

fall 2018 - winter 2019

Community guide



GET active • GET informed • GET exploring

Guelph/Eramosa will Vote by Mail in the 2018 Municipal Election this fall!
Check out Page 22 and 23 about when to vote and more! www.getvoting.ca

GYMNASTICS FOR ALL!

Gymnastics is one of the most all-inclusive “lifestyle exercise programs” available to children and teens, incorporating strength, flexibility, speed, balance and coordination.

*Fitness AND fun
you'll flip over!*

**REGISTER
NOW!**



register online
guelphsaultos.ca



Council Message

On behalf of the Council of Guelph/Eramosa, we are pleased to bring you the 2018/2019 Guelph/Eramosa Community Guide!

This fall and winter, we invite you to enjoy our state-of-the-art facility at the **Royal Distributing Athletic Performance Centre** with its walking track, field, fitness classes and activities happening all year-round!

Inside this edition, you will find information about our new **yoga classes for children of all ages and parents**, as well as scheduling for our ever-popular Tot 'n' Play activities.

We are excited to offer many exciting 55+ workshops, classes and drop-in programs at the **Rockmosa Older Adult Centre**. Thanks, in part, to the Ontario Seniors Active Living Centre Program grant, we are pleased to be expanding our programs and making the Older Adult Centre more accessible to our community.

Our Guide continues to play an important role as a one-stop resource for residents. Inside this edition, you will learn about municipal boulevards, our e-billing program, local community events and how you can **be prepared for power outages** if they happen. This Guide continues to promote our community partners who also provide important services and opportunities, such as East Wellington Community Services and Order of the Bear.

Guelph/Eramosa Township Council and staff wishes everyone a safe and enjoyable year and we hope that you and your family take advantage of the many exciting activities and attractions right here in Guelph/Eramosa!



Mayor Chris White
Guelph/Eramosa Township



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

- Knowledgeable.**
- Dependable.**
- Andrew Vince.**

Real Estate Sales Representative

Your *Rockwood* Realtor

DIRECT:
905.781.0262

OFFICE:
519.856.9922

EMAIL:
AndrewVince@royalpage.ca

WEB:
AndrewVince.ca



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Guelph@LittleKickers.ca

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Mayor

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Rockwood, ON N0B 2K0
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chriswhite1@cogeco.ca

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Ward 1 Councillor

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Guelph, ON N1H 6J4
519-836-0743
david.wolk@sympatico.ca

Corey Woods
Ward 2 Councillor

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

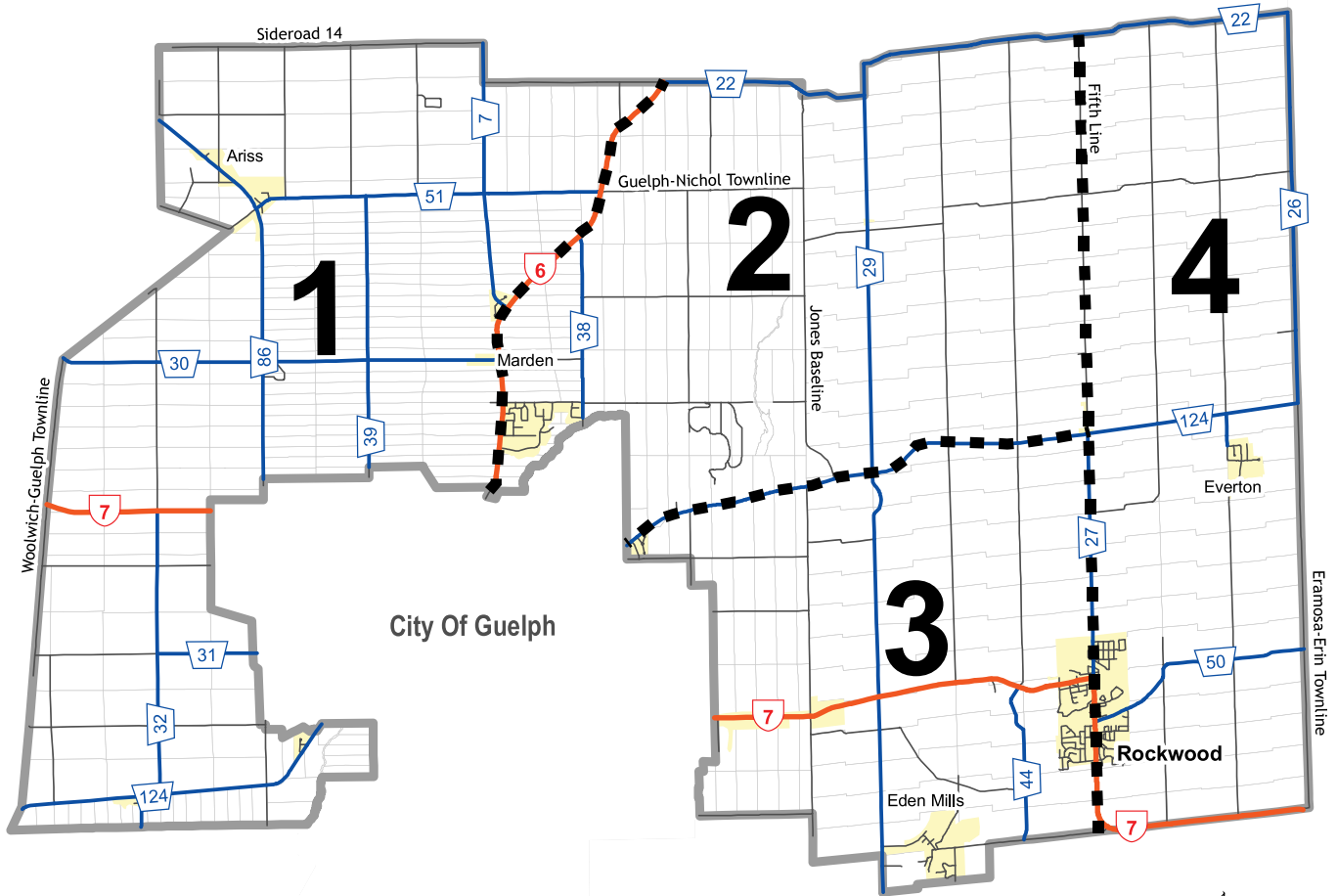
Louise Marshall
Ward 3 Councillor

41 Ash Street
Eden Mills, ON N0B 1P0
519-856-0641
louise.marshall.41@outlook.com

Mark Bouwmeester
Ward 4 Councillor

251 Brady Street
Rockwood, ON N0B 2K0
519-856-2127
markgb@cogeco.ca

**For information about the
2018 Municipal Election
see pages 22 and 23.**



**TOWNSHIP OF
GUELPH/ERAMOSIA**
Ward Electoral Boundaries

Make Winter Fun!

Memberships and Preferred Programs Available Now At Chicopee

Chicopee is committed to promoting wellness through unique fun-filled experiences, and year-round family recreation – Chicopee will add fun to your family's winter experience.

Purchase a **membership** now and enjoy a **Summer Season Pass** with access to tennis, disc golf, biking, and trails; Receive **\$160 credit** towards our 8 week Snow School Programs, **\$10 credit** towards all things Chicopee, Partner Programs, and more.

Join one of our many **8 week programs** from preschool to adult, from Never-ever to advanced levels of skiing or snowboarding. Benefit from speciality programs such as all day **Saturday lessons**, **All-Star** practices, **Jump and Bump** training, and **Freestyle** lessons. You don't need to drive out of the region take advantage of our racing programs. Available for all ages: including U8, U10, U12, U14, U16, U19, **House League**, and **Adult** teams. We even host instructor **training programs**.

Check out the **Easy Rider Banks**, **Terrain Park** and other bumps, moguls and snow made features, as fresh as we can make them any day of the week right here at home.

For Memberships and Programs call **519.894.5610** and book your families Unique Fun-Filled Experience with Chicopee.



