

fall 2019 - winter 2020

Community guide



GET active • GET informed • GET exploring

Guelph/Eramosa Township is celebrating its 20th Anniversary in 2019!
Check out Pages 24 and 25 for a look at some of Guelph/Eramosa's
experiences and achievements over the last 20 years!

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 up to **\$150 credit** towards our 8 week Snow School Programs, **\$10 credit** towards all things Chicopee, **Exclusive Partner Programs**, Champions Day Access 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, **Jumps and Bumps** 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**

\$36

DISCOVER PACKAGES

Beginner Group Lesson, Rentals
& Beginner Lift Ticket.
(Excluding Family Day)
For those 7+ years of age.
Starts JAN 6th • 5 pm to Close

Student **WEDNESDAYS**

\$26

LIFT TICKETS

Valid student I.D. must be presented
for students over the age of 16.
Starts JAN 8th • 5 pm to Close.

Family **FRIDAYS**

\$31

ALL ACCESS LIFT TICKET

DISCOVER PACKAGES \$46
Must be a family of 2 or more.
Beginner Group Lesson, Rentals
& Beginner Lift Ticket.
For those 7+ years of age.
Starts JAN 10th • 5 pm to Close.



Mayor's Message

On behalf of the Council of Guelph/Eramosa, we are pleased to bring you the 2019/2020 Guelph/Eramosa Community Guide!

Guelph/Eramosa is celebrating its **20th Anniversary** in 2019! The former Townships of Guelph, Eramosa and parts of Pilkington and Nichol were amalgamated in 1999 to form the Township of Guelph/Eramosa as it exists today. Check out the centre fold of this Guide for a look at some of our community's achievements and experiences over the last 20 years!

Inside this edition, you will find information about our **recreation programs for all ages** - yoga for kids of all ages, adult rec sports, DDPY and classes designed specifically for older adults.

When the weather turns cool 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!

The **Rockmosa Older Adult Centre** continues to offer exciting workshops and social events this year, including games, bus trips, cooking classes, art classes and drop-in programs! We are thankful for the support of the Ontario Seniors Active Living Centre Program grant, which helps us to grow our programs and make 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 creating your own 72 hour emergency kit, **new online dog licensing** and local community events. Check out our feature story about the dedication and service of our **volunteer firefighters**! This Guide also continues to promote our community partners who also provide important services and opportunities.

Guelph/Eramosa Township Council and staff wish everyone a safe and enjoyable year! We hope that you have the opportunity to enjoy some of the many exciting activities and attractions right here in Guelph/Eramosa!

A handwritten signature in black ink, appearing to read 'Chris White'.

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 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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for children ages 18m - 7th Bday

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Guelph@LittleKickers.ca

GET Informed

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Bruce Dickieson
Ward 1 Councillor

P.O. Box 700
Rockwood, ON N0B 2K0
519-831-8828

The cool, wet conditions that we have experienced this year resulted in planting delays. This reminds us that the weather is beyond our control. Patience is a quality that I have always embraced and this spring was yet another test.

The first months since entering public office have provided many learning opportunities for which I am thankful. Staff and Council have been very encouraging and helpful.

It is a real privilege to be part of a team that focuses on continuing to build on what makes our community so amazing.

Please know that your concerns, comments and questions are important and they will be listened to. Thank you for your continued support.



Corey Woods
Ward 2 Councillor

P.O. Box 700
Rockwood, ON N0B 2K0
519-824-7377

As the summer comes to an end, I hope everyone has enjoyed 2019 so far! In contrast to last summer, we've experienced more rain than average, leaving farmers crops weeks behind schedule. With the heart of the farming community within and surrounding Ward 2, my hope is that by the time you're reading this message we have had less rain!

The summer/fall construction season will include reconstruction of Bedford Road as well as intersection improvements at Highway 6 and the Guelph/Nichol Townline.

A big congratulations to Sharpe Farms on the opening of their brand new warehouse on Mill Road. It is always great to see a business moving to or expanding in our Township.

I'd like to take this opportunity to wish all of the school kids a successful start to their year and encourage residents to contact me at any time with comments or concerns.





Louise Marshall
Ward 3 Councillor

P.O. Box 700
Rockwood, ON N0B 2K0
519-856-0641

I am honoured to serve as your Councillor. I try to keep you up to date on what's happening in the Township by posting information on Facebook, and in face to face meetings when I am out and about, which I try to do regularly. Ward 3 consists of a large, spread out area.

Please consider visiting the Rockwood Farmers' Market on Wednesdays until October 9, 2019. It runs from 4:00 to 7:00pm, with live, local music at 5:00pm and with local farmers selling their produce. There are also local food vendors available if you're looking for a snack or a meal. I can usually be found there!

Please visit Eden Mills on Sunday, September 8 for The Eden Mills Writers' Festival, to hear readings by Canadian authors and poets. There is a special children's area where children can hear from their own favourite authors.

The Farmer's Parade of Lights happens on Thursday, December 12, at sundown.

If you're heading back to school, I hope you have a happy and successful year. If you're trying to get back into a fall routine, I hope you have much success.



Mark Bouwmeester
Ward 4 Councillor

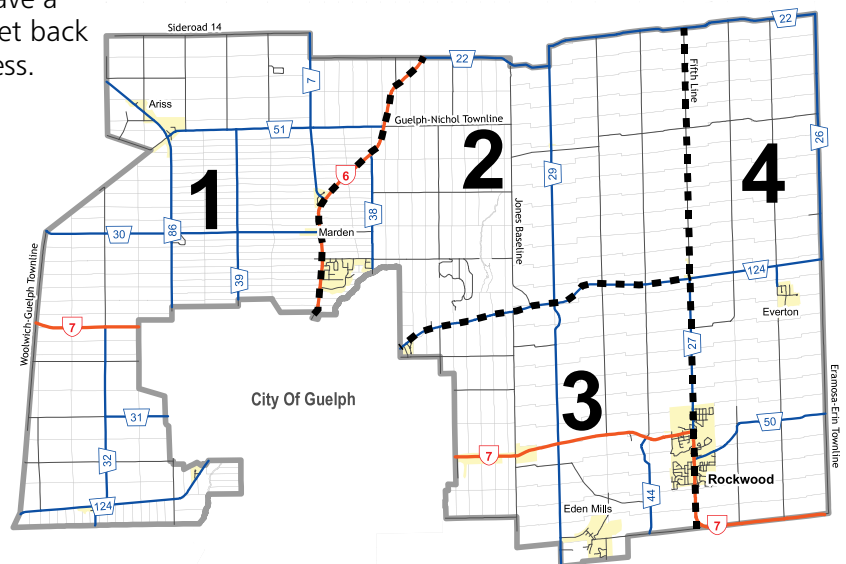
P.O. Box 700
Rockwood, ON N0B 2K0
519-856-2127

Representing the eastern side of Guelph-Eramosa, Ward 4 is home to much of our agricultural countryside, the scenic community of Everton, as well as the eastern side of the town of Rockwood. Whether you farm here, work here or commute from here, it is my privilege and honour to represent your interests on Council.

The face of Rockwood continues to change as we slowly build out. We are gradually adding more crosswalks to our town to improve pedestrian safety, particularly for the students who walk to our elementary schools each day. Fernbrook Homes continues to build out their subdivision, and along with it so does Rockmosa Park – home to Party in the Park and much more!

As always, my goal is to represent your interests with integrity and devotion, to the best of my ability. If I can be of any assistance please feel free to contact me at any time, I welcome your questions as well as your ideas on how to help make our community an even better place to work, live, and raise a family!

