

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

Crafting Your Novel

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

Beverley Bell

12 Mondays, Sept 19 – Dec 12

1:30-4:00pm

\$160

Guelph/Eramosa Glee Club

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

Nancy Revie

8 Wednesday's October 5 – Nov 30

10:30-11:30am

\$15

Cooking with Chef Emily Richards

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

Wed, Sept 28

11:30am-1:30pm

\$30 for members

\$35 for non-members

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

Wed, Nov 23

1:00-3:00pm

\$30 for members

\$35 for non-members

Batik Art

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

3 Tuesdays, Oct 11, 18 and 25

1:00-3:00pm

\$80

Rockmosa Community Centre

Painting Flowers and Plants for Beginners

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

4 Thursdays Nov 3 – 24

6:15-8:30pm

Older Adult Centre

\$100

This Is How We Roll!

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

Marden Community Centre

7:00-8:30p.m.

Oct 11, Nov 7, Dec 5

\$15

Rockmosa Community Centre

7:00-8:30p.m.

Nov 21

\$15

