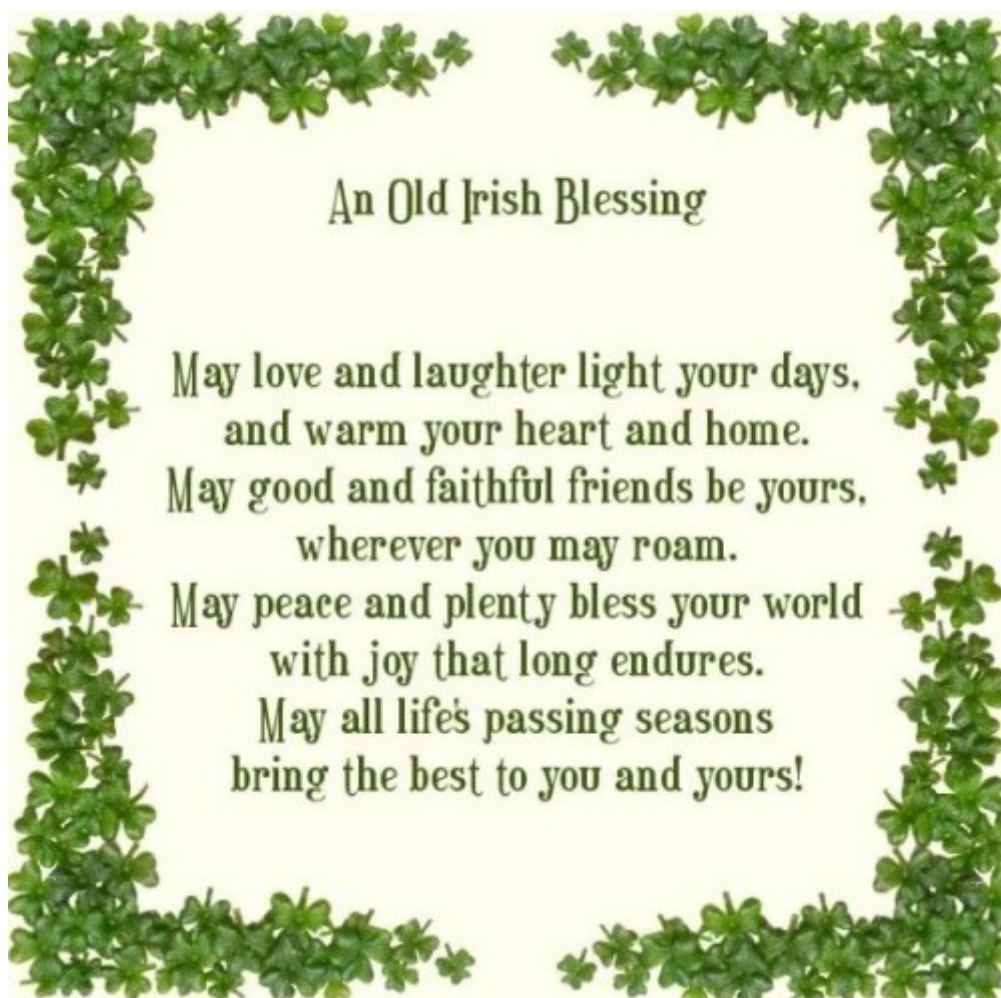




Rockmosa Older Adult Centre March Newsletter

Inside this issue:

Irish Blessing	1
Outdoor & Indoor Drop-in Programming	2, 3
In Person Workshops	4
Virtual Workshops	5
Volunteer Training & Puzzle Lending Program	6
Coming up in April	7



Centre Hours:

Monday to Friday
9:00 AM to 3:00 PM

Visit our website:
www.get.on.ca

Visit our Facebook
Page:
www.facebook.com/get.on.ca/about

PLEASE NOTE:

As of **Tuesday, March 1st**, you will no longer be required to show proof of vaccination when attending programming at the centre. However, you will be required to "Self Screen" before entry. A friendly reminder to only attend in person programming if you are healthy, please refrain from coming if you are feeling unwell.

INDOOR & OUTDOOR DROP IN PROGRAMS

Please complete a “Self Screen” and sign in when you arrive.