TOWNSHIP OF GUELPH/ERAMOSA
Ward Electoral Boundaries



BALL HOCKEY AND SO MUCH MORE

**ALL UNDER
ONE ROOF**

- Indoor Dedicated Ball Hockey Rink
- Year Round Leagues
- Adults and Kids
- Drop-In Pickleball M-T Daytime
- Bubble Soccer Rentals
- Rink Rentals



For more info and sign up, visit ballhockeyguelph.com

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OR CALL 519-994-0500**

ANNAerobic Fitness & Personal Training

Variety of Classes • Tuesday & Thursday Evenings
September through May at Rockmosa Community Centre

Personal Training by appointment.



Ann Mammoliti ~ 519-856-9132
www.annaerobicfitness.com • annaerobicfitness@gmail.com



**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

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. 108
Birth and Death Registration..... ext. 140
Communications/Website..... ext. 125
Council Meetings ext. 125
Human Resources ext. 108
Municipal Election..... ext. 125
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. 114
Building Permits and Inspections ext. 114
Septic Inspections ext. 114

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

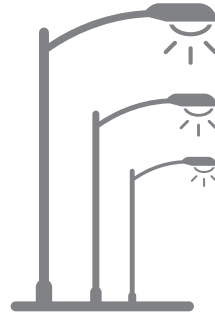


PUBLIC WORKS



**225 KM
OF ROAD**

• 167 Paved • 58 Gravel



684

Streetlights



22.3 KM

Of sidewalks



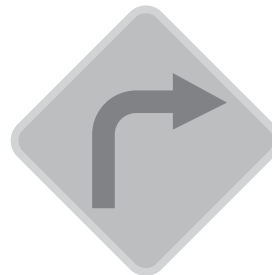
9

Plow routes



OVER 4,000

Urban trees on municipal boulevards



1,200

Priority, regulatory
and warning signs

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.**

BY THE NUMBERS



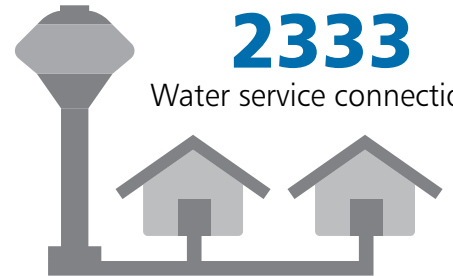
6684

Users of the municipal water and wastewater system



31 KM

Of watermain



2333

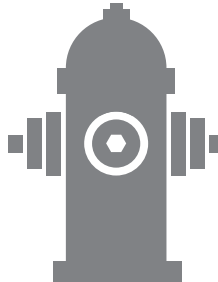
Water service connections



3504

Chlorine samples taken every year

Over
200
hydrants



832

Microbiological samples taken every year



2 WATER SYSTEMS

- Rockwood
- Hamilton Drive

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



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



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

**Blue Box Recycling - Appliance Recycling
Backyard Composting - Electronics Recycling
Tire Recycling - Brush and Wood Diversion
Reuse Centres - Textile Recycling
User Pay Garbage - Scrap Metal Recycling
Household Hazardous Waste Diversion**

519.837.2601 | 1.866.899.0248

www.wellington.ca/sws



ALTERNATE FORMATS AVAILABLE UPON REQUEST

Volunteer Firefighters

We asked our Deputy Fire Chief, Jim Petrik, some questions about life as a volunteer firefighter.

WHAT IS IT LIKE TO BE A VOLUNTEER FIREFIGHTER?

There is no easy answer, other than it is an incredibly challenging and rewarding experience! The Guelph Eramosa Fire Department (GEFD) is staffed by 40 dedicated men and women who proudly work with our partners in EMS and the OPP to serve the residents of Rockwood and the surrounding area.

As firefighters, we respond to fires, motor vehicle collisions, medical calls, and requests for public assistance. Our largest response is to medical calls which represents approximately 75% of our call volume, followed by motor vehicle collisions at 15% and fires at 10%. So when you call for medical assistance, don't be surprised to see the fire department there – we are fully trained to provide medical care!



hired by the GEFD, they go through an intensive 6-month Wellington County Firefighter Training Program. During this training, they learn all of the theory and skills necessary for the job – from fire suppression, to auto extrication, to truck operation, and the list goes on and on. While the recruits are undergoing the County training program, they also attend our training session at the Rockwood station. At Rockwood, we train every Monday evening from 7-9pm throughout the entire year. Recruits are also encouraged to attend our truck check sessions that occur every Saturday morning from 7-9am. At these truck check sessions, we go through all of our trucks and equipment to ensure that everything is working properly and ready for the next emergency. Once the recruits are done the County training program, we provide advanced medical training to the level of Emergency Medical Responder. At the conclusion of this extensive training, the recruits then are promoted to the position of active firefighter, provided with a pager, and allowed to begin responding to calls.



HOW MUCH TRAINING IS REQUIRED TO BE A VOLUNTEER FIREFIGHTER?

The GEFD is a progressive department that requires all of its members to obtain certification as firefighters through the National Fire Protection Association (NFPA). When a new firefighter is

CAN YOU HAVE A FULL-TIME JOB AND STILL BE A VOLUNTEER FIREFIGHTER?

Yes! We are often asked how being a volunteer/part-time firefighter works with having a full-time job. For some, we are able to respond when we are not working, and we are fortunate to have individuals with varying work schedules so that we have coverage at all times of the

day and night. For volunteer fire fighters who work locally, many of their employers have agreed for them to leave work to respond to calls. To these employers, we would like to express our gratitude. These employers have realized the benefit of contributing to the emergency response in the area which includes their business. Allowing the firefighters to leave work greatly assists in us mounting an optimal response to all emergency situations, regardless of the time that the call comes in.

WHAT ELSE IS PART OF BEING A VOLUNTEER FIREFIGHTER?

The members of the GEFD are passionate about their community! In addition to responding to emergency calls, you'll find the firefighters organizing a number of community events throughout the year. We host events from local pancake breakfasts to large events, like the Emergency Preparedness Day that takes place every year in May. If you have a chance, please come out to a future Emergency Preparedness Day. This event hosts a number of local organizations, lots of fun activities for the kids and the auto extrication demonstration is always popular! Wellington OPP and the Canadian military have demonstrations at this event, and many exhibitors have interactive displays that convey important safety information.

WHAT'S IT LIKE TO BE PART OF A VOLUNTEER FIRE DEPARTMENT?

In our fire department, we truly have built a family. Going through intense situations together builds an inexplicable bond that brings us together. We have spent time with people in the very first moments of their life and also many times we have been with people in their last moments. Some of our calls can be disturbing, and because we serve the area that we live in, we may know the individuals personally. For these reasons, sometimes the position of firefighter can be a burden on mental health. Fortunately in

recent years there has been an acknowledgement of the importance of monitoring mental health in the fire service and we have implemented a number of programs and provided training opportunities to assist our firefighters and their families.



HOW DOES BEING A VOLUNTEER FIREFIGHTER IMPACT YOUR FAMILY?

Before concluding, we would like to send out a sincere thank you to all of our spouses, partners, and family members. These people have made significant sacrifices to allow us to do this job. In addition to covering for us during planned events such as training, truck checks, etc., our spouses and families are often left scrambling when we run out the door when our pagers go off. For that we are greatly indebted. Thank you!

We would also like to extend our gratitude to Mayor White and our members of Council. Council has always been extremely supportive of the fire department and our initiatives and we are very grateful.

To our community, we thank you for allowing us to serve you and we appreciate your involvement in our community activities.

Yours in safety, the Guelph Eramosa Fire Department.

Understanding Your Home's Septic System

A septic system is a private sewage treatment system. These systems are common in rural areas where there are no available municipal sewage systems available for connection.

A septic system built to standards and maintained properly can enhance the value of your property, prevent costly replacement or repairs and prevent contamination of groundwater resources.

