights (please bring your own 3 or 5 lb weights), chairs and mats. No previous experience required! Please bring: Good-fitting shoes, 3 or 5 lb hand weights and water bottle.

Instructor: Margaret lutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

\$60/course Cost:

10:00-10:50a.m. 11 Friday Sept 30 - Dec 16

Jan 13 - March 31

GET active ACTIVE 55+ PROGRAMMING

Pilates

The Pilates based exercises are designed to bring our bodies into a stronger and more functional alignment so that you can continue to feel younger and stronger. Whether it's stretching tight areas or strengthening weak spots, Pilates readies us for the daily activities we call life. Please bring: A mat, water bottle and towel

Instructor: Gina Giammarco

Location: Rockmosa Older Adult Centre, 85 Christie St. Rockwood

Cost: \$60/course

> 10 Wednesdays 9:00-9:50a.m. Sept 21 – Dec 7

Jan 11 - March 29

Chair Pilates

Getting up and down may be a challenge but that should not prevent you from giving your body the proper attention it needs. This class will help your body feel younger, stronger and more functional by focusing on your alignment while sitting (on a chair), standing, strengthening and balancing. Your body will thank you by the end of this class! Please bring: Water bottle and towel

Instructor: Gina Giammarco

Location: Rockmosa Older Adult Centre, 85 Christie St. Rockwood

Cost: \$60/course

> 10 Mondays 12:00-12:50p.m. Sept 19 – Dec 12 (No class Oct 10)

Jan 9 – April 3 (No class Feb 20)

Body Align

This Yoga-inspired, Pilates-infused class will provide you with insights on your bodies structural strength and help to re-align and release tension and stress in your Myofascial tissues (your muscles). Afterwards, your body will feel relaxed and rejuvenated and best of all you'll be able to take what you've learned and use it every day. Participants must feel comfortable moving from the floor to a standing position. Please bring: Water bottle and towel

Instructor: Gina Giammarco

Location: Rockmosa Older Adult Centre, 85 Christie St. Rockwood

Cost: \$35

> 6 Wednesdays 10:00-10:50a.m. Jan 11 – Feb 15

Mixed DDP Yoga

DDP YOGA combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create a very effective fitness plan. It allows anyone to get an amazing cardio workout while improving muscular strength, increasing flexibility and strengthening your core in a single workout...all with minimal joint impact! See life changing results while improving your activity level and quality of life. Please bring: Yoga Matt, Water Bottle, and Towel. Heart Rate Monitor highly recommended. L1 = Level 1 and B = Beginnner.

Instructor: Marcel Dore

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Cost: \$60/course

> 10 Tuesdays 6:00-7:00p.m./ 7:15-8:15p.m. (L1) or 8:20-9:20p.m. (B) Sept 20 – Nov 22 10 Thursdays 6:00-7:00p.m./ 7:15-8:15p.m. (L1) or 8:20-9:20p.m. (B) Sept 22 – Nov 24 10 Tuesdays 6:00-7:00p.m./ 7:15-8:15p.m. (L1) or 8:20-9:20p.m. (B) Jan 10 – March 14 10 Thursdays 6:00-7:00p.m./ 7:15-8:15p.m. (L1) or 8:20-9:20p.m. (B) Jan 12 - March 16

Fall 2016/Winter 2017 www.get.on.ca

ACTIVE 55+ WORKSHOPS

GET active

What's happening at the Older Adult Centre & at the Rockmosa Community Centre? Check out the exciting workshops and classes offered this fall and winter in Rockwood.

Crafting Your Novel

Are you ready to tell your story? This creative writing workshop will cover all aspects of the craft, including, plot, characters, pace and your story hook. Handouts will be provided each session to help keep you on track. Beverley Bell

12 Mondays, Sept 19 – Dec 12 1:30-4:00pm \$160

Guelph/Eramosa Glee Club

Do you love to sing? Come and experience the joy of making music. No prior singing knowledge is required. The only requirement for joining the Guelph/Eramosa Glee Club is a desire to sing.

Nancy Revie 8 Wednesday's October 5 – Nov 30 10:30-11:30am

Cooking with Chef Emily Richards

Pantry Basics – Do you know what you have in your cupboards, fridge and freezer? Let Chef Emily take you through some key ingredients you have on hand that won't break the bank and can be used to create delicious easy and quick meals. On the menu: Polenta with Sausage and Rapini, Turkey and Pasta dinner, Coconut Chicken Stew and Rice Chili.