Discover **MONDAYS**

\$35

DISCOVER PACKAGES

Beginner Group Lesson, Rentals & Beginner Lift Ticket. (Excluding Family Day) For those 7+ years of age. Starts JAN 5th • 5 pm to Close

Student **WEDNESDAYS**

\$25

LIFT TICKETS

Valid student I.D. must be presented for students over the age of 16. Starts JAN 10th • 5 pm to Close.

Family **FRIDAYS**

\$30

ALL ACCESS LIFT TICKET

DISCOVER PACKAGES \$45 Must be a family of 2 or more. Beginner Group Lesson, Rentals & Beginner Lift Ticket. For those 7+ years of age. Starts JAN 12th • 5 pm to Close.

ORDER OF THE BEAR COMMUNITY BOARD GAME CLUB

110 ROCKMOSA DRIVE. ROCKWOOD. ON. N0B-2K0



LOCATED IN THE LOWER LEVEL
@ ROCKMOSA COMMUNITY CENTRE

JOIN OUR CLUB!

FOR MORE INFORMATION:

info@orderofthebear.ca

www.orderofthebear.ca

www.facebook.com/orderofthebear

www.instagram.com/orderofthebear



Guelph/Eramosa Township Department Directory

Township of Guelph/Eramosa
 8348 Wellington Rd. 124
 P.O. Box 700
 Rockwood, Ontario
 NOB 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
 Municipal Election..... ext. 107
 Civil Marriage Services..... ext. 125

ENFORCEMENT AND LICENSING

By-law Enforcement ext. 121
 Property Standards..... ext. 121
 Dog Licensing ext. 101
 Lottery Licensing ext. 140
 Marriage Licences..... 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 ext. 122
 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
 Rockwood Cemetery ext. 140

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 519-824-6590
 Deputy Fire Chief..... 519-856-9637
 Rockwood Fire Station..... 519-856-9637
 Open Air Burn Permit Inquiries ext. 101

REGIONAL SERVICES

County of Wellington 519-837-2600
 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
 Public Health..... 1-800-265-7293
 Hydro One – Power Outages 1-800-434-1235
 Guelph Hydro – Power Outages
 In Rockwood Only 519-822-3010
 Ontario One Call
 (Call Before You Dig) 1-800-400-2255



Where Your Home Meets The Road

The portion of your property nearest the street is municipal property and is known as a boulevard.

This area is the entrance point for many municipal services onto your lot and it may need to be accessed at any time to repair or improve services.

Just outside your home, within the boulevard, you may have a catch basin or a fire hydrant. Here are some important reminders for the area where your home meets the road.

BOULEVARD LANDSCAPING

We encourage property owners to maintain standard turf grass on the municipal boulevard in front of their property. Property owners who wish to install alternatives to sod must follow requirements of the Township's Boulevard Alteration Policy.

Changes that you make to the boulevard, such as landscaping or rocks, could make it difficult for our crew to plow the roads during the winter. Before starting a boulevard garden or landscaping, a property owner must sign the Boulevard Alteration Policy Application and attest they have read and will follow the guidelines.

A copy of the Township's Boulevard Alteration Policy and Application can be found at www.get.on.ca Hard copies are also available at the Municipal Office.

KEEP CATCH BASINS FREE OF DEBRIS

A catch basin is a storm drain located just beside the boulevard and it collects rainwater from properties and transports the water into the municipal water system.

With autumn approaching, the leaves will be changing colour and will soon be falling. These leaves could be a problem because they can block catch basins, which creates flooding on our roads. Please take the time to safely clear catch basins in front of your property from any debris that may be blocking them.

In the winter, clearing catch basins of snow and ice is also important to prevent flooding in the spring when melting occurs.

For more information, please visit our website or contact our Public Works Department at 519-856-9596 Ext. 120.



KEEP FIRE HYDRANTS CLEAR

If you have a fire hydrant on the boulevard outside your home, please clear the snow around the hydrant so that firefighters can find it quickly during an emergency. It is important for hydrants to be easily visible from the road. Seconds save lives in an emergency and we need your help!

YARD WASTE

Thank you in advance for efforts to rake up the leaves this fall before they blow onto the roads and into the catch basins!

Wondering what to do with the yard waste?

Wellington County operates six waste facilities. The three closest facilities are: Aberfoyle Facility (Puslinch), the Belwood Facility (Centre Wellington) and the Elora Facility (Centre Wellington). All of these County locations accept brown bagged yard waste (including leaves) at a cost of \$2.00 per



bag. The Belwood and Aberfoyle Waste Facilities will also accept brush at a standard disposal fee. You may also place your yard waste in a County of Wellington yellow garbage bag to be picked up on your designated garbage pickup day and must not exceed 40lbs. Please do not deposit your yard waste, leaves or brush onto our Township roads or in our parks.

For more information, please visit the Solid Waste Services section on the County of Wellington website at www.wellington.ca/sws.



Kids in grades 1 to 8 can join in the furry fun!

PD Day Camps
Junior Humane Club
Birthday parties

Contact us today for more details!
519-824-3091

guelphhumane.ca



"Martial arts is the best thing I ever did for my child"

We offer:

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- Activity Day Camps on School P.A. Days & Holidays

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www.sealykarate.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.

Curbside Collection

- Curbside collection is on **Friday**. Urban areas are collected weekly, rural areas every other week.
- User pay **garbage** bag system. Large is \$2.00, small is \$1.50, check website for where to buy. You can place in a garbage can if animals are a problem.
- **Recycling** is two-stream: containers and papers in separate blue boxes. See SWS website for a list of acceptable items.
- Set out materials by 7:00 am.
- **New subdivisions** are added onto curbside collection when the majority of construction is completed. Please use one of our waste facilities until collection is available.



Waste Facilities

The County operates six waste facilities. Visit our website for site-specific information, directions, and hours. The three closest facilities to Guelph/Eramosa are:

Aberfoyle Waste Facility

6922 Concession 4
Township of Puslinch

Belwood Waste Facility

8585 Wellington Road 19
Township of Centre Wellington

Elora Waste Facility

6549 Gerrie Road
Township of Centre Wellington

Diversion Opportunities

There are many diversion opportunities at the County's waste facilities.



Buy a **Backyard Composter** for **\$30** (tax included).



Visit **Reuse Centres** at Aberfoyle or Belwood. Take items home **FREE**.



Recycle a variety of materials. Textiles, electronics, tires, and hazardous waste materials are all accepted for free.



Sign Up For E-Billing Say Goodbye to Paper Bills!

E-billing is OPTIONAL and is not mandatory for our property tax and water bills.

Enroll in our e-billing program and receive your bill in your email inbox, in an easy-to-read PDF format.

You can sign up for e-billing for your property tax bill and for your water bill (for users of the municipal water system).

Your bill will arrive at least 21 days prior to the earliest installment due date shown on the bill.

E-billing enrollment forms can be found on the Township's website at www.get.on.ca.

For information about property tax e-billing, call 519-856-9596 ext. 102.

For information about water account e-billing, call 519-856-9596 ext. 126.

For bill payment methods, please visit our website at www.get.on.ca



County of Wellington SOLID WASTE SERVICES

www.wellington.ca/sws
519.837.2601 • 1.866.899.0248



**Providing for today,
planning for the future.**

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



Be Better Prepared®!

Power failures can be triggered by many events. Weather such as freezing rain, sleet or high winds can damage power lines & equipment, leaving many without power. Power failures can leave you in the dark for hours or even days. Although power failures can occur in any region, you can learn how to reduce their impact with some planning and preparation.

BEFORE POWER FAILURE HITS:

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

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

PREPARE YOUR 72-HOUR KIT

- Water (2 litres/person/day)
- Non-perishable food items, canned and dried foods (replaced annually)
- Manual can opener
- Flashlight/ batteries or crank flashlight
- Portable radio/batteries or crank radio
- First aid kit
- Extra car keys
- Cash, travelers' cheques and change
- Important personal papers
- Extra seasonal clothing and footwear
- Toiletries
- Analog telephone
- Blankets and sleeping bags
- Medications as well as a list of prescriptions
- Whistle
- Playing cards, travel-sized games, books



- Cell phone fully charged if possible
- Generator – properly installed

Home Generators:

Home generators are handy for backup electricity in case of an outage.