Nordic Pole Walking in the Rockwood Conservation Area

Every Monday and Wednesday morning at 9:30 AM

Meeting location is in the parking lot located to the left of the main entrance. Please note that this group walks at a moderate pace through the terrain of both the Cedar and Pot Hole Trails. Please wear comfortable boots with treads and dress in layers. Poles are available upon request!



Pickleball in the Rockmosa Community Centre!

\$2 drop in fee

Every Monday and Wednesday from 12:30 PM to 2:30 PM

PLEASE NOTE:

- There will be two courts available.
- Sign in upon entry. (Name, contact number or email, signature that you have completed the screening and required waivers).
- Doubles are permitted with recommendation they keep distance from each other.
- Chairs will be placed along the stage and by the bar area 6 feet apart for the substitutes.
- When not playing on the court masks must be worn.
- Clean indoor shoes are required.
- Please ensure that there are only 2 people in the cloak room at one time.



INDOOR DROP IN PROGRAMS

For more visit www.get.on.ca or email programming@get.on.ca or call 519-856-9596 ext. 139—No registration is required.

Drop-In Program	Day	Time	Location	Drop-In Fee
Chess	Monday	9:00 AM to 12:00 PM	Rockmosa Older Adult Centre	None
Games for the Brain	Monday	11:30 AM to 12:15 PM	Zoom https://us02web.zoom.us/j/81944187942 Meeting ID: 819 4418 7942	None
Pickleball	Monday	12:30 PM to 2:30 PM	Rockmosa Community Centre	\$2
Shuffleboard	Tuesday	12:30 PM to 2:30 PM	Rockmosa Community Centre	None
Track Walking	Tuesday	3:30 PM to 4:15 PM	Rockmosa Park Outdoor Track	None
Hand Stitching	Every 3 rd Tuesday March 15th	1:00 PM to 3:00 PM	Rockmosa Older Adult Centre	None
Darts	Wednesday	1:00 PM to 3:00 PM	Rockmosa Older Adult Centre	None
Pickleball	Wednesday	12:30 PM to 2:30 PM	Rockmosa Community Centre	\$2
Bingo	2 nd and 4 th Thursday March 10th & 24th	10:30 AM to 11:30 AM	Rockmosa Older Adult Centre	\$2
Euchre	Thursday	1:00 PM to 3:30 PM	Rockmosa Older Adult Centre	\$2

In Person—Registered Workshops
To register: visit www.get.on.ca, call 519-856-9596 ext. 139 or email programming@get.on.ca

Silver Screen Afternoon

Featuring: Blithe Spirit—staring Dame Judi Dench!

A spiritualist medium holds a séance for a writer suffering from writers block but accidentally summons the spirit of his deceased first wife which leads to an increasingly complex love triangle with his current wife of five years.

DATE: Tuesday, March 8th

TIME: 1:30 PM

PLACE: Rockmosa Older Adult Centre



Cooking with Chef Emily Richards!

Let's Celebrate St. Patrick's Day!

Featuring: Homemade Irish Lamb Stew, Irish Soda Bread and St Patrick's Stout Fruit Cake!

DATE: Thursday, March 17th

TIME: 11:00 AM

PLACE: Rockmosa Older Adult Centre

COST: \$15 + tax per person



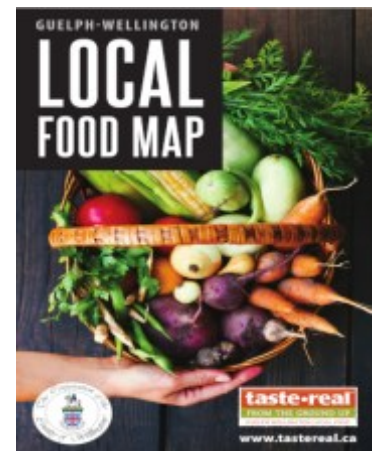
Taste Real Program—Guelph Wellington Local Food

Join Christina Mann from the County of Wellington as she talks about Taste Real, an initiative of Wellington County's Economic Development Department that connects local growers, food entrepreneurs and eaters to bring more local food to local plates. Learn about their different initiatives, farm and food experiences in Wellington County!

