

ROCKMOSA OLDER ADULT CENTRE Spring Workshops

March

Healthy Weeknight Dinners

Presented by Emily Richards

Comfort foods can be healthy and made easily during the week. Join Emily Richards, professional home economist as she prepares healthy recipes perfect for weeknight meals. Enjoy a squash and mushroom soup, Italian baked eggs, pork burrito and much more.

Date: Monday March 2, 2015 11am—1pm

Cost: \$30 for members \$35 for non members **includes food samples**

Please register before Thursday February 19, 2015

Note: Maximum registration of 25



Spring has Sprung Menu

Presented by Emily Richards

This time of year we want to enjoy and celebrate light and flavourful food. Enjoy this menu prepared by Emily Richards that showcases foods perfect to entertain for this time of year. Ricotta Ball Soup, Herb Crusted Rack of Lamb with Quinoa Salad and Tangy Lemon tart with a few other surprises.

Date: Monday March 30, 2015 4pm—6pm

Cost: \$30 for members \$35 for non members **includes food samples**
Second Class Discount \$25 for members \$30 for non members

Please register before Thursday March 19, 2015

Note: Maximum registration of 25



**REGISTER by phone or email to the Community Programs Coordinator at
519-856-9596 ext. 139 or mbiffis@get.on.ca**

PLEASE BRING CASH ON DAY OF PRESENTATION IF PAYMENT IS REQUIRED

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April

Introduction to Fly Fishing

Presented by Rob Heal of Grand River Outfitting & Fly Shop

Fly fishing in our region is outstanding and now you have a chance to receive a fun and informative introduction from a professional guide and instructor.

This two part program will give you a look at the art of fly tying, much of the science behind the game and will answer any questions that you may have on what can become a wonderful pastime, no matter how far you choose to take it.

Date: Wednesday April 8, 2015 10am and Monday June 1, 2015 10am

Cost: \$10 for members \$12 for non members

Please register before Thursday April 2, 2015

Note: Maximum registration of 12



Introduction to Geocaching

Presented by Janet & Blair

Ever wonder what hidden treasures can be found beyond the beaten paths? Explore favourite locations around the world; find the unseen treasures of nature within your own community! Be sure to look carefully at the treasure you find within the cache, you may discover an item that has travelled across the world! Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices such as smart phones and/or hand held GPS's. In this two-part workshop you will first learn the basics of geocaching, how it works and what is required to participate. In the second session, you will take what you have learned and find a treasure hidden within Rockwood! If you have a GPS enabled device and/or laptop you could bring them. If not, you can learn what might be needed and come along for the hunt with the group! www.geocaching.com

Date: Wednesday April 15 & Wednesday April 22, 2015 1pm

Cost: Free

Please register before Wednesday April 1, 2015

Note: Maximum registration of 15



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May

Our Lives and Our “Stuff” - Sorting it Out!

Presented by Kathy MacLean of Fresh Focus

Organizing

Are crowded cupboards, a cluttered basement or piles of paperwork overwhelming to you? Perhaps it's time to clear out the 'stuff' that weighs on you, or keeps you from moving to a smaller residence. This workshop offers a fresh focus on the treasures and possessions that truly belong in your life now – and strategies and solutions for dealing with the rest. Professional organizer Kathy MacLean, of Fresh Focus Organizing, draws on ten years' experience helping seniors sort out their homes and manage their moves.

Date: Wednesday May 13, 2015 1pm—2:30pm

Cost: \$10 for members \$12 non members

Please register before Thursday April 30, 2015

Note: Maximum registration of 24



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