Here are some safety tips to remember:

- Before considering the use of an emergency home generator during power failure, check with furnace, appliance and lighting fixture dealers or manufacturers regarding power requirements and proper operating procedures
- Connecting a generator to an existing electrical system should be done only by a qualified Electrician approved by the Electric Safety Authority (ESA)
- Always ensure that the generator operates outdoors in well-ventilated conditions, away from doors or windows, to prevent exhaust gases from entering the house
- Ensure you have sufficient fuel supply



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

Lottery Licence

In order to conduct a lottery, in the Province of Ontario, an organization must first obtain a lottery licence. To qualify for a lottery licer a registered charitable, non-profit or religi organization may conduct a lottery schem raise funds if they have a demonstrated cl or religious mandate to qualify. "Charitabl to organizations which provide programs the relief of poverty, advancement of educ advancement of religion or other charitab purposes that benefits the community.

A lottery license is needed anytime tickets being sold for a chance to win prizes, such

- 50/50 Draw (Chance to win Cash)
- Raffles (Chance to win door prizes, basket sport tickets)
- Rubber Duck race (Winning duck crosses finish line, chance to win prizes)

WHERE DO I FIND INFORMATION?

For more information on lottery licenses and eligibility, please visit our website at www.aet.on.ca or contact Legislative Services



ANaerobic Fitness & Personal Training

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Individual Training

At Rockmosa Community Centre
Tuesday & Thursday evenings September - May



Bootcamp
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 & More!

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www.annaerobicfitness.com

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FALL REGISTRATION now OPEN for new students
 interested in **Violin, Viola & Cello**
 — **World-Famous Suzuki Method** —

Contact us to attend a Free Observational Lesson



GUELPH YOUTH MUSIC CENTRE

SECE

Suzuki Early Childhood Education



SUZUKI
String School of Guelph
since 1972



Ability Develops Early... Our **NEW**
 program for children ages 0 to 3 and
 their parents starts in September!

guelphsuzukistrings.ca 519.821.2890

Why do you need a building permit?

A building permit is formal permission to begin a construction or demolition project. Building permits are necessary to ensure that construction methods meet the standards set out in the Ontario Building Code, Federal and Provincial regulations, and local by-laws. The Building Department promotes and assists with building development to ensure safe structures for our residents, businesses, and visitors.

WHEN DO YOU NEED A BUILDING PERMIT?

The property owner is responsible for ensuring there is a building permit for the project they are undertaking. A permit is required for:

- The construction, renovation, extension, or demolition of a building or structure (including decks)
- Structural work including alterations to interior partitions, installation of skylights, windows, doors or dormers
- Constructing or finishing rooms in the basement or attic, converting garage space into living space
- Construction or installation of an accessory building larger than 10m² (108 ft²)
- Some designated structures such as retaining walls and solar panels
- New water service, new sewers, alteration or extension of an existing plumbing system
- Any building that contains plumbing or plumbing work including solar heating and lawn irrigation systems
- Raising a dwelling or excavating a crawl space to provide full basement (underpinning of foundation)
- Installation of a new heating system including woodstoves

- The installation, alteration, extension, or repair of on-site sewage systems
- Change of use of a building
- Temporary tents greater than 60m² (645 ft²)
- Installation of a swimming pool

Please note these are general guidelines only. If you are unsure whether your project will require a building permit, please give us a call.

Zoning & Planning

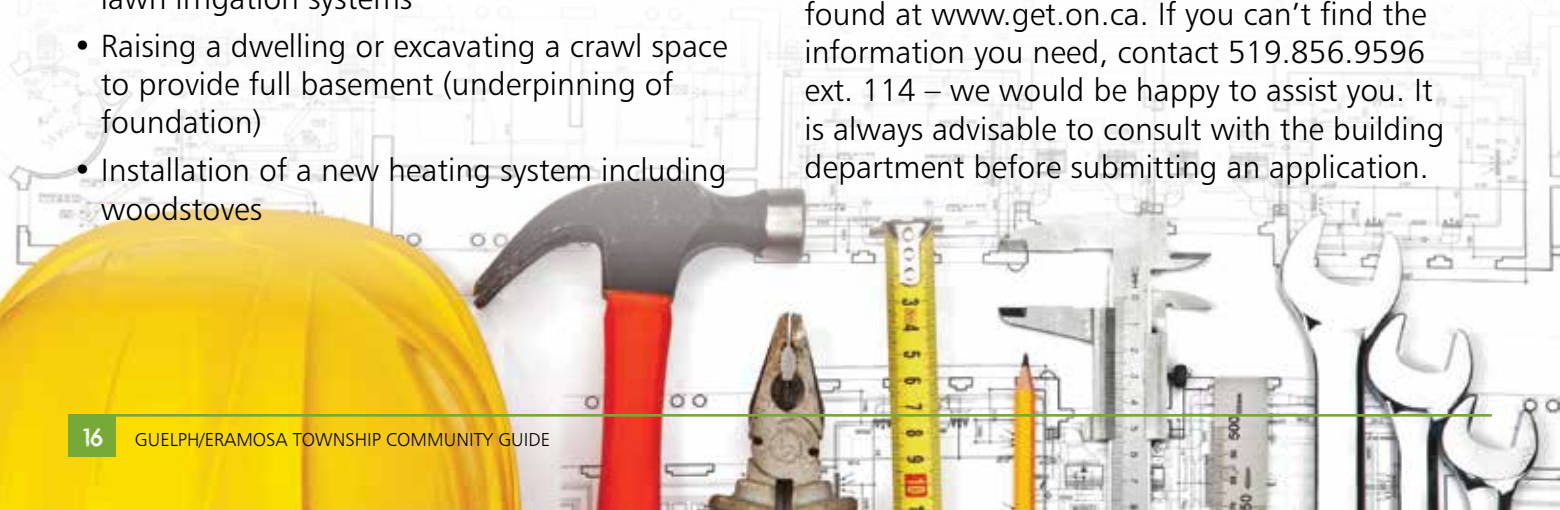
Did you know that construction projects that do not require a building permit are still required to conform to the applicable zoning regulations? Whether the project is large or small, contact the Planning Department at 519.856.9596 ext 112 to determine the zoning and permitted uses for your property. The Township Zoning By-law can be found at www.get.on.ca.

Do you require a permit from the GRCA?

If your proposed construction is within an area regulated by the Grand River Conservation Authority, a GRCA permit will be required in order to proceed with a building permit application. Property owners are encouraged to visit www.grandriver.ca or call at 1.866.900.4722 to determine if GRCA approval is required.

How to Apply for a Building Permit

Application forms and other resources are available at the Municipal Office from Monday-Friday, 8.30am – 4.30pm, and can also be found at www.get.on.ca. If you can't find the information you need, contact 519.856.9596 ext. 114 – we would be happy to assist you. It is always advisable to consult with the building department before submitting an application.



The Guelph Humane Society



Did you know that the Guelph Humane Society provides animal control and shelter services for our community?

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. Guelph Humane Society provides many services, including:

- Capturing, licensing, quarantine and enforcement of stray dogs;
- Kennel inspections;
- Responds to dog bites and/or attacks on other domestic animals;
- Receives inquiries and responds to injured, sick and orphaned wildlife;
- Removing, impounding, relocating or disposing of wild or domestic animals who may be injured or in immediate danger of injury or death or those who pose a real or reasonable risk of harm to people;
- Support conflict between animals and residents;
- Investigations and prosecutions (by-law infractions); and
- Park and trail monitoring

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.

Take it outside at
GUELPH LAKE NATURE CENTRE!

