

RDAPC August NEWSLETTER

🧘🍁 Fall Fitness Registration is Open! 🍁🧘

Stay active this fall with our exciting lineup of fitness classes!

Choose from a variety of programs led by our talented instructors, including favourites with Marcel, Lisa B Glen, Rebecca, Megan, Lisa N and Tina. We're also pleased to introduce our new **Dementia Fitness with Caregiver** class, offering a supportive and engaging way for participants and caregivers to stay active together. Whether you're looking to build strength, improve mobility, or maintain a healthy routine, there's a class for everyone. Be sure to check out the full schedule and register early to secure your spot!

[Click here to Register](#)

A Note from Nancy!

SOCIAL MEDIA - You are in control

I recently had a request to stop posting something monthly that was near and dear to my heart. This baffled and angered me. Easiest solution - just stop following me! How many times have you wasted precious time reading something on social media that you, for any number of reasons, had no interest in?

In October 2021, Facebook Inc. changed its name to Meta. What? You may also be surprised to know that Meta owns Facebook, Instagram, WhatsApp, Messenger and Threads. Yes, they are all connected, hence you sometimes get the feeling 'the apps' are listening to your conversations as you talk about something on WhatsApp and suddenly you're getting postings on Facebook about the same thing. It's baffling to think technology is able to use something called algorithms to figure out, for the most part, what you'd like to read about...or a plethora of other things.

The systems work together and learn things about you, relying heavily from your behavior - like what you watch, like, how long you stay on a page, searches, etc. etc. - algorithms. That is just creepy to me!

I still like Facebook. It's the broadest platform by reach and is especially popular among older adults and for community-oriented activity. I love seeing updates from friends and family, local events and groups, news and all kinds of other fun connections. It's almost flattering if someone requests to be your friend...but if you don't know them and even if you do, they may not be your friend. I've done my fair share of blocking.

Here's your tip for social media. Take time to set your preferences so you don't waste time looking at things you don't want to see. Tap the three dots (⋮) on a post. Look for ways to say interested or not interested. Stop following those whose posts you don't want to see. Block the annoying ones, or choose a softer way to limit exposure. You can always be working on cleaning up your feed to make the most of your social media time.

When you get frustrated, come on out to RDAPC and walk it off.

In the meantime - the three dots on a post and setting preferences are your true friends on social media.

We are pleased to announce the addition of two new classes to our fall program lineup.

READ MORE 

STRENGTH & STRETCH

Get your heart pumping with this energizing full-body fitness class that combines cardiovascular exercise, strength and balance training, and a relaxing stretch to finish. Using a variety of equipment, participants will build endurance, improve muscle strength, and enhance overall mobility in a fun and motivating environment. Led by **Tina Simms-Verdone**, an experienced Registered Massage Therapist and Athletic Therapist, this class offers a supportive and effective way to stay active, feel stronger, and improve overall well-being.

Available in Level 1 & 2

DEMENTIA FITNESS -WITH CAREGIVER

This gentle fitness class is designed for individuals living with dementia and their caregivers to move, connect, and have fun together in a safe, supportive environment. Sessions include simple, guided exercises focusing on strength, balance, and flexibility, with options to suit all abilities. Music, repetition, and social interaction help build confidence and enjoyment while promoting overall well-being. Caregivers participate alongside their loved ones, fostering meaningful shared experiences and connection.

☀️ Exciting Facility Upgrade Coming Soon! ☀️

To keep our facility in top shape for years to come, we'll be replacing the turf this summer! After more than 16 years of great use, it's time for a refresh to ensure a high-quality, safe playing surface for everyone to enjoy.

The facility will be closed beginning **Monday, August 17 through mid-September**. Visit <https://www.get.on.ca/living-here/parks-updates> for updates on the project or www.get.on.ca/rdapc for updates on re-opening.



G.E.T. News

✅ G.E.T. Voting ✅

As we slip into August, we get even closer to the 2026 Municipal Election, which is **Monday, October 26, 2026**. We have just **3 months** left to go, but there are still many events, deadlines, and other elections items to be aware of!

Please note voters must register through Elections Ontario **before August 12**, if you have not registered to vote by then, do not worry, this does not mean you cannot register! Instead, you will need to contact or visit the Guelph/Eramosa Township office in Rockwood.

www.getvoting.ca

G.E.T. Parks

🌟 Party in the Park 2026 – Feedback 🌟

What a night! Thank you to everyone who joined us for this year's Party in the Park—it was an amazing evening filled with laughter, music, delicious food, family fun, and community spirit. From wiener dog races and live performances to fireworks lighting up the sky, the park was full of energy and joy from start to finish.

We'd love to hear what you thought!

👉 <https://forms.gle/QhKEsE6Jqx7sjrY27>