CARING FOR YOUR SEPTIC SYSTEM

It is important to care for your septic system – you are the owner of this system and it is your responsibility to ensure it is functioning properly. The following tips can help to protect both your investment and the environment:

- Know where your tank and leaching bed are located and ensure your tank is pumped out every 3 to 5 years.
- Avoid putting grease, food, compost, wet naps, feminine hygiene products, etc. down the drain or toilet.
- Avoid parking vehicles on or driving over your tanks and leaching bed.
- Do not construct driveways, buildings, or pools on or near any part of the septic system.
- Be water smart by conserving and spreading out your water use.
- Avoid excessive use of anti-bacterial soaps, bleaches, and harsh cleansers.
- Do not put paints, solvents, or other toxic chemicals down the drain.
- Keep trees and shrubs away from the leaching bed.

For Septic Factsheets, visit www.wellingtonwater.ca

SEPTIC SYSTEMS AND SOURCE WATER PROTECTION

Systems obtain source water from streams, lakes or groundwater (underground aquifers). This water is used to supply both private wells and municipal drinking water. To ensure that drinking water is as clean and safe as possible, it is important to prevent contamination at the source.

The goal of Wellington Source Water Protection is to work together with residents, business owners and farmers within vulnerable source water areas to protect our drinking water sources and ensure our drinking water remains safe for everyone to consume. For more information, visit www.wellingtonwater.ca

Check out Septic Smart! Information and videos available through Service Ontario at www.ontario.ca.



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.

A NEW PET LICENSING SERVICE IS COMING TO GUELPH ERAMOSIA TOWNSHIP IN FALL 2019!

DocuPet's leading pet profile, lost pet, and licensing platform is coming to Guelph Eramosa Township! Pet guardians will soon get free access to DocuPet's 24/7 HomeSafe™ Lost Pet Service, Perks for Pet Owners Program, and beautiful personalized and designer tags linked to secure online profiles when they license their pets with the Township.

DocuPet strives to fulfill their mission of helping more pets find a safe and happy home by working with communities to increase awareness of the importance of pet licenses and the role they play in funding critical community initiatives.



LEARN MORE AT DOCUPET.COM OR FOLLOW ALONG AT [DOCUPETCANADA](https://www.facebook.com/DOCUPETCANADA) ON FACEBOOK AND INSTAGRAM

#TAGSTHATHELP

Be Better Prepared®!

72 HOUR EMERGENCY KIT

Assemble a 72-hour emergency kit to use during a power outage or an evacuation of your home or community. Make sure everyone living in the home knows where to find the kit. Pack at least the following items with a minimum 72-hour supply into an easy-to-carry container, such as a backpack or duffle bag.



YOUR 72- HOUR EMERGENCY KIT SHOULD INCLUDE:

- Water (2 litres per person per day)
- Non-perishable food items (canned/ dried goods)
- Manual can opener
- Battery or crank flashlight
- Portable battery or crank radio
- Batteries
- First aid kit
- Extra car keys
- Cash and coins
- Important papers (Identification/ insurance)
- Extra seasonal clothing and footwear
- Blankets or sleeping bags
- Toilet paper and other hygiene items
- Medication (especially prescription)
- Whistle (to attract attention)
- Playing cards, books, travel sized games
- Paper/ pencils/ pens
- Map of your community (for location of shelters)

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

Please fill out the information below, and keep it accessible for emergency purposes.

Home Address: _____

Home Phone: _____

Family Contact Information

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Out of Town Emergency Contact:

Name: _____

Phone: _____

Other Emergency Contacts:

Doctor: _____

Phone: _____

Veterinarian: _____

Phone: _____

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 Francesca Fernandes at 519-833-9696 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. **Please call 519-856-2113 for more information.**

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. **Please contact Krista at 519-856-2113.**

Outreach Services – Support services to help deal with housing, financial hardship, family conflict and any other circumstances that affect the overall health and wellness of an individual. **Please contact Lorilee at 519-856-2113.**

Nordic eden mills

Eden Mills Nordic ski club offers affordable lessons for children (ages 5-16) and adults on 15km of groomed trails through fields and forests. Children's lessons run (with or without snow) from January to March. Memberships for trail-only use also available. For more information, registration and trail conditions go to: <http://edenmillsnordic.blogspot.ca>

TED ARNOTT, MPP
Wellington-Halton Hills

Web: www.tedarnottmpp.com
Phone: 1-800-265-2366

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.

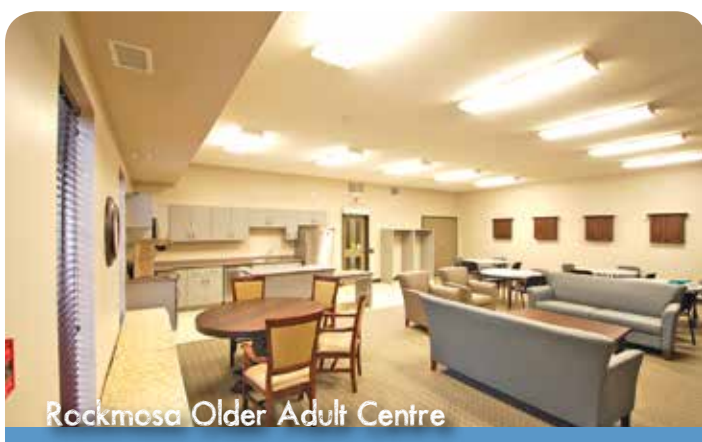


Royal Distributing Athletic Performance Centre

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. Available on weekends to rent for your private event.

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.



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!



GET Community Contacts

Sports

Ariss Valley Golf Course..... 519-824-1551
 Eden Mills Nordic..... edenmillsnordic.blogspot.com
 Guelph Lakes Golf Course 519-822-4222
 Guelph Nordic Ski clubwww.guelphnordic.com
 Rockwood FC.....www.rockwoodfc.com
 Rockwood Lacrosse.....www.rxlacrosse.ca
 Rockwood Tennis Club..... www.rockwoodtennis.com

Art/Culture/Club

Dance Classestammyeckerman@icloud.com
 Scouts/Beavers/Cubs . www.scouts.ca/join/register.html
 Girl Guide/Brownies www.girlguides.ca
 Rockwood Karate..... 519-826-6111
 Rockwood Music Academy..... 519-856-1325
 Order of the Bear www.orderofthebear.ca
 4H Ontario www.4-hontario.ca
 Zumba Kids ..zumbawithlaurenrockwood@gmail.com

Camps

Camp Brebeuf.....http://cyo.on.ca/brebeuf
 Camp Rocks
zumbawithlaurenrockwood@gmail.com
 GRCA – Adventure day Camps..... grca@grandriver.ca
 Rockwood Summer Camp
 rockwoodsummercamp@gmail.com
 RLX lacrosse.....www.rxlacrosse.ca
 Rockwood FC.....www.rockwoodfc.com

Outdoor Volunteer Community Ice Rinks

..... http://get.on.ca/living-here/outdoor_rink.aspx
 Cross Creek Park 78 Cross Creek Boulevard
 Lloyd Dyer Park209 Balaclava Street, Rockwood
 Max Storey Park... Dunbar and Ridge Road, Rockwood
 Marden Park..... 7368 Wellington Road 30
 Valentino Park..... Fountain Street, Rockwood
 Memorial Park19 Memorial Street, Eden Mills
 David Masson201 Landrex Boulevard, Rockwood

Community Shared Garden:

Ignatius Jesuit Centre
 https://ignatiusguelph.ca/ignatius-farm/
 community-shared-agriculture/
 Valentino Park..... Fountain Street, Rockwood

Community Recourses

East Wellington Community services519.833.9696
 Wellington Library – Rockwood 519-856-4851
 Wellington Library – Marden..... 519-763-7445

Schools/childcare

Harris Mill – English/French Immersion JK – Gr. 5
 519-856-0306
 Scared Heart Catholic Elementary JK – Gr. 8
 519-856-1157
 Rockwood Centennial JK- Gr. 8 519-856-9556
 Rockwood Nursery School 519-856-4486

If you would like to have your organization featured in next year's guide,
 or if your contact information has changed, please email or call
 Deanna Pellizzer dpellizzer@get.on.ca or 519-856-9596 ext 140

Farm and Food Adventures in Your Backyard

When it comes to excellent local food and farm fun, Guelph/Eramosa residents don't have to travel far. The township is home to some of the best country markets, farm experiences and food events in the area.

taste·real[®]

FROM THE GROUND UP

GUELPH WELLINGTON LOCAL FOOD

Mosborough Country Market is famous for their sweet corn, baked goods and pumpkins. Open year-round, the market has become a hub for local produce, meats, preserves and more, sourced from other Wellington/Waterloo farmers and processors.