Wed, Sept 28 11:30am-1:30pm \$30 for members \$35 for non-members

\$15

Holiday Appetizers – Join Chef Emily as she shares tips and what to keep on hand to-make holiday appetizers at the ready in your home. Emily will demonstrate the recipes and you will be able to taste them and take the recipes home to recreate. On the menu: Sesame Beef Bites, Reuben Party Dip, Malaysian Sesame Chicken and Mini Walnut Butter Tarts in Phyllo

Wed, Nov 23 1:00-3:00pm \$30 for members \$35 for non-members

Batik Art

Batik is the art of decorating cloth by applying wax and dyes. Create your own Batik cloth art with the support and guidance of your award winning instructor Tania Orton.

3 Tuesdays, Oct 11, 18 and 25 1:00-3:00pm \$80 Rockmosa Community Centre

Painting Flowers and Plants for Beginners

Learn basic principles and techniques of painting through the varied and interesting world of plants. Short exercises followed by longer assisted work periods will give participants a chance to apply ideas from the lessons to their own project.

4 Thursdays Nov 3 – 24 6:15-8:30pm Older Adult Centre \$100

This Is How We Roll!

Foam rolling is a release technique that can help with injury prevention and rehabilitation. It can also improve posture, flexibility and muscle recovery.

Marden Community Centre

7:00-8:30p.m.

Oct 11, Nov 7, Dec 5

\$15

Rockmosa Community Centre

7:00-8:30p.m.

Nov 21



GET exploring FESTIVALS & EVENTS

International Plowing Match 2016

Guelph/Eramosa is excited to be part of the International Plowing Match September 20-24, 2016 Join us for "A Fresh Taste of Farming!"

Visit the Guelph/Eramosa Township booth in the County of Wellington Showcase!

Zipline, taste tour and wander through the Wellington County Showcase when you visit the IPM!

Come and experience all that the IPM and the County of Wellington has to offer!

What is an IPM?

The International Plowing Match is a weeklong event that showcases the agricultural industry.



The main goals of the event are:

- to give farmers the opportunity to engage with the public
- to educate farmers about leading edge technological developments in agriculture
- to teach the public about agriculture practice
- to develop relationships with the public to ensure repeat attendance.



Enjoy a fresh taste of farming and celebrate agriculture and rural living at the 2016 International Plowing Match and Rural Expo.

Tented City offers over 500 vendors and exhibitors with something for the whole family! Explore agriculture, food and rural living, as well as antique and historical exhibits.

Enjoy a variety of fabulous local talent and entertainment on various stages throughout the Match. Performances by the RCMP Musical Ride are sure to be a highlight.















Call 1.800.661.7569 for more info! • www.plowingmatch.org

Book your RV Park campsite now - Park is filling fast. Call 519.510.RVRV (7878) or email: rvpark@ipm2016.ca

Fall 2016/Winter 2017 www.get.on.ca

FESTIVALS & EVENTS GET exploring

Rockwood Farmers' Market

Every Wednesday from June 15 to October 5, 2016

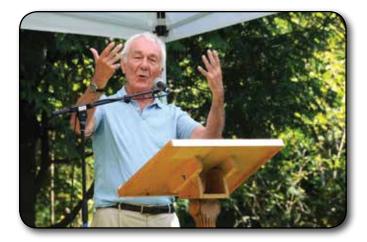
Visit the Rockwood Farmers' Market every Wednesday from 4:00 p.m. to 7:00 p.m. at the St. John's Anglican Church grounds on Main Street in Rockwood. Come out to enjoy fresh produce, culinary treats and live music and entertainment!

Eden Mills Writers' Festival

September 15 to 18, 2016

This nationally-acclaimed and widely-respected literary event takes place on the banks of the Eramosa River in the village of Eden Mills. Audiences of several thousand "come for the words" each year to enjoy readings and to visit Publishers' Way where publishers, booksellers, magazine producers and non-profit groups come to showcase their wares.

www.edenmillswritersfestival.ca



Strom's Harvest Fun Area

September 24, 2016 to October 30, 2016 Enjoy lots of fall family fun at Strom's Farm, located at 5089 Wellington Road 32 in Guelph/ Eramosa. The Harvest Fun Area includes corn maze, straw maze, wagon rides, puppet show and pumpkin chuckin'!

