


Rockmosa Older Adult Centre

Fall 2022 Newsletter

Location: 121 Rockmosa Dr., Rockwood, ON., inside the Rockwood Library!
Hours: Open Daily from Monday to Friday 9:00 AM to 3:00 PM



ICE Cream SOCIAL

Wednesday,
September 21st
Drop-In between
9:00 AM to 3:00 PM

Rockmosa Older Adult Centre
121 Rockmosa Dr., Rockwood, ON.

Find out more about our new
fitness classes, drop-in programs,
special events and more!
Discover how you can GET involved!

For more information visit www.get.on.ca
call 519-856-9596 ext. 139 or email
programming@get.on.ca

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From the desk of the Community Programs Coordinator!

We are excited to welcome you back to the Centre!

We hope that you enjoyed the beautiful summer weather and had a chance to relax, travel and spend time with family.

This fall we are offering several fitness classes, drop-in programs, cooking classes, workshops, special events, and more! You will notice a change to the look of our newsletter. Our intent is to provide a more detailed newsletter for each quarter highlighting our programs and workshops for the season. Each month you will receive a short reminder of what is coming up along with a calendar to put on your fridge!

Fall is a great time to get involved and stay active. With the colder weather coming, don't forget to mark your calendars and take advantage of the great offerings at the Centre!

On Wednesday, September 21st from 9:00 AM to 3:00 PM we are hosting an ice cream social at the Older Adult Centre! This is a great chance to ask questions, register for programs, and enjoy an ice cream on us!

We look forward to seeing you all again and making new memories at the Centre!

Melissa Biffis



REGISTRATION INFORMATION

To register for fitness classes, workshops, cooking classes or drop-in programs, please visit our website at

www.get.on.ca/fitness

You are also welcome to call

519-856-9596 ext. 139 or email programming@get.on.ca

Drop-in Program Schedule

Monday	Nordic Pole Walking	Rockwood Conservation Area	9:30 AM – 10:30 AM
Monday	Pickleball - \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Tuesday	Shuffleboard \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Tuesday 1st and 3rd of month	Always Stitching Together	Rockmosa Older Adult Centre	1:00 PM – 3:00 PM
Tuesday 2nd and 4th of month	Games for the Brain Mah Jongg	Older Adult Centre	1:00 PM – 3:00 PM
Tuesday 3rd of month	Photography Club	Older Adult Centre	7:30 PM – 9:30 PM
Wednesday	Nordic Pole Walking	Rockwood Conservation Area	9:30 AM – 10:30 AM
Wednesday *New day	Chess	Rockmosa Older Adult Centre	9:00 AM to 12:00 PM
Wednesday	Nordic Pole Walking	Rockwood Conservation Area	9:30 AM – 10:30 AM
Wednesday	Darts	Older Adult Centre	1:00 PM – 3:00 PM
Wednesday	Pickleball - \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Thursday 2nd and 4th of month	Walk and Talk	Rockmosa Community Centre South Entrance	10:45 AM – 12:00 PM
Thursday 1st of month	Pickleball for Beginners	Rockmosa Community Centre	12:30 PM – 2:30 PM
Thursday 2nd, 3rd, and 4th of month	Pickleball - \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Thursday	Euchre - \$2 drop-in fee	Older Adult Centre	1:00 PM – 3:30 PM
Friday	Coffee Social- Starts: Oct. 7th		

Pickleball

Rockwood Tennis Courts:

Sept. 1st to October 6th

Indoors: Oct 12th

New Drop-in Programs!

Always Stitching Together!

Talk, laugh, and create while you knit, sew, embroider, crochet, and more! We have volunteers experienced in embroidery and cross stitching if you would like to learn or need help with a project! Bring your own project or suggest a crafting idea and join us for the adventure. New craft ideas are always welcome! Coffee and tea are served.