DATE: Tuesday, March 22nd

TIME: 2:30 PM

PLACE: Rockmosa Older Adult Centre



Virtual Workshops on Zoom—Links Provided

To register: visit www.get.on.ca, call 519-856-9596 ext. 139 or email programming@get.on.ca

Virtual Seminar: Slam the Scam! & Provincial Credits with Canada Revenue Agency

Join the Canada Revenue Agency's Outreach Program for this informative seminar. Topics covered include: 1) Learning about common scams and how to avoid them. 2) Ontario non-refundable tax credits and refundable credits: Ontario tax reduction, low-income individuals and families tax credit, Ontario Trillium Benefit and Senior Homeowners' Property Tax Grant, Ontario seniors' home safety tax credit. 3) Community Volunteer Income Tax Program and 4) CRA Services & Resources.

DATE: Wednesday, March 2nd at

TIME: 1:00 pm

Link: <https://us02web.zoom.us/j/81858206841>

Meeting ID: 818 5820 6841



Virtual Seminar: Estate Preparation for Your Executor

Did you know that 90% of Canadians will ask a family member to be their executor and two thirds of those executors have significant concerns about the job? Join Debbie Stanley from ETP Canada to learn about the role of an Executor and some of the most common mistakes that are made. This seminar topic has been very popular with previous participants. Don't miss it.

DATE: Monday, March 7th

TIME: 10:30 am

Link: <https://us02web.zoom.us/j/88110101559>

Meeting ID: 881 1010 1559



Rockwood Library Information Session

Join staff from the Rockwood Library in a virtual session introducing the library and all it has to offer. We will be discussing our current services and walking you through how to register for a library card. We'll also share how to access our online resources including our catalogue, e-books and audiobooks, Ancestry Library Edition, the New York Times, Creative bug and more. Bring your questions and learn about all that your local branch has to offer!

DATE: Thursday, March 10th

TIME: 2:00 PM

Link: <https://us02web.zoom.us/j/89579124879>

Meeting ID: 895 7912 4879





Register Today!

Join us for an informative and engaging training session!

Customer Service Training

Presented by: Kim Cusimano, Executive Director from the PIN - The People and Information Network in Guelph.



Learn ways to effectively communicate, deal with conflict in a positive way, collaborate as a team, understand diversity and inclusion and the importance of AODA, active listening, understanding customer expectations, provide safety, support and a positive experience when volunteering.

DATE: Monday, March 21st

TIME: 9:00 AM to 11:30 AM

PLACE: Rockmosa Community Centre

Refreshments and snacks will be provided

Please RSVP by calling 519-856-9596 ext. 139 or email programming@get.on.ca



Puzzle Lending Program
Rockmosa Older Adult Centre
Tuesday to Thursday 9:00 AM to 3:00 PM

Stop by the Rockmosa Older Adult Centre and borrow a puzzle!

You are welcome to borrow more than one!

Donations of new or used puzzles is greatly appreciated!

If you have any questions or would like to make arrangements to drop off your puzzles, please call 519-856-9596 ext. 139 or email programming@get.on.ca

Coming up in April

To register: visit www.get.on.ca, call 519-856-9596 ext. 139 or email programming@get.on.ca

Crafting Connections

Featuring: Wooden Easter Bunny Door Décor

DATE: Tuesday, April 5th

TIME: 10:30 AM

PLACE: Rockmosa Older Adult Centre

COST: \$15 + HST



Grief & Education Support with Hospice Wellington

This is a weekly support workshop for any adult who has experienced loss. These workshops include an education component regarding how grief impacts our lives as well as group support.

All services of Hospice Wellington are provided at no cost to individuals and families thanks to the generous support of our community.

DATES: Starting Thursday, April 7th to Thursday, May 26th

TIME: 6:00 PM to 8:00 PM

PLACE: Rockmosa Older Adult Centre



Enabling Garden Planning Meeting

Help us decide which flowers, plants, herbs and vegetables we should plant this year!

DATE: Thursday, April 7th

TIME: 10:30 AM

PLACE: Rockmosa Older Adult Centre



Mandala Dot Painting

Dot painting is a technique used to create repeated imprints of paint with a dotting stick or other implement onto a surface to create a design of colour and texture.

DATE: Tuesday, April 19th

TIME: 7:00 PM

PLACE: Rockmosa Older Adult Centre

COST: \$40 + HST includes supplies