Taste Real Fall Rural Romp

September 24, 2016

Celebrate the Fall Harvest by touring over a dozen Wellington County farms and markets on this selfauided tour. Enjoy the hearty eating of real food, the fall harvest and fresh-from-thefarm taste real delights that can be stored and enjoyed all winter long.





Photo Credit: Taste Real

Strom's Moonlight Corn Maze

Experience the thrill of Strom's Corn Maze at Night! Bring your flashlight and enjoy a fun, fall night under the stars! Strom's Farm is located at 5089 Wellington Road 32 in Guelph/Eramosa.



In-Home Personal Fitness Training for:

Adults • Seniors

Young AdultsRehabilitation

Margaret Iutzi - BA, CPTN-CPT miutzi@cogeco.ca Call: (519) 831-3221



Eden Mills Nordic Ski Club offers ski classes for children ages 5-16 on 15 km of groomed trails through fields and forest at the south end of Guelph. Classes start in January and run until the end of March. The trails can also be used by adult club members. For more information, registration, and trail conditions, go to

http://edenmillsnordic.blogspot.ca/

GET exploring FESTIVALS & EVENTS

Remembrance Day Services

November 5, 2016

On Saturday, in partnership with the Royal Canadian Legion Branch 234 Guelph and Branch 197 Acton, 121 Red Arrow RCAC Squadron and 1882 Wellington Rifles ACC, the Township will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood. Service will commence at 10:50 a.m.

November 11, 2016

On Monday, in partnership with Rockwood Centennial Public School, the Township will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood. Service will commence at 10:50 a.m.

Rockwood Farmers Parade of Lights

December 8, 2016 at 7:00pm

Bundle up and enjoy a special night with family and friends in downtown Rockwood! This unique evening Christmas parade is brought to you by the farmers of Rockwood community. Each year farmers decorate their farm equipment and machinery with hundreds of beautiful lights. This unique holiday spectacle is a sight to behold for kids of all ages!

www.rockwoodfarmersparade.org





Teen Dances

Presented by Party Cinemas at Rockmosa Community Centre from 7 to 10 p.m. for ages eight to fourteen.

September 23, 2016 November 4, 2016 January 20, 2017 March 17, 2017 May 26, 2017

October 14, 2016 December 9, 2016 February 10, 2017 April 21, 2017 June 23, 2017



Fall 2016/Winter 2017 www.get.on.ca

FALL/WINTER FEATURE TRAIL

The Rockwood Conservation Area

161 Fall Street South Rockwood, ON NOB 2K0

The Pothole & Cedar Ridge Trails

Being new to Guelph/Eramosa Township I was intrigued to find out what the Rockwood Conservation area had to offer, so on a very hot and humid day in July I decided to venture out and take a walk on their trail system.

My first trail was the Pothole Trail which is managed by the Grand River Conservation Authority. This trail winds through a cedar forest on the north side of the Eramosa River and passes many interesting geologic features along the river's edge. I found the shade of the tall Cedar and Maple trees to be a welcoming break from the hot sunshine. The trail was wide and well maintained and I enjoyed hearing laughter from the lake, the hum of Cicada's and the gulps from the Bull frogs. At the end of the Pothole trail you come to an opening at the Harris Mill Ruins which was certainly fun to explore! After my exploring I took the Cedar Ridge Trail, which is on the south side of the river back to the main beach and Pavilion area. The Cedar Ridge trail takes you through a



Cedar, Spruce and Maple forest. On this trail, there is a steady incline leading you to a lookout where you are able to view the Eramosa River, limestone cliffs and Rockwood Islands. It was definitely worth the incline to see the beautiful view. While on my walk I found interesting facts on signage about the Rockwood Conservation Area and it's natural wonders; including how most of the trees

in the area are between 300 and 500 years old. It was also quite beautiful to see the towering limestone cliffs, the rock islands standing tall in the river, caves along the trails and the glacial potholes, which are some of the

largest in the world.

In total the entire loop (including both trails) is approximately 3.5 km and can take 30 - 45 minutes or as long as you want, depending on how much you enjoy exploring. During the winter time the trails are well used by walkers and the trails become hard packed and in some sections can become icy, make sure to bring your grippers and also if you have them, throw on your snowshoes.