Just down the road, **Strom's Farm** and Bakery starts their season in July when their bakery (their butter tarts are a must try!) and market opens to the public. Best time to visit is between end of September – end of October to see thousands of pumpkins in the farm yard, and to check out the corn maze, Harvest Fun Area and more. Flower enthusiasts can enjoy a field full of sunflowers at their Sunflower Festival happening mid-August.

A truly diversified farm, **Thatcher Farms Butcher Shop, Bakery** and Farm Market is passionate about making sure their customers know where their food comes from. Their on-farm market offers a wide variety of meats raised on their own farm, in-house prepared foods and baking, as well as other local products. Visitors can enjoy a BBQ lunch, pick their own strawberries (in season) and spend some time on their amazing Fun Farm Yard.

With a long tradition of preparing excellent meat products, **Wellington Country Marketplace** is a go-to destination for local foods. Their third generation butcher shop and market carries in-house made meat specialties, local produce, and delicious prepared foods from many Ontario businesses. Shoppers can visit with animals or enjoy their expanded playground area.



An even greater selection of products and a lovely community feel awaits at the **Rockwood Farmers' Market** – taking place every Wednesday from 4:00 pm – 7:00 pm from mid-June until early October.

For a one day farm and food adventure, save the date for the **Taste Real Fall Rural Romp**, a self-guided tour to Southern Wellington farms, markets and local food locations on **Saturday, September 28**.

And there is so much more to discover: **farm gate operations, local food events, tours and classes** – all happening in your backyard.

For more farm and food locations, events calendar and additional information, check out **TASTEREAL.CA** or pick up a free copy of the Taste Real Local Food Map.

Enjoy!



GUELPH/ERAMOSA TOWNSHIP

is celebrating its

20th Anniversary in 2019!

Take a walk down memory lane with us, as we remember the experiences and achievements in our community *over the last 20 years!*



1999 - Amalgamation

Established on January 1, 1999, the Township of Guelph/Eramosa, as it exists today, was an amalgamation of the former Township of Guelph, former Township of Eramosa and portions of the former Townships of Pilkington and Nichol.

2000 –Time Capsule

On December 2, 2000, the Township of Guelph/Eramosa held a Millennium Dedication of the new municipal sign at the municipal office. They also buried a time capsule underneath the sign with relevant items from that time period. This capsule is set to be opened next year in 2020!



2003 – Rockwood Fire Hall



Previously located at the corner of Alma Street and Inkerman Street, the Rockwood Fire Hall was built at its current location at 5141 Wellington Road 27 to accommodate growth within our community. The Guelph/Eramosa Fire Department has comprised mostly of volunteer firefighters.



2005 – Cheaper by the Dozen 2

Cheaper by the Dozen 2 was one of the first major movies to be filmed at the Rockwood Conservation Area. This blockbuster hit follows the Bakers, who find themselves competing with a rival family of eight children during their vacation.

This movie starred Steve Martin, Bonnie Hunt and Hilary Duff. Since then, many other major productions have been filmed at the Rockwood Conservation Area, including: Camp Rock 2 and Reign.

2007 - Rockwood Medical Centre

This multi-use medical facility is located in the heart of Rockwood and was built out of a community-led initiative to attract more family doctors to our local area. This building now includes the East Wellington Family Health Team, a pharmacy and a dental office.



2009 – Marden Enabling Garden



The Enabling Garden, located behind the Marden Library and Community Center, was inspired by a donation left to the Guelph Township Horticultural Society from Past President, Marian Brennan. The Garden is maintained by the Guelph Township Horticultural Society, with assistance from the Guelph/Eramosa Parks and Recreation Department. This garden has been designed to stimulate the senses and provide an accessible space for people of all abilities.

2010 – Royal Distributing Athletic Performance Centre (RDAPC)

This state-of-the-art facility is the first of its kind in Wellington County. The RDAPC features an indoor walking track and a world-class artificial turf sports field that is able to accommodate single full field games or several simultaneous activities on a safely divided field. Since its construction in 2010, this facility has continued to offer exciting and diverse recreation offerings and it has become an important, local hub for our community.



2012 – Township Logo Rebranded

The Township of Guelph/Eramosa dipped into the past and looked to the future with the design of its logo, approved on August 7, 2012. The Township logo incorporates the importance of the Eramosa and Speed Rivers, both local heritage rivers and major tributaries of the Grand River. The design element of the tree within the logo recognizes the common respect for the natural environment shared by our community.



2013 – La Guayran Plaque

In 2013, Guelph/Eramosa Heritage held a ceremony to unveil a plaque at the Marden Library and Community Centre. This plaque describes and honours local settlers who were destitute Scottish settlers that left their colony in La Guayra, Venezuela to arrive in the former Township of Guelph in 1827.



2013 – Parks and Recreation Master Plan

This Parks and Recreation Master Plan was created to provide the Township of Guelph/Eramosa with a creative, realistic and clear action plan to lead the development of future recreational infrastructure and services through 2022. This plan was developed with community consultation, including surveys, workshops and input sessions.



2014 – Older Adults Centre

The Rockmosa Older Adult Centre opened in the fall of 2014. Conveniently located at the Rockwood Library, this facility was created to offer a wide range of social, recreational and educational activities and programs geared towards our 55+ community. The Centre has grown over the years to offer workshops, cooking classes, drop-in programs, bus tours, community events and more!



2014 – Active 55+ Programming

The Township of Guelph/Eramosa began offering Active 55+ fitness classes in 2014 to offer opportunities for older adults to stay active and make social connections. The Active 55+ has expanded over the years to provide popular offerings, such as Bonenefit™, Gentle Yoga, DDPY and more!



2015 – Rural Ontario Institute

In 2015, the Rural Ontario Institute (ROI) relocated to Guelph/Eramosa in the former Women's Federated Institutes of Ontario building in Marden (beside the RDAPC). ROI delivers programs that develop strong leaders who are critical voices around opportunities and key issues facing rural and northern Ontario.



2017 – Skate Park

With support through the Canada 150 Community Infrastructure Program, the Township of Guelph/Eramosa opened the skate park in Rockmosa Park on August, 3, 2017 with a Grand Opening and Ribbon Cutting.



2018 – Party in the Park

The Party in the Park became an annual event at Rockmosa Park in 2018. This event is hosted by the Township of Guelph/Eramosa and features fireworks, food trucks, live music, licensed area, children's activities and more.





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 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-8:00pm

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

RDAPC Rentals

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

RDAPC 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:

- Add 15ft Soccer Darts \$100
- Add Tot Bounce \$60 (ages 1-4 only)
- Add Tot N Play Toys \$30
- Add All Tot'N'Play \$75

RECREATION LEAGUES

Women's Recreation Soccer (Indoors)

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

Saturdays

October 19 - May 2 (28 weeks) \$225/player

Saturday Night COED Slo Pitch League

Returning for a 6th season and looking to expand! Come in for some off season exercise and join in on the fun.

The season begins November 2, 2019

24 Week Season • November 2 - May 2

\$2,800/tm \$320/player

DROP IN PROGRAMMING

Tot' N Play

Come to the RDAPC and burn off some energy! Join us indoors to enjoy outdoor play in the cold and rainy weather! We have parachutes, hoola hoops, balance blocks, toddler cars and inflatables! Come socialize and meet new friends too.