OUTDOOR ADVENTURE DAY CAMPS
 Summer and school breaks, and PD Days

ECO-ADVENTURE BIRTHDAY PARTIES

YOUTH & COMMUNITY GROUP PROGRAMS

Guelph Lake Nature Centre
 7677 Conservation Rd., Guelph
www.grandriver.ca/naturecentres

Grand River Conservation Authority

Fire Safety in Our Community

In addition to fire suppression, responding to motor vehicle accidents and medical incidents, the Guelph/Eramosa Fire Department is responsible for the delivery of a public education program in our community.

Each year, the Fire Department engages the community with:

- Hosting station visits by community organizations
- Public education talks
- Fire safety presentations
- Community events
- Portable fire extinguisher training
- Fire Station open houses
- Community schools visits.

The Fire Department also conducts Ontario Fire Code inspections on the receipt of a complaint or a request.

EDUCATING OUR YOUTH

The Guelph/Eramosa Fire Department has a long-valued relationship with our community's schools and our youth. Building early relationships between our youth and emergency services personnel is crucial. School programming involves classroom delivery of fire public safety information, such as:

- Calling 911
- Get Out and Stay Out! (not re-entering into a fire)
- Knowing your address
- Fire hazards in your home
- Smoke and carbon monoxide alarms

Ask your child today – what would you do when you hear the smoke alarm at 2:00am?

For questions or further information on smoke and carbon monoxide alarms, home escape planning, please contact:

Mat Williamson,
Fire Prevention Officer
519-835-6724

ARE THERE HEROES IN YOUR HOME?



SMOKE AND CARBON MONOXIDE ALARMS SAVE LIVES.

- Install smoke alarms on every storey of your home and outside all sleeping areas.
- Install carbon monoxide alarms outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.
- Test smoke and carbon monoxide alarms every month.

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 519-233-9696 for more information.

Food Bank & Community Support Services -

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. and Saturday 12:00 p.m. to 4:00 p.m. (depending on volunteer availability) at 107 Harris St. in Rockwood.



Volunteer Opportunities – We have volunteer opportunities for everyone! From high school students looking to complete their 40 hours, co-op students, groups looking to volunteer together or individuals wishing to connect and give back to their community. **Please call Barb at 519-856-2113.**

Transportation – Transportation to appointments for eligible adults 18 years and older residing in East Wellington. Two business days advance notice. User pay service. In some cases, rides may be subsidized. **Contact Andrea at 519-856-2113.**

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 at 519-856-2113 for information.**

Guelph School of Art
ART CLASSES & WORKSHOPS FOR ADULTS & KIDS
 Painting, Drawing
 Mixed Media,
 PA Day Camps,
 Parties & More!
GSA. 519.767.1317
WWW.WYNDHAMARTSUPPLIES.COM

GUELPH YOUTH SINGERS
If you love to sing...
Guelph Youth Singers
 Is holding auditions for the 2018-2019 season.
For more information call 519-821-8574

Royal Distributing Athletic Performance Centre (RDAPC)

7384 Wellington Rd. 30, Guelph
 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.



Royal Distributing Athletic Performance Centre

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

Rockmosa Older Adult Centre

121 Rockmosa Drive, Rockwood



Rockmosa Older Adult Centre

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



Marden Community Centre

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

Rockmosa Community Centre

110 Rockmosa Drive, Rockwood



Rockmosa Community Centre

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.



Walking Soccer

Family Yoga

55+ Fitness

Tot 'n' Play

Birthday Parties



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

dnichol@get.on.ca • www.get.on.ca/RDAPC

Come enjoy our indoor Walking Track and Field. Drop in or sign up for one of our many programs. Walking Soccer, Tot 'n' Play, Family Yoga, 55+ Fitness, Remote Control Airplanes, Golf Driving Range, Coed Slo Pitch, Pole Walking Workshops and more! Facility Birthday Parties also available.



Guelph/Eramosa Township

This Guide is published annually- fall/winter - and provides citizens with a comprehensive resource for events, activities, important municipal information and Township services.

To advertise, contact Glenn Knight at 519-835-0005 or glenn@prismstudiosdesign.com

G&T advertising!



Guelph/Eramosa will Vote by Mail in the 2018 Municipal Election this fall! Check out Page 22 and 23 about when to vote and more! www.getvoting.ca

2018 Municipal Election

www.getvoting.ca

Vote By Mail



Election Day: October 22, 2018

Guelph/Eramosa Township is using Vote by Mail for the 2018 Municipal Election. Instead of having poll locations, a Voter Kit is mailed to each voter on the Voters' List. Voters can return their completed kits either through the mail or they can be hand-delivered to Ballot Return Stations. All ballots will be counted on October 22, 2018.



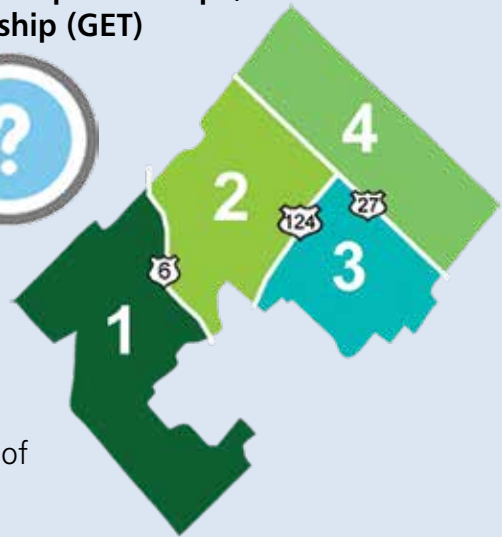
AM I ELIGIBLE TO VOTE?

Eligible voters must be:

- 18 years or older,
- A Canadian citizen
- Tenants or property owners (or spouses of) in Guelph/Eramosa

WHAT WARD DO I BELONG TO?

Ward Map for Guelph/Eramosa Township (GET)



Wellington County Wards:

- County Ward 7 is made up of GET Ward 1 and the Township of Puslinch
- County Ward 8 is made up of GET Wards 2, 3 and 4



WHAT ARE THE ELECTED POSITIONS?

Each voter may vote once for each of the following offices:

- **Mayor**
- **Township Councillor** (representing the voter's Township Ward)
- **County Councillor** (representing the voter's County Ward)
- **School Trustee** (representing the voter's school support)

WHO ARE THE CANDIDATES?

Be sure to check the Candidates' List at getvoting.ca or on the bulletin board at the Municipal Office. **All Candidates**



Night debates:

September 10, 2018 at 7:00 p.m. at Marden Community Centre.

Hosted by the Guelph Township Horticultural Society.

September 19, 2018 at 7:00 p.m. at Rockmosa Community Centre in Rockwood. Hosted by the Rockwood Lions Club.

Watch for your Voter Kit in the mail!

Voter Kits will be mailed to eligible voters during the week of **September 24, 2018**. Voters can complete a Voter Kit and return it in the **mail to the Municipal Office by October 11, 2018**.

Ballot Return Stations (see listing below) are also available to voters who do not wish to mail their Voter Kit back, miss the **October 11th** deadline or eligible voters who did not receive a kit.

G&T VOTING 2018

How to Vote by Mail

- 1 Detach and sign the declaration form. Place it in the yellow return envelope. Don't seal the envelope yet.
- 2 Complete the ballot. Place the completed ballot in the white ballot secrecy envelope and seal the white secrecy envelope.
- 3 Place the white secrecy envelope into the yellow return envelope. Your signed declaration should already be inside the yellow return envelope.
- 4 Make sure that the return address is visible in the window of the yellow return envelope. Seal the yellow envelope.
- 5 Mail your pre-paid yellow envelope by **October 11, 2018** OR hand deliver your yellow return envelope to the Municipal Office or to other specified Ballot Return Stations.

Please use black marker or pen to complete the ballot!

Please DO NOT RECYCLE your ballot. If you do not wish to vote, shred it.
Your ballot is your responsibility. Please treat it with care.