Kim Coultis Guelph/Eramosa Community Programs Coordinator

GET exploring

Church Suppers and Community Meals

Monday, September 19, 2016

Presbyterian Roast Beef Supper at Rockmosa Community Centre. For more information, call Barb at 519-856-4891.

Monday, October 3, 2016

Sacred Heart Parish Country Style Turkey Supper beginning 6:00 p.m. at Rockmosa Community Centre. Advanced tickets only. Take out is available. For more information, call Loretta at 519-856-9409.

Monday, October 17, 2016

Stone United Church Roast Beef Supper at Rockmosa Community Centre. For more information, contact Eileen at 519-856-9648.

Monday, November 28, 2016

Presbyterian Spaghetti Supper at Rockmosa Community Centre. For more information, call Barb at 519-856-4891.

Thursday, December 8, 2016

Stone United Church Chili Supper at Rockmosa Community Centre. Come in for dinner and then enjoy the Parade of Lights! For more information, contact Eileen at 519-856-9648.

Country Breakfasts

Rockwood United Church Country Breakfast is the last Saturday of September, October, November, January, February, March, April, and May from 8:00am to 11:00am at Rockwood United Church. Cost is \$9.00 for Adults, \$5.00 for Children 5-12 years of age and \$20.00 Family Deal (2 adults and 2 or more children). Tickets available at door. All are welcome.

For more information call 519-856-4160 or go to www.rockwoodunitedchurch.ca

Lions Events

Saturday, November 26, 2016

Start your shopping early at the Annual Lioness Bazaar! Visit vendors, the penny table and the bake table that includes delicious meat pies and tea at the Rockmosa Community Centre from 9:00am to 1:00pm

Sunday, December 4, 2016, 9 a.m. to 12 p.m.

Visit Santa with a wish list during the Breakfast with Santa event sponsored by Rockwood & District Lions Club at the Rockmosa Community Home Visits from Santa – November 29 to December 22, 2016.

*Call to make an appointment 519-856-2368.

January 7, 2017 – New Year's Levee!

Mayor and Members of Council invite you to celebrate the start of a new year in Guelph/ Eramosa at the Older Adult Centre in Rockwood (Rockwood Library) from 1:00pm to 4:00pm This event is brought to you by the Rockwood Lions Club.

Rockwood Lions Pancake Breakfast

This event takes place at the Rockmosa Community Centre on Sunday April 9, 2017 from 8am to 1pm.

Rockwood Lions Diabetic Breakfast

This free event takes place at the Rockmosa Community Centre on Sunday May 7, 2017 from 9:00am to 11:00am. Come out and bring your questions and concerns. To get help and advice from the experts.

Road Side Clean Up Dates:

- Saturday October 1 2016
- Saturday May 6 2017

Meet at Lions Park at 8:00am.

www.get.on.ca Fall 2016/Winter 2017

GET exploring

Then and Now

Blyth's Tavern at Marden

In 1833, Alexander Blyth purchased the farm on Elora Road at Lots 19 and 20, Concession 3, Division D in Guelph Township. He immediately began to build a hotel at the front of the property. In 1846, when the Blyths outgrew the original hotel, he built a larger building at Marden.

The new hotel, a three storey building which still stands today with an addition, was of clapboard construction with a verandah and balcony across the front.



Now: 2016



Then: Marden Hotel circa 1908, As a general store circa 1925

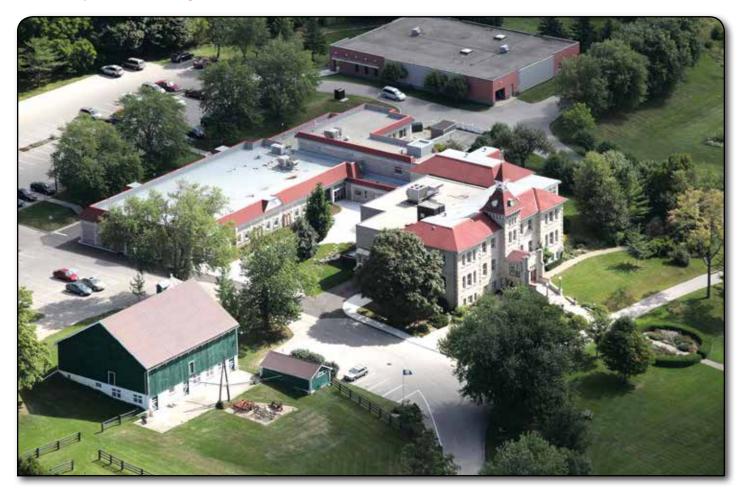
For years, the Blyth Tavern was the only polling place for elections in the former Township of Guelph. A Post Office was opened in the hotel in 1859 with Alexander's son Colin acting as Postmaster. Township Council meetings were often held in the third storey rooms.