NOW DAILY!! • Weekdays 9:00am-12:00pm

\$4/child (ages 1-5)

\$35 for a 10 play card

Parents/Guardians play for FREE!!!

Remote Control Flying

Meet some fellow flying enthusiasts! Drop in to fly your personal R/C flyer during the cold weather months. Battery operated machines only.

Wednesdays - 12:30-2:00pm

Thursdays - 12:30-2:00pm

\$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 a paying adult! Junior clubs are available for children 10 and under.

Mondays AND Fridays - 12:30-4:00pm

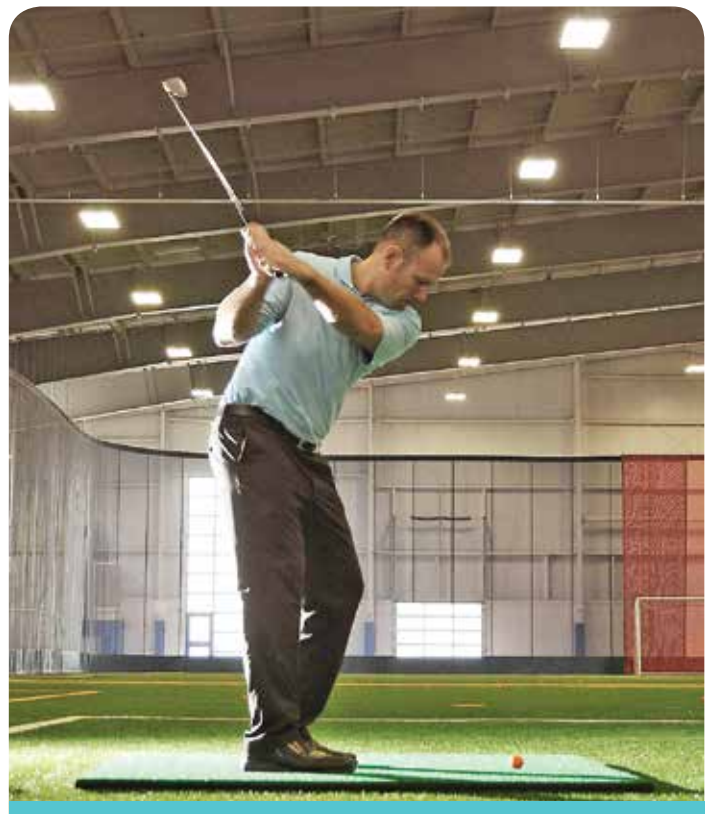
\$8/ bucket of 75

\$15/ 2 buckets

\$70/ 10 bucket card

*Lessons available

Contact dnichol@get.on.ca for details.




*For the joy of
singing!*

Come join us to experience the wonders of singing together! Whether you are new to singing or have been singing for years, all are welcome!

New session starts Wednesday, September 4th, 2019 at 7:30pm. Meet us at Trinity United Church - 400 Stevenson Street North in Guelph

www.guelphcommunitysingers.ca
contact@guelphcommunitysingers.ca

 /GuelphCommunitySingers

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!

Tuesdays AND Thursdays 11:00am-12:00pm \$5/session, \$50/12 Time Card

Active 55 Soccer

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

Wednesdays 2:00-3:00pm \$5/session, \$50/12 Time Card

REGISTERED PROGRAMS

Pole Walking Workshops

Pole walking workshops are available monthly to all ages with a fitness and nutrition twist! Poles (\$100) and replacement Boots (\$20) available for purchase at the front desk.

\$25/Workshop Schedule posted in October www.get.on.ca/rdapc/programs

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! Every class will end with stretching and cool down. Everyone is encouraged to work out at your own pace and modifications will be available for all exercises!

We offer ongoing registration for stroller fit so come on out any time to begin your 10 week session.

Mondays 10:30-11:30am \$65/10 week session

- Please remember for all RDAPC activities clean indoor shoes are mandatory
- Get updates by liking us on facebook or going to our website at www.get.on.ca/RDAPC
- For all program registration and information, contact dnichol@get.on.ca



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.

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



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.

Mom (or Dad!) Yoga

(Pre-crawling and newly-mobile babies are welcome!)

Enjoy taking the time to stretch and release the tension from your body. Particular attention is given to each individual'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.

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.

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. Learn to relieve frustration, improve motor skills and increase attention span. 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" the fun poses and activities with your tyke.

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!

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. We practice to discover and challenge our stability, strength, flexibility and focus. This practice can complement and enhance your performance in athletics, dance, martial arts and even in preparation for the pressure of school and social situations.

Cost: 10 Week Session - \$80 + HST

LOCATIONS

Royal Distributing Athletic Performance Centre, 7384 Wellington Road 30
(Tuesdays, Thursdays and Sundays)

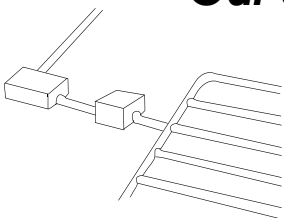
Rockmosa Community Centre, 110 Rockmosa Drive
(Mondays)

For more information on locations, dates and times, please visit www.get.on.ca.



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www.snorkseptic.com

DDPY GET ACTIVE



DDPY with Marcel

DDPY 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.

DDPY Level 1 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.

DDPY Level 2 - This class is suitable for individuals who are already familiar with DDPY. DDPY Level 2 will challenge participants to take their workout to a new level, introducing new moves, enhanced breathing techniques and further knowledge about healthy lifestyle.

All DDPY classes are open to all ages



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

Instructors: Marcel Dore, Paula Eisnor, Greg Broeckel

Cost: 10 Week Session - \$65+hst

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

FREE Try It Class open to everyone - September 19 6:30-8:00pm

Tuesdays (No Class November 5 & 12)

| | | |
|-------------|--------------------|----------|
| 3:00-3:50pm | Sept. 24 – Dec. 10 | Level 1 |
| 6:00-6:50pm | Sept. 24 – Dec. 10 | Level 1 |
| 7:15-8:00pm | Sept. 24 – Dec. 10 | Beginner |

Wednesdays (No Class December 25 & January 1)

| | | |
|-------------|------------------|---------|
| 7:15-8:00am | Nov. 20 – Feb. 5 | Level 1 |
|-------------|------------------|---------|

Thursdays (No Class November 7 & 14)

| | | |
|-------------|--------------------|---------|
| 3:00-3:50pm | Sept. 26 – Dec. 12 | Level 1 |
| 6:00-6:50pm | Sept. 26 – Dec. 12 | Level 2 |

Tuesdays

| | | |
|-------------|-------------------|----------|
| 3:00-3:50pm | Jan. 14 – Mar. 17 | Level 1 |
| 6:00-6:50pm | Jan. 14 – Mar. 17 | Level 1 |
| 7:15-8:00pm | Jan. 14 – Mar. 17 | Beginner |

Wednesdays

| | | |
|-------------|-------------------|---------|
| 7:15-8:00am | Feb. 12 – Apr. 15 | Level 1 |
|-------------|-------------------|---------|

Thursdays

| | | |
|-------------|-------------------|---------|
| 3:00-3:50pm | Jan. 16 – Mar. 19 | Level 1 |
| 6:00-6:50pm | Jan. 16 – Mar. 19 | Level 2 |

Location: Marden Community Centre

Thursdays (No Class November 7 & 14)

| | | |
|-------------|--------------------|---------|
| 7:15-8:05pm | Sept. 26 – Nov. 28 | Level 1 |
|-------------|--------------------|---------|

Thursday

| | | |
|-------------|-------------------|---------|
| 7:15-8:05pm | Jan. 16 – Mar. 19 | Level 1 |
|-------------|-------------------|---------|

Location: Rockmosa Community Centre

Wednesday (no class November 6 & 13)

| | | |
|---------------|--------------------|---------|
| 4:00 – 4:50pm | Sept. 25 – Dec. 11 | Level 1 |
|---------------|--------------------|---------|

Wednesday

| | | |
|---------------|-------------------|---------|
| 4:00 – 4:50pm | Jan. 15 – Mar. 18 | Level 1 |
|---------------|-------------------|---------|



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 519-859-9596 ext. 139 (Rockwood Programming) or 519-265-7905 (RDAPC Programming). 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 (Rockwood Programming) or dnichol@get.on.ca (RDAPC Programming), 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
(For Active 55+ Programming Only)

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 ABOUT ADDITIONAL CLASSES AND NEW INSTRUCTORS



The Benefits of Bone Fitness RDAPC

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.

