

Rockmosa Older Adult Centre August Newsletter



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NOTE:

There will be no programming on Monday, August 2nd due to the Civic Holiday.

Programming will re-start Tuesday, August 3rd.

Just a reminder to complete the survey from Wellington County called: **Welcoming and Inclusion Assessment Survey.**

Below is information about this initiative and how to access the survey online. Visit www.wellington.ca/welcome to complete the survey.

Respondents will have a chance to win 1 of 3 \$100 gift cards from a local business of your choosing within Wellington County. Contest closes August 6th, draw is August 23rd

Message from the County: “As part of its Talent Attraction Initiative, the County wants to understand how welcoming our communities currently are, and what opportunities exist for stronger inclusion of newcomers. The results of the survey will also help support our talent attraction and retention efforts and helping businesses to solve labour shortage challenges. This survey is very important to the County because we strongly believe that the more welcoming our communities are, the more people will be attracted to come and live in them to help support their further development.”



What's YOUR Wellington County?

Whether you're a newcomer or longtime resident, tell us what it's really like to live and work here.

Welcoming and Inclusion Assessment Survey

Complete the survey at wellington.ca/welcome

Your input will:

- Help improve quality of life
- Identify strengths and weaknesses in our region, and inform local businesses



Take the survey for a chance to win a \$100 local business gift certificate.



OUTDOOR DROP IN PROGRAMS

Please sign in and complete the COVID-19 screening questionnaire in the new program folder when you arrive.

All outdoor programs are weather dependent.
If it is raining the program will be cancelled.

Bocce Ball in the Park!

Location: Baseball Diamond in Rockmosa Park

Every Friday from 1:00 PM to 3:00 PM

Melissa will meet you at the baseball diamond and hand out the bocce ball sets as you arrive.



Nordic Pole Walking in the Rockwood Conservation Area

Every Monday and Wednesday morning at 9:30 AM

We are back at the Rockwood Conservation Area!

Meeting location is in the parking lot located to the left of the main entrance. Please let the attendant know that you are part of the Older Adult Centre Walking Group. Poles are available upon request.

NOTE: We will wait 5 mins after the start time to begin the walk.



Gentle Walk and Movement on the Trail in Rockmosa Park

Every Tuesday and Friday at 9:00 AM

This is a leisure walk with various easy stretching and movements along the way.

Parking is located at the back of the Rockmosa Community Centre. Entrance to the trail is next to the Splash Pad.

NOTE: We will wait 5 mins after the start time to begin the walk.



Pickleball on the Rockwood Tennis Courts!

Every Monday and Wednesday from 8:00 AM to 10:00 AM



GET Creative, Picnic in the Garden, Summer Sizzler Bingo and Gourmet Grilling!

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

GET Creative in the Garden!

Do you enjoy adult colouring, painting and creating! Bring your own creative project with you or use the supplies provided and enjoy conversation in the beauty of our enabling garden!

Colouring supplies provided!

DATES: Thursday, August 5th

TIME: 10:30 AM to 11:30 AM

PLACE: Rockmosa Enabling Garden



Picnic in the Garden! - New date!

Bring your lunch, a cool drink and enjoy friendship and conversation in the garden! Following your lunch, we will play word games and quizzes! What a great way to catch up with friends and re-connect!

DATE: Monday, August 9th

TIME: 11:30 AM to 1:00 PM

PLACE: Rockmosa Enabling Garden



Gourmet Grilling with Chef Emily Richards!

DATE: Thursday, August 12th

TIME: 11:00 AM to 12:30 PM

PLACE: Rockmosa Enabling Garden

COST: \$18 per person includes taxes and samples to take home!

MENU: Bison sliders with caramelized onions, grilled mushroom tomato tart with fresh basil, grilled potato and smoked salmon.



Summer Sizzler Bingo!

Join in for a morning of fun and conversation!
Bingo sheets and markers provided! Prizes included!

DATE: Thursday, August 19th and 26th

TIME: 10:30 AM to 11:30 AM

PLACE: Rockmosa Enabling Garden

COST: \$2 drop in fee



Volunteers Needed!