Alexander Blyth died in 1872 leaving his widow, six sons and 3 daughters. In 1879, the property was sold. The building remained as a hotel under other ownerships until 1916. The Marden Hotel holds the record as having been the last country hotel operating under the old liquor license act when prohibition was introduced between Elora and Hamilton on 1916.

The actual date of when a general store opened in the building is not known. The last proprietors to operate the store were Alvin and Audrey McIntosh. In July 1976, the door of the store closed forever. At present day, the premises is leased to commercial businesses with residential apartments above.

All inks used in the production of this guide are vegetable base inks.

Wellington County Museum and Archives



Visit a National Historic Site right here in Wellington County! Discover the 1877 House of Industry and Refuge and Industrial Farm, featuring our award winning exhibit "If These Walls Could Speak", the 1877 Barn and "Poor House" Cemetery.

Visit two floors of fascinating exhibits or join us for family fun at our festivals, special events and programmes all year long. Research your family tree, your house and Wellington County in our state-of-theart Archives with free access to Ancestry databases. The Museum also has four venues that are perfect for hosting your wedding, reunion, celebration or meeting. Our facilities are wheelchair accessible with plenty of free parking on site. Open year round, seven days a week. General admission by donation.

In a Heartbeat Art Gallery

103 York St., Eden Mills

Mark Griffiths Black and White Photography Gallery

118 Main St. S., Rockwood www.griffithsphotography.com

Wonkies & Art Gallery

7100 Fife Rd., Guelph/Eramosa http://www.masterpiece.on.ca

Visit www.wellington.ca/museum.

www.get.on.ca Fall 2016/Winter 2017

GET

Fall Wellington Rural Romp

Southern Wellington County

SATURDAY, SEPTEMBER 24 • 10:00 AM - 4:00 PM



- Meet the people growing and producing your food
- Discover the "MUST tastes" of the harvest prepared by local chefs
- Pick up farm fresh food and fall decorations
- M Enter our online photo contest to win great prizes!
- Rain or shine! Find the romp location man at www.tastereal.ca









Explore

the oldest surviving former House of Industry in Canada, the Poor House Cemetery, and the 1877 Barn

Experience

fascinating exhibits, engaging events, and family-fun festivals

Research

your house, your family tree, and Wellington County history in the Archives

Relax and Recharge

in our beautiful gardens or hike the Cataract Trail

Celebrate and Meet

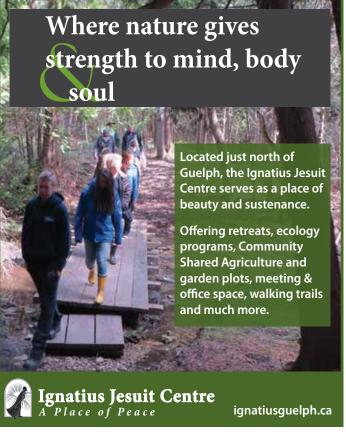
in our unique venue, perfect for weddings, meetings, parties and more!



Museum and Archives

Wellington Road 18 between Fergus and Elora

T 519.846.0916 x 5221 Toll Free 1.800.663.0750 x 5221 www.wellington.ca/museum







7384 Wellington Rd. 30, Guelph 519-856-9596 x201

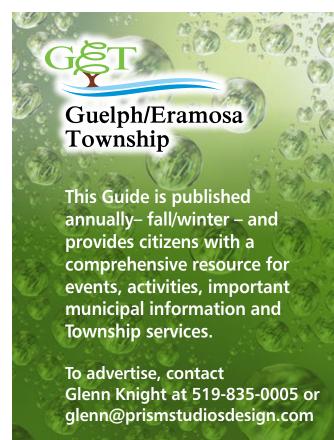
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