BALLOT RETURN STATION SCHEDULE

September 24-October 12, 2018 8:30am-4:30pm Mon-Fri	Guelph/Eramosa Municipal Office
Monday, October 15, 2018 9:00am-12:00pm	Royal Distributing Athletic Performance Centre
Tuesday, October 16, 2018 4:00pm-8:00pm	Rockwood Older Adult Centre and Library
Wednesday, October 17, 2018 4:00pm-8:00pm	Marden Community Centre and Library
Thursday, October 18, 2018 4:00pm-8:00pm	Rockwood Older Adult Centre and Library
Saturday, October 20, 2018 10:00am-4:00pm	Marden Community Centre and Library
Saturday, October 20, 2018 10:00am-4:00pm	Rockwood Older Adult Centre and Library
October 15 to 19, 2018 • 8:30am-7:00pm	Guelph/Eramosa Municipal Office
October 22, 2018 (VOTING DAY) 8:30am-8:00pm	Guelph/Eramosa Municipal Office

I DIDN'T RECEIVE A VOTER KIT IN THE MAIL, CAN I STILL VOTE?

Absolutely! Bring Identification to one of our Ballot Return Stations to confirm your eligibility.

WHERE DO I FIND MORE INFORMATION?

- getvoting.ca
- Elections Bulletin Board at the Municipal Office
- 519-856-9596 ext. 140
- vote@get.on.ca

Indoor Walking and Jogging track

The indoor track at the RDAPC is available for all ages and welcomes walkers, strollers and individuals of every ability. The polyurethane surface of our track allows a cushioned feel on the knees and hips and is an excellent spot for rehabilitating, getting out for exercise in the winter months, or meeting friends for a stroll.

November 1 – April 30

Monday to Friday

7:00am-9:00pm

Saturday to Sunday

8:00am-9:00pm

May 1 – October 31

Monday to Friday

8:00am-8:00pm

Saturday to Sunday

11:00am-5:00pm

The facility is closed for all Government sanctioned Holidays

Track is open late when field is rented.

Fieldhouse Rentals

Rent our field for a weekly pick-up game with friends or a one off for a special event! Please call for rates: (519) 856-9596 Ext. 201.

Active 55 Soccer

Join us Wednesday afternoons for our drop in 55+ Soccer recreation league beginning this fall.

Wednesdays, 2pm-3pm

\$5/session, \$50/season (18 wks)

Women's Recreation Soccer (Indoors)

Looking to G.E.T. active and social at the same time? Join our Women's recreational soccer league. We are joining forces with Sista's in Soccer this year in hopes to grow into an indoor league.

Wednesdays

October 14- May 12 (30 weeks)

\$225/player

Contact info@sistasinsoccer.com or go to www.sistasinsoccer.com to register

Saturday Night COED Slo Pitch League

Our Saturday night Slo pitch League will be returning for a 4th season this year and we are looking to expand again. Come in for some off season exercise and join in on the fun

The season begins November 3, 2018

24 Week Season

\$2,800/tm

\$320/plyr

Tot' N Play

Come to the fieldhouse and burn off some energy! Join us indoors to enjoy outdoor games in the cold and rainy weather! We have parachutes, hula hoops, inflatable play structures, and balance blocks! Come socialize and meet new friends.

Monday/Wednesday/Friday 9am-12pm

\$4/child (ages 1-5) • \$35 for a 10 play card

Parents/Guardians play for FREE!!!

***Opposite field is set up for open play for school age children(\$4) on PD Days!**

Fieldhouse Birthday Party!

All RDAPC Birthday party Packages include:

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

October-April - \$220.67 (full), \$148.88 (half)

May-September - \$148.88 (full)

Optional Add ons available:

- Large Bounce (Dec.-Mar.)
- Tot Bounce
- Tot Toys

Remote Control Flying

Drop in to fly your personal R/C flyer during the cold weather months. 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

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.

JUNIOR golfers swing for FREE when accompanied with one paying adult! Junior clubs are available for children 10 and under.

Monday AND Friday - 12:30-4:00pm

\$8/ bucket of 75

\$15/ 2 buckets

\$70/ 10 bucket card



Michael Chong
Member of Parliament
Wellington - Halton Hills

A-190 St. David St. S.
Fergus ON N1M 2L3
519-843-7344

www.michaelchong.ca michael.chong@parl.gc.ca
866-878-5556



DDPYOGA Workshop

Hosted By:
Marcel Doré MD and
Guelph/Eramosa Township
Royal Distributing Athletic
Performance Centre
7384 Wellington Rd. 30
Guelph, Ontario, Canada
N1H 6J2

Space Is Limited!
\$69.99 USD
Military, Police and Firefighters
20% Discount available

'Inspiration Meets Perspiration' Workshop
Saturday, September 22nd
Beginner Fitness Levels and Up
10:00 AM - 12:30 AM
ddpy.co/2LuC8R7

All Workshops Include:

- Free Personal Selfie with DDP!
- Correct Diamond Dozen alignment
- Secrets of Dynamic Resistance
- Active breathing techniques
- FREE Group Picture posted on Facebook
- How and why DDP created DDP YOGA
- Principles of Owning Your Life
- Attainable Goal Setting

*DDPYOGA has a no refund policy within 24 hours of the event with the exception of emergencies both medical and personal.

DDPYogaWorkshops.com

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 the fieldhouse!

Pole Walking Workshops

Pole walking is increasing in popularity. We have pole walking workshops for all ages. Classes are offered monthly with a fitness and nutrition twist to them! Poles(\$100) and replacement Boots(\$20) available for purchase at the front desk. \$25/Workshop

Saturday, September 29	10:00am-12:30pm
Sunday, October 21	1:00pm-3:30pm
Wednesday, November 14	6:00pm-8:30pm
Monday, January 7	6:00pm-8:30pm
Sunday, February 10	1:00pm-3:30pm
Wednesday, March 6	6:00pm-8:30pm
Sunday, April 13	3:00pm-5:30pm

G.E.T Fit with Nancy

The Benefits Of Bone Fitness

Come and enjoy an active training program for health and exercise with Bonefit™. Nancy is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance and posture.

Monday	6:30-7:20pm	Sept. 24 - Dec. 3 (No class October 8)	\$65
Monday	6:30-7:20pm	Jan. 7 - Mar. 18 (No class February 18)	\$65

Chair Yoga

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Monday	7:30-8:20pm	Sept. 24 - Dec. 3 (No class October 8)	\$65
Monday	7:30-8:20pm	Jan. 7 - Mar. 18 (No class February 18)	\$65

Family Yoga with Lisa

Yoga For Pregnancy

Pregnancy is a time of extraordinary change for your body and life. Each pregnancy is unique and so these classes give you the chance to explore a variety of poses and breathing practices that can bring comfort and restfulness to your body and happiness and calm to your mind. No previous yoga experience is required.

Thursday	7:15-8:15pm	Sept. 27 - Nov.29	\$80
Thursday	7:15-8:15pm	Jan. 10 - Mar. 21 (No class March 14)	\$80



Baby Yoga

(newborn to almost crawler, with one adult)

Explore dozens of yoga poses designed specifically to be enriching to your baby and to support developmental movement discoveries. Each class is filled with calming, nurturing ways to enhance bonding, aid baby's digestion and improve sleep patterns. For parents, this class is a special opportunity to meet other moms, get support and learn about baby's emerging personality.

Tuesday	10:00-10:45am	Sept. 25 - Nov. 27	\$80
Tuesday	10:00-10:45am	Jan. 8 - Mar. 19 (No class March 12)	\$80

Mom Yoga

(non-mobile and nearly-mobile babies are welcome!)

Enjoy taking the time to stretch and release the tension from your new mom body. Particular attention is given to each mom`s healing and energy, to ensure that your experience is positive and useful for your day-to-day. Depending on their energy and need, babies will join us for some of the poses.

Thursday	4:00-5:00pm	Sept. 27 - Nov.29	\$80
Thursday	4:00-5:00pm	Jan. 10 - Mar. 21	\$80
		<i>(No class March 14)</i>	

Tot Yoga

(able crawler to 24 months, with one adult)

Watch tots become more confident as they are encouraged and supported in their physical explorations. Your tot will playfully practice yoga poses with your assistance. This is a faster-paced yoga class because of the tots` newfound mobility and curiosity.