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

Instructor: Nancy Revie

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

| | | | | |
|---------|-------------|------------|---|------|
| Mondays | 5:30-6:20pm | 10 Classes | Sept. 23 - Dec. 2 <i>(no class October 14)</i> | \$65 |
| Mondays | 6:30-7:20pm | 10 Classes | Sept. 23 - Dec. 2 <i>(no class October 14)</i> | \$65 |
| Mondays | 5:30-6:20pm | 10 Classes | Jan. 6 - Mar. 16 <i>(no class February 17)</i> | \$65 |
| Mondays | 6:30-7:20pm | 10 Classes | Jan. 6 - Mar. 16 <i>(no class February 17)</i> | \$65 |

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 indoor running shoes, comfortable clothing, water bottle, a set of light weights (optional), and mat.

Instructor: Hilary Balaban & Janette Wood

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

| | | | | |
|-----------|-------------|------------|--------------------|------|
| Tuesdays | 9:00-9:50am | 10 Classes | Oct. 1 - Dec. 3 | \$65 |
| Thursdays | 9:00-9:50am | 10 classes | Sept. 26 - Nov. 28 | \$65 |
| Tuesdays | 9:00-9:50am | 10 Classes | Jan. 7 - Mar. 10 | \$65 |
| Thursdays | 9:00-9:50am | 10 classes | Jan. 9 - Mar. 12 | \$65 |

Total Body Fit 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 (optional).

Instructor: Hilary Balaban

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

| | | | | |
|-----------|---------------|------------|--------------------|------|
| Thursdays | 10:00-10:50am | 10 Classes | Sept. 26 - Nov. 28 | \$65 |
| Thursdays | 10:00-10:50am | 10 Classes | Jan. 9 - Mar. 12 | \$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 11:00-11:50am 10 classes Sept. 26 - Nov. 28 \$65

Thursdays 11:00-11:50am 10 classes Jan. 9 - Mar. 12 \$65

NEW! G.E.T a Wake up call! RDAPC

Join us for a wake up work-out where we get your blood flowing and heart pumping to start your day. Increase your strength and cardiovascular function and learn to feel confident with more complex movements. What better way to start your day then with a little sweat? Join us and work at your own pace in a supportive and non-competitive environment.

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

Instructor: Hilary Balaban

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

Tuesdays 7:15-8:00am 10 classes Nov. 5 - Jan. 14 \$65
(No class December 26)

Tuesdays 7:15-8:00am 10 classes Jan. 28 - Mar. 31 \$65

Yoga 55 RDAPC

Join us for a gentle beginner yoga class. Here we will learn basic poses, both standing and on the floor. This is a beginner class so poses are able to be modified with a chair if you are concerned about being on the floor. Come for a gentle stretch and a little bit of strength building as well.

Required: Mat and water bottle.

Instructor: Hilary Balaban

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

Fridays 1:00-1:50pm 10 Classes Sept. 27 - Nov. 29 \$65

Fridays 1:00-1:50pm 10 Classes Jan. 7 - Mar. 10 \$65

Music 'N Motion RDAPC

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.

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

Instructor: Janette Wood

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

Tuesdays 10:00-10:50am 10 Classes Oct. 1 - Dec. 3 \$65

Tuesdays 10:00-10:50am 10 Classes Jan. 7 - Mar. 10 \$65

NEW! Let's G.E.T. Physical RDAPC

This class is the next level in increasing your endurance and cardiovascular endurance and strength through different exercises and training techniques. Everyone works at their own pace and strength level as they increase their physical abilities.

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

Instructor: Janette Wood

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

Tuesdays 12:10-12:50pm 10 Classes Oct. 1 - Dec. 3 \$65

Tuesdays 12:10-12:50pm 10 Classes Jan. 7 - Mar. 10 \$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. 24 - Nov. 26 \$65

Thursdays 9:00-10:00am 10 classes Sept. 26 - Nov. 28 \$65

Tuesdays 9:00-10:00am 10 Classes Jan. 14 - Mar. 17 \$65

Thursdays 9:00-10:00am 10 classes Jan. 16 - Mar. 19 \$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. 24 - Nov. 26 | \$65 |
| Thursdays | 10:10-11:10am | 10 Classes | Sept. 26 - Nov. 28 | \$65 |
| Tuesdays | 10:10-11:10am | 10 Classes | Jan. 14 - Mar. 17 | \$65 |
| Thursdays | 10:10-11:10am | 10 Classes | Jan. 16 - Mar. 19 | \$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. 23 - Dec. 9 <i>(No class October 14 & October 21)</i> | \$65 |
| Mondays | 10:00-11:00am | 10 Classes | Jan. 13 - Mar. 23 <i>(No class February 17)</i> | \$65 |

NEW! HIIT with Hilary

Come out and try a High Intensity Interval Training class to really amp up your regular exercise routine. HIIT involves bursts of high intensity cardio and strength training mixed with periods of recovery. It is a great way to get a big workout in a small amount of time. We will work through a variety of moves focusing on intervals for functional movement, and teach you the basics of HIIT. This is a great introduction to HIIT to really help you bring 100% effort to your exercises.

PLEASE NOTE: This class is for moderate and advanced fitness levels.

Required: Good-fitting indoor 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. 25 - Nov. 27 | \$65 |
| Wednesdays | 9:00-9:50am | 10 Classes | Jan. 15 - Mar. 18 | \$65 |

Total Body Fit

Looking for a place to begin or continue your fitness journey? You get a little bit of everything with this class- 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. Modifications will be provided for various fitness levels.

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. 25 - Nov. 27 \$65

Wednesdays 10:00-10:50am 10 Classes Jan. 15 - Mar. 18 \$65

BoneFit™

The BoneFit™ certified instructor will lead participants through components needed to manage osteoporosis. Focus is on strength, core and joint stability, balance and weight-bearing exercises. Improving these health building blocks can reduce falls risk, both for osteoporosis-prone people and health-minded older adults in general.

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

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays 8:30-9:20am 10 Classes Sept. 27 - Dec. 6 \$65
(No class October 11)

Fridays 8:30-9:20am 10 Classes Jan. 17 - Mar. 20 \$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. 27 - Dec. 6 \$65
(No class October 11)

Fridays 9:30-10:20am 10 Classes Jan. 17 - Mar. 20 \$65

Older Adult Centre Drop-In Activities

| | | | |
|--|-----------------------|---------------------------|-----------------|
| Monday | Chess | Older Adult Centre | 10:00am-12:00pm |
| Monday & Wednesday | Pickleball | Rockmosa Community Centre | 1:00pm-3:00pm |
| Tuesday | Shuffleboard | Rockmosa Community Centre | 1:30pm-3:00pm |
| Tuesday (Only 3rd Tuesday of each month) | Hand-Stitching | Older Adult Centre | 1:00pm-3:00pm |
| Wednesday | Darts | Older Adult Centre | 1:00pm-3:00pm |
| Wednesday | Rambler Walking Group | Rockmosa Walking Trails | 9:30am-10:30am |
| Thursday | Euchre | Older Adult Centre | 1:00pm-4:00pm |
| Thursday (1st & 3rd Thursday of each month) | Games for the Brain | Older Adult Centre | 10:00am-12:00pm |
| Thursday (2nd & 4th Thursday of each month) | Friendship Circle | Older Adult Centre | 10:00am-12:00pm |
| Friday | Senior's Luncheon | Older Adult Centre | 11:30am-1:00pm |

Special Events - SAVE the DATE!

| EVENT | DATE | TIME |
|---|-----------------------------------|-----------------|
| OPEN HOUSE | Wednesday, September 18th, 2019 | 9:30am-2:00pm |
| Coffee Break for Alzheimer's | Thursday, September 26th, 2019 | 10:30am-12:00pm |
| National Senior's Day! FREE Lunch and Learn. Guest speaker, Jodi Murray | Tuesday, October 1st, 2019 | 11:00am-12:30pm |
| Decorate the Centre for Christmas! | Tuesday, November 26th, 2019 | 10:30am-12:30pm |
| Christmas Celebration | Tuesday December 17th, 2019 | 11:00am-1:00pm |
| Mugs & Mornings Breakfast Program | Begins Tuesday, January 7th, 2020 | 9:00am-11:00am |
| FREE Tax Clinic | Monday, March 9th, 2020 | 1:00pm-5:00pm |



Bus Trips! - Register Early!