**We need your help to keep the Enabling Garden looking beautiful!
Every Wednesday morning at 11:30 AM to 12:30 PM**

Join us in the Rockmosa Enabling Garden, located behind the Rockmosa Older Adult Centre and the Rockwood Library. Please enter through the gate located on Drexler Ave. Each week we will prune, pick, trim and water the flowers and plants. If you have a trowel and gardening gloves, please bring these with you. Please call 519-856-9596 ext. 139 or email programming@get.on.ca if you are interested in volunteering!



Programming at Squires Lodge! Every Tuesday Afternoon!

DATES: Tuesday, August 3rd, 10th, 17th, 24th

TIME: 2:00 PM

PLACE: Back garden at Squires Lodge, 160 Guelph St. Rockwood

Each session will include a series of chair based exercises, word games, discussion groups and more! Bring your own chair and water bottle! If you are interested in attending call: 519-856-9596 ext. 139 or email programming@get.on.ca

NOTE: This program is weather dependent. If it is raining the program is cancelled



East Wellington Family Health Team!

Free Virtual Workshops

Please register by visiting: www.ewfht.ca



East Wellington
Family Health Team

Heart Health

DATE: Tuesday, August 17th

TIME: 5:00 PM to 6:00 PM

NOTE:

Please register to be provided with a link and instructions to join these virtual workshops. You will need access to a computer, tablet or smart phone but you do not need a camera. You will need an email address for registration and to access the webinar. To register: Visit our website at www.ewfht.ca (please see workshop calendar)

Once registered, please check your junk/spam folder for email confirmation and link to webinar.

What's Happening at the Rockwood Branch Library?

Following provincial and County health guidelines we are thrilled to welcome the community back into the branch. With a quick screening, and mandatory masks, distanced in-person browsing resumed on July 5 with the move into Step 2 of the province's reopening plan. Don't feel like coming inside? No problem! We are happy to still be offering pickup service at the door. A 30-minute computer appointment still requires a booking in advance. Just give us a call and we will get you set up in no time!

Summer Reading Club

Summer Reading 2021 at the Rockwood Library is in full swing! Registration is now open and the last day to enter is Friday, September 3. To register, call, email, or stop by the library to get signed up. The Summer Reading Club is open to all age groups – children, teens, and adults. Track your reading over the summer to receive ballots for the grand prize draws from your local branch, including a 1-year GRCA park pass and gift baskets stuffed with great items from local businesses. Register for virtual science workshops and special guests throughout the summer, and pick up weekly herb seed kits to grow, and Take and Make craft and activity bags to complete at home. If you have any questions, feel free to contact the branch or visit our website at www.wellington.ca/library/

Books (and More!) That You Might Have Missed

We have missed you, and we are so happy to see you! Come by, say "hi!" and check out some of the great new items you may have missed over the past little while. Here's just a small list of some of the terrific titles we have added to the collection recently:

<p>New Fiction</p> <p>The Bourne Treachery by Brian Freeman Left You Dead by Peter James The Shadow by James Patterson False Witness by Karin Slaughter Nine Lives by Danielle Steel</p>	<p>New DVDs</p> <p>City of Lies Dolly Parton: 50 Years at the Opry Judas and the Black Messiah Minari The Sound of Silence The Virtuoso</p>
<p>New Non-Fiction</p> <p>BBQ Revolution by Mitch Benjamin RV Hacks: 300 Ways to Make Life on the Road Easier, Safer, and More Fun by Marc Bennett Perversion of Justice: The Jeffrey Epstein Story by Julie K. Brown Stolen: A Memoir by Elizabeth Gilpin Love after 50 by Francine Russo</p>	<p>New Audiobooks</p> <p>A Gambling Man by David Baldacci The Stepsisters by Susan Mallery Legacy by Nora Roberts When She Was Good by Michael Robotham Tom Clancy's Op Center: The Black Order by Jeff Rovin Infinite by Brian Freeman</p>