Tuesday	11:00-11:45am	Sept. 25 - Nov. 27	\$80
Tuesday	11:00-11:45am	Jan. 8 - Mar. 19	\$80
		<i>(No class March 12)</i>	

Tyke Yoga

(2 to 4 years old, with one adult)

Yoga poses, songs, stories and games are combined to create an enriching parent/child activity. Help your tyke build the foundation for a healthy and fit lifestyle while having fun! No yoga experience is required. This is a parented program, so you will be "showing and sharing".

Tuesday	12:00-12:45pm	Sept. 25 - Nov. 27	\$80
Tuesday	12:00-12:45pm	Jan. 8 - Mar. 19	\$80
		<i>(No class March 12)</i>	



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/>

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

Yoga Buds and Blossoms

(4 to 7 years old, with one adult)

Classes are designed to engage and challenge children, regardless of age - developmental movement being the key to exploring each and every pose. Independent practice, partner poses and group activities ensure that these classes are fun for all!

Thursday	5:15-6:00pm	Sept. 27 - Nov.29	\$80
Thursday	5:15-6:00pm	Jan. 10 - Mar. 21	\$80
		(No class March 14)	

Parent and Youth Yoga

(8 to 13 years old, with one adult)

This program offers a great opportunity for an adult and their growing youth to practice as partners and experience hatha yoga together. Calming breathing practices and partner poses help you strengthen your bond.

Thursday	6:15-7:00pm	Sept. 27 - Nov.29	\$80
Thursday	6:15-7:00pm	Jan. 10 - Mar. 21	\$80
		(No class March 14)	

Stroller Fit with Sarah

This 50 minute class is baby/stroller friendly and will focus on multiple aspects of fitness including cardio, strengthening, balance, core and toning. The first half of the class will take place on the track with your stroller where there will be intervals of light cardio and strengthening exercises. The second half of the class will be held on the indoor field and will focus on core and body weight training- bring a yoga mat if desired!

We offer on-going registration for stroller fit.

Mondays - 10:30-11:30am

\$65/10 week session

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

Please remember for all RDAPC activities clean indoor shoes are mandatory

Get up to the minute updates by liking us on facebook or going to our website at www.get.on.ca/RDAPC

Walking Soccer

Still have the love for the game, but your body won't let you play? Walking Soccer is at the RDAPC! Walking soccer has become very popular in Europe and we now have it in Guelph/Eramosa! Same soccer rules... but running is a foul! Tuesday and Thursday at 10:00am.

\$5/session or \$50/12 Time Card



DDP YOGA GET ACTIVE



DDP Yoga with Marcel

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



Required: Yoga mat, water bottle, and towel. Heart Rate Monitor highly recommended.

Instructor: Marcel Dore

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

Tuesday	3:00-3:50pm	Sept. 25 - Dec. 11 <i>(No class November 13 & 20)</i>	\$65
Tuesday	6:00-6:50pm	Sept. 25 - Dec. 11 <i>(No class November 13 & 20)</i>	\$65
Tuesday	7:00-7:50pm	Sept. 25 - Dec. 11 <i>(No class November 13 & 20)</i>	\$65
Thursday	3:00-3:50pm	Sept. 27 - Dec. 11 <i>(No class November 15 & 22)</i>	\$65
Tuesday	3:00-3:50pm	Jan. 8 - Mar.13	\$65
Tuesday	6:00-6:50pm	Jan. 8 - Mar.13	\$65
Tuesday	7:00-7:50pm	Jan. 8 - Mar.13	\$65
Thursday	3:00-3:50pm	Jan. 10 - Mar.15	\$65

Location: Marden Community Centre, 7368 Wellington Rd. 30

Thursday (Level 2)	6:30-7:20pm	Sept. 27 - Dec. 13 <i>(No class Nov. 15 & 22)</i>	\$65
Thursday	7:30-8:20pm	Sept. 27 - Dec. 13 <i>(No class Nov. 15 & 22)</i>	\$65
Thursday (Level 2)	6:30-7:20pm	Jan. 10 - Mar. 15	\$65
Thursday	7:30-8:20pm	Jan. 10 - Mar. 15	\$65

NEW! Location: Rockmosa Community Centre Basement, 110 Rockmosa Dr. Rockwood

(Maximum 12 participants per class)

Wednesday	3:00-3:50pm	Sept. 26 - Dec 12 <i>(No class November 14 & 21)</i>	\$65
Wednesday	4:00-4:50pm	Sept. 26 - Dec 12 <i>(No class November 14 & 21)</i>	\$65
Wednesday	3:00-3:50pm	Jan. 9 - Mar 14	\$65
Wednesday	4:00-4:50pm	Jan. 9 - Mar 14	\$65

The real DDP is coming to the RDAPC! See page 25 for more details.

REGISTRATION

REGISTRATION FORMS : Can be found online www.get.on.ca or at the Brucedale Municipal Office, the Royal Distributing Athletic Performance Centre or the Rockmosa Older Adult Centre.

TELEPHONE: Call 519-856-9596 ext 139. Office hours are Monday to Friday, 8:30am to 4:30pm

FAX: Fax registration form, including payment information, to 519-856-2240 to the attention of Community Programs Coordinator.

EMAIL: Email registration form to mbiffis@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, 8:30am to 4:30pm)

- Brucedale Municipal Office, 8348 Wellington Rd. 124, Rockwood
- Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30, Guelph
- Rockmosa Older Adult Centre, 121 Rockmosa Drive, Rockwood (Tuesday to Thursday 10:00am to 3:00pm)

MAIL: Mail completed form and payment (no cash please) to:
Township of Guelph/Eramosa,
Attn: Community Programs Coordinator,
8348 Wellington Rd. 124, P.O. Box 700, Rockwood, ON N0B 2K0

PROMOTIONS: Multiple Class Discount: When you sign up for a second class you receive a \$10 discount for the second class, additionally, 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 \$55

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

VISIT www.get.on.ca TO KEEP INFORMED ON ADDITIONAL CLASSES AND NEW INSTRUCTORS



Use it! Lose it! Tone it Up! RDAPC

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, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

Required: Good-fitting running shoes, comfortable clothing, water bottle, a set of light weights, and mat

Instructor: Hilary Balaban

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

Tuesdays	9:00-9:50am	10 Classes	Sept. 25 - Nov. 27	\$65
Thursdays	9:00-9:50am	10 classes	Sept. 27 - Nov. 29	\$65
Tuesdays	9:00-9:50am	10 Classes	Jan. 8 - Mar. 20 <i>(No class March 13)</i>	\$65
Thursdays	9:00-9:50am	10 classes	Jan. 10 - Mar. 22 <i>(No class March 15)</i>	\$65

Total Body Fit (Introductory Seated Class) RDAPC

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Total Body Fitness. You get a little bit of everything- all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Hilary Balaban

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

Tuesdays	10:00-10:50am	10 Classes	Sept. 25 - Nov. 27	\$65
Tuesdays	10:00-10:50am	10 Classes	Jan. 8 - Mar. 20 <i>(No class March 13)</i>	\$65

Chair Yoga RDAPC

Chair Yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing and water bottle

Instructor: Hilary Balaban

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

Thursdays	10:00-10:50am	10 classes	Sept. 27 - Nov. 29	\$65
Thursdays	10:00-10:50am	10 classes	Jan. 10 - Mar. 22 <i>(No class March 15)</i>	\$65

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 while reducing stress, and promoting overall well-being.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Tuesdays	9:00-10:00am	10 Classes	Sept. 25 - Nov. 27	\$65
Thursdays	9:00-10:00am	10 classes	Sept. 27 - Nov. 29	\$65
Tuesdays	9:00-10:00am	10 Classes	Jan. 8 - Mar. 12	\$65
Thursdays	9:00-10:00am	10 classes	Jan. 10 - Mar. 14	\$65