"THE BEAUTY OF CHRISTMAS"

Tuesday, December 3rd

A relaxing day of everything Christmas! You will visit a lovely display of uniquely decorated Christmas Trees at the Grimsby Museum, followed by an early dinner at "Betty's Restaurant" in Niagara Falls featuring Fish and Chips, Roast Beef or Roast Chicken, assorted pies and desserts. Ending with a drive through the "Festival of Lights", an 8 km route that travels through the beautiful landscapes of the Niagara Parks and Dufferin Highlands as they transform into a winter wonderland.

Cost: \$105 for members and \$110 for non-members

Rockwood

Depart: 12:30pm from Rockmosa Park
(next to the splash pad)

Return: 8:00pm to Rockmosa Park
(next to the splash pad)

Acton

Depart: 12:15 PM from Acton Fairgrounds

Return: 8:15 PM to Acton Fairgrounds

Crafters Wanted!

Christmas Craft Preparation for the Annual Lioness Bazaar at the Rockmosa Community Centre!

Tuesday, September 17th & 24th,
October 8th, 15 & 29th

Time: 10:30am-12:00pm

Place: Older Adult Centre

Donations of supplies appreciated!

Lioness Bazaar: Saturday, November 23rd from
9:00am-1:00pm

Free Tax Clinic - Please Register

Provided by the West Willow Neighbourhood Group –
Linda Busuttill

Monday, March 9th, 2020

Place: Rockmosa Older Adult Centre

Time: Appointments available from 1:00pm-5:00pm

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.

OCTOBER 2019

Celebrate National Seniors Day with Inspiring Guest Speaker Jodi Murray from JEM Coaching

"Don't Let Age Define Who You Are!"

Date: Tuesday, October 1st

Time: 11:00am-1:00pm

Light lunch provided - FREE

NOVEMBER 2019

JOHN MCCRAE - DOCTOR - SOLDIER - POET

Presentation by: Ken Irvine from the Guelph Museum and Archives

Date: Tuesday, November 12th

Time: 10:30am-12:30pm

Light Lunch Provided

Cost: \$8 for members and \$10 for non-members

SHOW AND TELL - A CARVING MEDLEY
BY ARTIST UTA STRALVE

Date: Thursday, November 21st

Time: 10:00am-11:00am

PEACE FOR TODAY, PEACE FOR YOUR
FAMILY LATER

Preplanning and what you need to know.

Presentation by: Deanna Pellizzer from the Township of Guelph/Eramosa

Date: Wednesday, November 27th

Time: 10:30am-11:30am

JANUARY 2020

BUSTING THE MYTHS OF ALZHEIMER'S

Presentation by: Robin Smart from the Guelph/Wellington Alzheimer's Society

Date: Tuesday, January 14th

Time: 11:00am-1:00pm

FEBRUARY 2020

PROTECT YOUR HEALTH

Presented by: Heart and Stroke Foundation

Date: Tuesday, February 11th

Time: 10:30am-12:30pm

MARCH 2020

WILD WEATHER IN WELLINGTON COUNTY

Presented by: Emily Foster from the Wellington County Museum and Archives

Date: Tuesday, March 10th

Time: 10:30am-12:30pm

Light Lunch Provided

Cost: \$8 for members and \$10 for non-members

MUSIC WORKSHOPS

PLEASE REGISTER

LEARN TO PLAY THE DJEMBE DRUM

A casual and fun way to learn to play the Djembe Drum! Led by Accredited Music Therapist Courtney Harris, this program will teach you the basics of Djembe drumming and get you grooving as a group. No musical experience required, all levels welcome! Drums are provided! Refreshments provided!

Date: 10 Week Session - Wednesday, September 25th to Wednesday, November 27th

Time: 5:45pm-6:45pm

Cost: \$80

ART WORKSHOPS

PLEASE REGISTER

WATERCOLOURS & MORE WITH VITA

Date: Fall Session – 6 weeks: Monday, October 21st to Monday November 25th

Time: 1:00pm-3:30pm

Cost: \$70 for members and \$75 for non-members

Date: Spring Session – 6 weeks: Monday, March 30th to Monday, May 11th

(No class Monday, April 15th due to Easter Monday)

Time: 1:00pm-3:30pm

Cost: \$70 for members and \$75 for non-members

DRAWING CLASS WITH VITA

Date: Winter Session – 6 weeks: Monday, January 20th to Monday, March 2nd (No class Monday, February 17th due to Family Day)

Time: 1:00pm-3:00pm

Cost: \$70 for members and \$75 for non-members

FULL DAY ART WORKSHOPS WITH VITA KEELING

Printmaking

Date: Saturday, November 9th

Time: 9:30am-3:00pm

Light Lunch and all supplies included

Cost: \$60 for members and \$65 for non-members

Mono-printing

Date: Saturday, May 2nd

Time: 9:30am-3:00pm

Cost: \$60 for members and \$65 for non-members

COOKING WORKSHOPS

PLEASE REGISTER

All cooking workshops will be held at the Older Adult Centre unless otherwise specified.

COOKING WITH HENDRIK!

Fall Session

Date: Tuesday, October 22nd

Time: 11:30am-1:30pm

Cost: \$30 for members and \$35 for non-members

Winter Session

Date: Tuesday, February 25th

Time: 11:30am-1:30pm

Cost: \$30 for members and \$35 for non-members

Spring Session

Cinco De Mayo

Date: Tuesday, May 5th

Time: 11:30am-1:30pm

Cost: \$30 for members and \$35 for non-members

COOKING WITH EMILY RICHARDS!

Italian Christmas with Emily!

Date: Tuesday, November 19th

Time: 11:00am-1:00pm

Cost: \$30 for members and \$35 for non-members

COOKING WITH DORA!

A Greek Christmas Tradition!

Date: Monday, December 9th

Time: 1:00pm-3:00pm

Cost: \$30 for members and \$35 for non-members

COOKING FOR ONE WITH KEVIN!

Do you live alone? Don't enjoy cooking? Chef Kevin will create delicious and healthy meals for your freezer!

Date: Tuesday, October 8th, October 29th, November 12th

Time: 9:00am-11:00am

Place: Rockmosa Community Centre Kitchen

Cost: \$40 per person per date (includes 8 take home meals)

FEEDING HUNGRY PEOPLE! - HOLIDAY THEME!

Learn to cook simple and healthy meals with Chef Kevin. This session includes cooking the meal as a group and eating together.

Date: Monday November 18th, November 25th, December 2nd and December 9th

Time: 9:00am-12:00pm

Place: Rockmosa Community Centre Kitchen

Cost: \$20 per person per date (includes 6 course meal each session)

NEW THIS WINTER!

MUGS & MORNINGS - 1ST TUESDAY MORNING OF EACH MONTH

Beginning Tuesday, January 7th, 2020 (not including May 5th)

Drop in

Time: 9:00am-11:00am

Place: Older Adult Centre

Cost: \$5 members, \$8 non-members

Coffee/Tea/Juice and light breakfast items will be available. Everyone is welcome!