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.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Tuesdays	10:10-11:10am	10 Classes	Sept. 25 - Nov. 27	\$65
Thursdays	10:10-11:10am	10 Classes	Sept. 27 - Nov. 29	\$65
Tuesdays	10:10-11:10am	10 Classes	Jan. 8 - Mar. 12	\$65
Thursdays	10:10-11:10am	10 Classes	Jan. 10 - Mar. 14	\$65

Chair Yoga

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Mondays	10:00-11:00am	10 Classes	Sept. 24 - Dec. 3 (No class October 8th)	\$65
Mondays	10:00-11:00am	10 Classes	Jan. 7 - Mar. 18 (No class February 18)	\$65

Use it! Lose it! Tone it Up! ROCKMOSA

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, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

Required: Good-fitting running shoes, comfortable clothing, water bottle, a set of light weights, and mat

Instructor: Hilary Balaban

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays 9:00-9:50am 10 Classes Sept. 26 - Nov. 28 \$65

Wednesdays 9:00-9:50am 10 Classes Jan. 9 - Mar. 21 \$65

Total Body Fit (Introductory Seated Class) ROCKMOSA

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Total Body Fitness. You get a little bit of everything- all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Hilary Balaban

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays 10:00-10:50am 10 Classes Sept. 26 - Nov. 28 \$65

Wednesdays 10:00-10:50am 10 Classes Jan. 9 - Mar. 21 \$65

BoneFit

The instructor will guide you through the necessary components to manage Osteoporosis such as strength, posture, core stability, balance and weight bearing exercises. Improving these can reduce fall risks. This class is designed for people who have an Osteoporosis diagnosis or who may be susceptible due to family history.

Required: Hand weights, gym shoes, comfortable clothing, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays 8:30-9:20am 10 Classes Sept. 28 - Nov. 30 \$65

Fridays 8:30-9:20am 10 Classes Jan. 11 - Mar. 15 \$65

Bands and Bells

This combo class of resistance bands and dumbbells offers a cardiovascular warm up, followed by a balance component, strength training and a stretching cool down. Participants can choose which resistance equipment they prefer; bands are provided and those preferring weights please bring your own.

Required: Gym shoes, comfortable clothing, light dumbbells, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays 9:30-10:20am 10 Classes Sept. 28 - Nov. 30 \$65

Fridays 9:30-10:20am 10 Classes Jan. 11 - Mar. 15 \$65

Older Adult Centre Drop-In Activities

Monday	Chess	Older Adult Centre	10:00am-12:00pm
Monday	Pickleball	Rockmosa Community Centre	1:00pm-3:00pm
Tuesday	Shuffleboard	Rockmosa Community Centre	1:00pm-3:00pm
Tuesday	Hand-Stitching	Older Adult Centre	1:00pm-3:00pm (Only 3rd Tuesday of each month)
Wednesday	Pickleball	Rockmosa Community Centre	1:00pm-3:00pm
Wednesday	Darts *we're currently looking for volunteers, contact mbiffis@get.on.ca	Older Adults Centre	1:00pm-3:00pm
Thursday	Euchre	Older Adult Centre	1:00pm-4:00pm
Friday	Senior Social	Older Adult Centre	11:30am-1:00pm

The majority of our drop in activities will start again in September. Visit our website www.get.on.ca to stay up to date on start dates and schedule changes.

WORKSHOPS

Please register in advance for all workshops. All workshops 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.

All Older Adult Workshops are located within the Older Adult Centre, 121 Rockmosa Drive unless otherwise indicated.

WATERCOLOUR AND MORE

Session 1 Starting Monday, September 24th
1:00pm-3:00pm 4 weeks
\$50 member \$55 non-member

Session 2 Starting Monday, November 12th
1:00pm-3:00pm 4 weeks
\$50 member \$55 non-member

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.

We will explore working from photos to a finished interpretive painting, as well as working from a still life.

DRUM CIRCLE CAFE

Fall: Starting Wednesday, October 10th
3:00pm-4:00pm 8 weeks
\$73.45

Winter: Starting Wednesday, January 16th
3:00pm-4:00pm 8 weeks
\$73.45

Memory is stimulated, warmth returns to the hands, physical limitations become less of a barrier in participation, and a community is formed!

The program will be learning basic group drumming techniques, learning the history of the djembe and certain rhythms we use, and then working as a group to come up with our own rhythms. NO MUSICAL EXPERIENCE OR SKILL NEEDED.



AFRICA, TIMES TWO - TANZANIA AND BOTSWANA

Tuesday, October 9th 1:00pm-3:00pm

Free admission. Please bring a donation for the local food bank.

Wildlife photographer, Tom Jenks, and his wife Ellie will show pictures and tell stories from two different trips to Africa. Elephants, lions, giraffes, hippos and the incredible African Wild Dogs are all part of what you will see, along with many of the birds of Africa. It is a wildlife show you will not soon forget.

GETTING THE MOST FROM YOUR HEALTHCARE APPOINTMENT

Tuesday October 16th 10:00am-11:30am

Waterloo Wellington Self-Management Program

Free

Communicating well with health care providers is one of the most important parts of getting good care. Join us for a free interactive workshop, focusing on what to do before, during and after an appointment.



LUNCH AND LEARN: WELLINGTON COUNTY AT WAR

Tuesday November 6th 12:00pm-2:00pm

Wellington County Museum and Archives

\$10 OAC Members \$12 Non-Members

From the war of 1812, the Fenian Raids, and the American Civil War to the Great Wars of the 20th Century and the War in Afghanistan, Wellington County has always been touched by conflict. Join staff from the Museum as they discuss using historical artifacts, stories and pictures and how these far away battlefields have affected the soldiers of Wellington County and those left behind.

LEARNING ABOUT OUR LOCAL WILDLIFE

Wednesday November 21st 1:00pm-2:30pm

Madeline Austen

Free

Come out and learn about our local flora and fauna, with a focus on our rarer species. Madeline Austen, a retired wildlife biologist, will share some conservation success stories from near and afar. Stories will cover a range of wildlife from butterflies to birds and mammals and include species like the Monarch butterfly, Piping Plover, Chimney Swift, Little Brown Myotis (a bat), and Jefferson Salamander.

10 WARNING SIGNS OF DEMENTIA AND WHAT TO DO ABOUT THEM!

Tuesday, January 22nd at 2:00pm

Join Robin Smart as she looks at the 10 warning signs of dementia and what to do about it. The presentation includes a film with personal and practical stories of people living with dementia and how they cope each day. A brief discussion and handouts will be provided.)

COOKING CLASSES

NORTH AND SOUTH INDIAN CURRIES

Thursday September 27th 11:30am-2:00pm

Rockmosa Community Centre Kitchen

Chitra Saravanan

\$30 member \$35 non member

Our instructor will show you how to cook authentic North Indian curries like Aloo Gobi (curry made with cauliflower and potatoes) in an easy and simple way. Then from the south of India learn how to make Coconut chicken curry. These curries will be accompanied by Peas Pulao (rice dish). We will finish the class with Masala chai (aromatic tea made with some exotic spices). Gluten free.

ANOTHER TRIP AROUND THE WORLD

Tuesday October 30th 12:00pm-2:00pm

Hendrik Varju

\$30 member \$35 non member

Italy - Sicilian Caponata Featuring eggplant, tomatoes, capers, olives and raisins, served with crostini.

Mexico - Posole A Mexican soup/stew combination featuring chicken, pork shoulder, hominy corn and chile peppers, garnished with a "floating salad" of romaine lettuce, white onions, cilantro and lime juice.

France - Chocolate Soufflé Served with a warm pomegranate sauce poured into the centre and a light dusting of powdered sugar.

SIMPLE INDIAN DISHES

Thursday January 24th 11:30am-2:00pm

Rockmosa Community Centre Kitchen

Chitra Saravanan

\$30 member \$35 non member

Learn the basics of Indian spices and some of your favourite mouth watering Indian dishes like Minced chicken curry (made with minced chicken, potatoes and peas) and masoor dal (curry made with lentils and spices) these curries will be accompanied by Roti - (Indian bread) and cucumber raita (Indian dip made with yogurt and cucumber).

A TRIP TO HUNGARY

Tuesday February 26th 12:00pm-2:00pm

Hendrik Varju

\$30 member \$35 non member

Lesco - Often called "Hungarian Ratatouille", featuring red and yellow bell peppers, Hungarian wax peppers, onions, tomatoes, paprika and Hungarian kolbassa.

Chicken Paprikash - Chicken served with a delicious sauce featuring paprika, celery, carrots and onions, served over a bed of dumplings called "nokedli".

Nokedli - These are the Hungarian version of German spaetzle, delicious little dumplings that absorb the paprikash sauce.

Apple Cinnamon Strudel - The Hungarians are masters of dessert. Learn to make delicious apple strudel with phyllo pastry, cinnamon and raisins or walnuts, lightly dusted with powdered sugar.

BUS TRIPS

WINE AND FUN IN PORT DOVER!

Wednesday September 26, 2018

Come on along as we explore Port Dover!

When we arrive we will board the "River Ryder" pontoon boat for a one hour relaxing cruise up the Lynn Valley River and into the Black Creek Nature Reserve.

Lunch following the cruise will be at the well known Erie Beach Hotel for their signature dish—Perch and Chips.

The Frisky Beaver Winery will welcome us for a tasting of two whites and two reds. Finally, a stop at Uncle Tom's Farm, the home of "The Cider Keg", for tasting and some farm market shopping before we head home.

\$120 Members

\$125 Non Members

For more information and to register please contact mbiffis@get.on.ca or 519-856-9596 ext. 139

SAVE THE DATE!

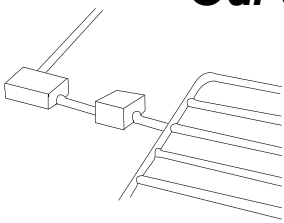
OPEN HOUSE

Rockmosa Older Adult Centre
 121 Rockmosa Drive, Rockwood
 Tuesday, October 2, 2018, 9:00am-2:00pm
 Visit www.get.on.ca for more information



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Photo credit: Shari Lovell Photography

Eden Mills Writers' Festival

September 7-9, 2018

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 22, 2018 to October 28, 2018

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'!

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.

Taste Real Fall Rural Romp

September 30, 2018

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

www.tastereal.ca




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We Shall Remember

Every year Guelph/Eramosa acknowledges the courage and sacrifice of those who served their country during times of war, military conflict and peace.

November 11, 2018

On Sunday, 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. The service commences at 10:50 a.m. As the Township does not have a local Legion Branch and this year, November 11th falls on a Sunday, this service might be of a smaller scale.

Rockwood Farmers Parade of Lights

December 13, 2018 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



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Then and Now

Armstrong's Mills Post Office

Armstrong's Mills was located on the Speed River at the corner of what is now called Mill Road and Jones Baseline. The hamlet was named for the Armstrong family, who first arrived in the area in 1822. John and Mary Armstrong had the mill constructed in 1856. It was an instant success and a small community named Unionville quickly sprang to life. The community was renamed Armstrong's Mills following the opening of a post office in 1876. The post office is believed to have been in a room just inside the arch of the mill. The mill was used until the 1950s. The hamlet experienced little growth following its initial success.



Mosborough Railway Station

Mosborough is located on the western extension of Speedvale Avenue at the point where the road crosses the railway. Between 1875 and the 1920s, Mosborough boasted a railway station staffed full time, and a post office. The Grand Trunk Railway opened from Guelph to Stratford in 1856. It was a plain wooden building, 18 by 59 feet in size. The traffic on the Grand Trunk line picked up in the 1870s when this railway elbowed its way into the grain trade from the American Midwest. The railway station was closed in 1944. The key figure in the history of Mosborough was Joseph Hobson. The hamlet was originally called Balmoral but changed to Mosborough because there was another of that name.



In honour of both of these historical locations, the Township of Guelph/Eramosa's Heritage Committee has erected road signage to recognize the sites.

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

Guelph/Eramosa Heritage Pride Stamps

Heritage Stamps

To celebrate the 40th anniversary of the Ontario Heritage Act, Guelph/Eramosa's Heritage Committee held a Heritage Stamp Contest. Guelph/Eramosa residents had the opportunity to design stamps, through photography or artwork that depicted an aspect of local heritage. Five stamps were selected as winners of the contest.



Mustang Drive-In

For over 50 years, the Mustang Drive-In has been showing movies to the Township. As a child growing up in the 80's I enjoyed watching movies here. It was always thrilling to see the large blue wall peering through the farm fields as we drove closer. Now, living down the street, I'm pleased to see the popularity of the Drive-In is thriving. I look forward to taking my baby daughter one day. As the landscape slowly changes in the Township of Guelph-Eramosa, it's comforting to see the iconic outdoor theatre remain virtually unchanged".

- Daniel Hauser, GET resident

The Stone Farmhouse

"This stone farmhouse is an excellent representation of the many stone homes scattered throughout the Township. The construction of the residence exemplifies a high degree of sophistication and reflects the expertise of the Scottish masons. Built by Robert Blyth in 1888, the building is well preserved and retains its original form".

- Don & Joyce Blyth, GET residents



Ariss Post Office

Joseph House built this frame building as a home in 1902 with a general store in one room. In 1908 the Post Office was established there with the arrival of the CPR railway, Mrs. Ellen House acting as Post Mistress. Rural Route #1, Ariss, established in 1911, was the first rural line to operate in Guelph Township. Gas pumps were added in 1918. In 1960 the building expanded to its present size to accommodate the Lucky Dollar grocery chain. In 2008, Ariss Post Office was honoured for 100 years of service".

- Joyce Blyth, GET resident

Hortop Mill

"The Hortop Mill is a beautiful example of local heritage in Guelph/Eramosa. We have so few historical buildings left. It's nice to see the mill has been preserved and not torn down. I try to imagine what the mill might have been like when it was in operation. It would have been interesting to see. It would be nice if it could someday be fixed up enough for people to see the inside. Until then, I hope it stays standing for many years to come".

- Steph Naylor



Rockwood Academy

"I view the Rockwood Academy as a reminder that Eramosa Township has had a history of higher education since 1850, several years before the expanding Ontario Public School system replaced it 32 years later. Prominent alumni include: the Honourable A.S. Hardy (Ontario's fourth Premier from 1896-1899), Sir Adam Beck (founder of the Province's Hydro-Electric system) and James J. Hill (railway magnate)".

- Gordon Carothers,
GET resident

Purchase Options:

These stamps are now available for purchase (at cost) at the Municipal Office. The stamps are a great way to personalize your mail with photos celebrating local heritage around Guelph/Eramosa. Booklets of 12 postage stamps for \$17.95 (including taxes). Sheets of 26 postage stamps for \$35.00 (including taxes), and Individual stamps for \$1.50 (including taxes) per stamp. If you are interested in purchasing stamps, please contact Amanda Knight at aknight@get.on.ca or by phone at 519-856-9596 ext. 125 with your request to ensure we can accommodate your order.

Church Suppers and Community Meals

Monday, September 24, 2018

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

Monday, October 1, 2018

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 15, 2018

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

Monday, November 26, 2018

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

Thursday, December 13, 2018

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 am to 11 am 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 24, 2018

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 2, 2018, 9:00am-2:00pm

Visit Santa with a wish list during the Breakfast with Santa event sponsored by the Rockwood & District Lions Club at the Rockmosa Community Centre.

Home Visits from Santa

November 29 to December 21, 2018

*Call to make an appointment 519-856-2368

January 5, 2019 – 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 7, 2019 from 8am to 1pm.

Road Side Clean Up Dates

- Saturday, September 15 ~ 2018
Meet at Lions Park at 8:00am.



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Classic Car Show	August 26
Harvest Festival	September 23
Spooktacular October	throughout October
Remembrance Ceremony	November 5
Christmas Festival	December 9
Family Day Weekend	February 16, 17, 18



Museum and Archives
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www.wellington.ca/museum

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