*Canadian Certified BoneFit Instructor
Functional Aging Specialist*

Margaret Iutzi
BA, CPTN-CPT (M)

(519) 831-3221
iutzime@gmail.com



Eden Mills Writers' Festival

September 6-8, 2019

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

Open Weekends September 21, 2019 to October 27, 2019

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 28, 2019

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



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 9, 2019

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. The service commences at 10:50am.



November 11, 2019

The Township of Guelph/Eramosa and the Grade 7 & 8 classes of the Rockwood Centennial Public School will also be holding a Service at the Rockwood Cenotaph on Monday, November 11th at 10:50am to which the public is also welcome to attend.



Rockwood Farmers Parade of Lights

December 12, 2019 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.ca

Then and Now

100 Years Since the Unveiling of the Rockwood Cenotaph

On Thursday, August 28, 1919 a granite monument to the memory of the men from the Township of Eramosa was unveiled. The monument was erected in the very centre of the village and the ground on which it stands was donated by the congregation of the St. John's Anglican Church. In addition to the unveiling of the monument a reception was tendered to those from the Township who had returned home. This was one of the biggest days in the history of the village. Engraved on the tablet were the names of the eleven men from the Township of Eramosa who fought and died for King and country, and whose memory will be perpetuated by this memorial. Since that time an additional thirteen names have been added to the monument to recognize those from the Township of Eramosa who fought and died for King and country during the Second World War. In 2012 the Cenotaph was respectfully renovated to preserve this important community monument as a place of remembrance and reflection. To honour its past and protect its future, upgrades to accessibility, the addition of benches and fencing and additional landscaping were completed.



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

Then and Now

Wayside Shrines

The Keleher Cross

Located at the corner of the Sixth Line and Sideroad 16 of the former Pilkington Township, the original cross at this site was erected in about 1908 by James Keleher. It was erected as a memorial to his pioneering parents who purchased the farm in 1869 and in thanksgiving for the prosperity the family enjoyed in the new land. In 1916 Joseph P. Moyer who had purchased the farm, deeded 10 square feet of land surrounding the shrine to the Roman Catholic Diocese of Hamilton. The cross was refurbished in 2010 by local volunteers.



The Drexler-McNanny Cross

Located on the Sixth Line near Wellington Road 51 just outside of Ariss, the Drexler Cross inherited its name from the family of Sebastian Drexler, who purchased his Pilkington Township farm containing the cross, in 1876. The Drexler family assumed the responsibility for care and maintenance of the cross for several generations. Robert McNanny and his brothers, of Irish descent, lived at the farm until 1860 and may have erected the cross in about 1832 in gratitude for a safe arrival after a stormy Atlantic crossing. The original cross erected at this site was also made of cedar. It was a hewn square 10"x10" and about 15 feet high. It was the most ornate of all the crosses. The original cross was moved to Doon Pioneer Village in Kitchener. The replica that exists today has been constructed as closely as possible to the original. In the year 2010, the cross was reconstructed and replaced with the wood of a hydro pole.

Church Suppers and Community Meals

Monday, September 30, 2019

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

Monday, October 7, 2019

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 28, 2019

Stone United Church Roast Beef Supper at Rockmosa Community Centre. For more information, contact Jack at 519-856-4765.

Monday, November 25, 2019

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

Thursday, December 12, 2019

Stone United Church Chili Supper at Rockmosa Community Centre. Come in for dinner and then enjoy the Parade of Lights! For more information contact Jack at 519-856-4765.

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

Annual Christmas Bazaar
Saturday, November 23rd, 2019
9:00am to 1:00pm

Rockmosa Community Centre

Start your Christmas shopping early! Visit vendors, penny table, bake table that includes delicious meat pies. Tea tables with sandwiches, muffins, coffee and tea will be available.

Breakfast with Santa!

Sunday, December 1st, 2019
9:00am to 2:00pm

Rockmosa Community Centre

Visit Santa with a wish during the Breakfast with Santa event sponsored by the Rockwood & District Lions Club of Rockmosa.

Home Visits from Santa!

Saturday, November 30th to
Sunday, December 22nd, 2019

Please call to schedule an appointment with Santa – 519-856-2368.

New Year's Levee!

Saturday, January 4th, 2019
1:00pm to 4:00pm

Rockmosa Older Adult Centre

Mayor and Members of Council are invited to celebrate a start of a new year in Guelph/Eramosa at the Older Adult Centre in Rockwood, located just inside the Rockwood Library. This event is brought to you by the Rockwood Lions Club.

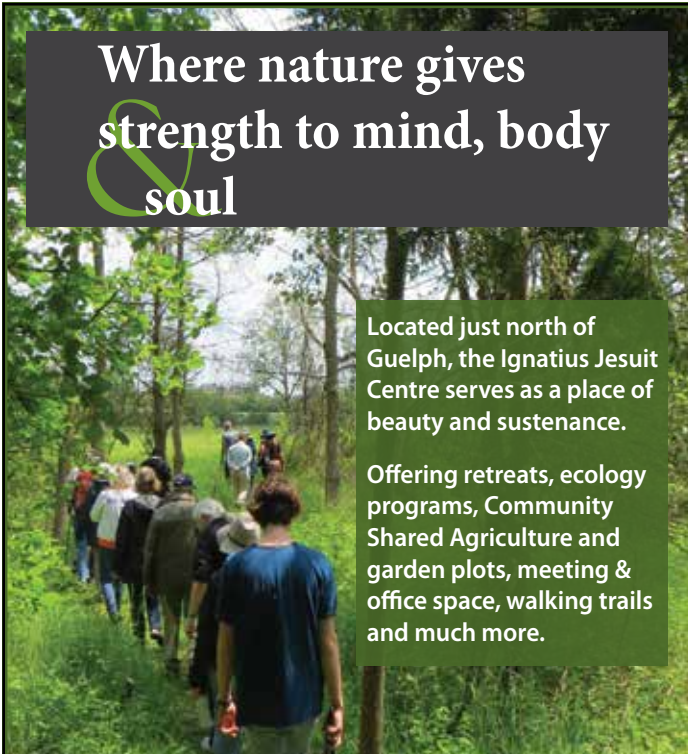
Rockwood Lions Pancake Breakfast

Sunday, March 29th from 8:00am to 1:00pm
All are welcome to attend!

Lions Road Side Clean Up! Everyone Welcome!

Saturday, September 21st starts at 8:00am –
Waterside Park, 197 Main St. S.

Where nature gives strength to mind, body & soul



Located just north of Guelph, the Ignatius Jesuit Centre serves as a place of beauty and sustenance.

Offering retreats, ecology programs, Community Shared Agriculture and garden plots, meeting & office space, walking trails and much more.



Ignatius Jesuit Centre
A Place of Peace

ignatiusguelph.ca



EXPLORE ONE OF CANADA'S ORIGINAL CRAFT BREWERS

OPEN
11^{AM} TO 7^{PM}
7 DAYS A WEEK



950 Woodlawn Rd. W Guelph, ON
wellingtonbrewery.ca

FALL RURAL ROMP



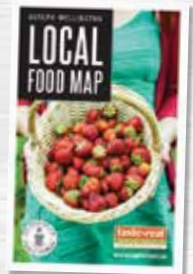
taste·real
FROM THE GROUND UP
GUELPH WELLINGTON LOCAL FOOD

www.tastereal.ca | [#RuralRomp](https://twitter.com/RuralRomp)

Experience Southern Wellington County

Saturday, September 28
10:00 am – 4:00 pm

A self-guided tour of local farms, markets and local food locations in Centre Wellington, Erin, Puslinch, Guelph-Eramosa and Guelph.



Pick up a FREE copy of the Local Food Map!



Alternate formats available upon request.

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