1st and 3rd Tuesday of each month!
1:00 PM to 3:00 PM
Rockmosa Older Adult Centre
Starts: Tuesday, September 20th

Mah Jongg

What is Mah Jongg? It is a game of Chinese origin, usually played by four people, in which tiles bearing various designs are drawn and discarded until one player has an entire hand of winning combinations!

2nd and 4th Tuesday of each month!
1:00 PM to 3:00 PM
Rockmosa Older Adult Centre
Starts: Tuesday, September 27th

Coffee Social

Drop-in for the best cup of coffee in town and enjoy a treat! A great chance to meet new friends, catch up with current ones and learn more about what is happening at the centre!

Every Friday Morning!
9:00 AM to 12:00 PM
Rockmosa Older Adult Centre
Starts: Friday, October 7th
Drop-in fee: \$2

Games for the Brain

Did you know that playing games maintain; healthy brain stimulation, builds new friendships, provides stress relief, and creates happiness?

Join us for an afternoon of board games such as Rummikub, Yahtzee, scrabble, backgammon, and more!

2nd and 4th Tuesday of each month!
1:00 PM to 3:00 PM
Rockmosa Older Adult Centre
Starts: Tuesday, September 27th

Walk and Talk!

Let's GET walking and talking on the Rockmosa Trail! Enjoy a leisure walk followed by a social hour! A great way to exercise and keep connected!

(Meet at the south entrance to the Rockmosa Community Centre)
2nd and 4th Thursday of each month!
10:45 AM to 12:00 PM
Rockmosa Older Adult Centre
Starts: Thursday, September 29th

Photography Club

Do you enjoy photography, learning, sharing ideas and meeting new friends? Join the Rockmosa Photo Snap Photography Club!

Meetings are the 3rd Tuesday of each month!
7:30 PM to 9:30 PM
Rockmosa Older Adult Centre
First meeting: Tuesday, September 20th
Call or email and register today!

Fall Workshops

Watercolours and More with Instructor Vita Keeling!

Whether you are an absolute beginner or have already painted, come, and explore this beautiful medium. In a relaxed atmosphere and through step-by-step instruction, learn about different painting techniques, and explore possible medium combinations with watercolour.

6 Week Session

Starts: Monday, September 26th

1:00 PM to 3:30 PM

Rockmosa Older Adult Centre

COST:

Members: \$75 + HST

Non-members: \$80 + HST



Make a Wooden Jack o Lantern!

Join Instructor Pam Buisman from Rare Maker as she helps you create a unique wooden Jack o Lantern just in time for Halloween!



Tuesday, October 4th

10:30 AM to 12:30 PM

Rockmosa Older Adult Centre

COST:

Members: \$25 + HST

Non-members: \$30 + HST

Learn to Play the Ukulele!

This 6-week program, led by instructor Carolyn McLeod-McCarthy, includes a lender ukulele along with various song sheets you can take home.

Week one will focus on the anatomy of the uke, finger positioning, and strumming. From there you will learn songs with the same chords and strumming patterns. Some music theory will be tossed into the mix to better understand how it all works together. By week 6, you'll wonder why you haven't learned to play the ukulele sooner! Musical experience is NOT necessary to participate!

6 Week Session

Starts: Thursday, October 6th

10:00 AM to 11:30 PM

Rockmosa Older Adult Centre

COST:

Members: \$65 + HST

Non-members: \$70 + HST

Grounding in Nature Presented by Hospice Wellington

An exciting field of research is reminding us that we are healthier in so many ways when we are connecting with nature regularly. Often, as with exercise, we struggle to prioritize this time. This workshop, hosted by Hospice Wellington and led by a Registered Horticultural Therapist with the Guelph Enabling Garden in Riverside Park, will help us ground to nature using each of our senses.

DATE: Friday, September 30th – FREE

TIME: 11:00 AM to 12:00 PM

Rockmosa Older Adult Centre

Fall Workshops Cont'd...

Songs of our Lives Weaving the Tapestry Presented by Hospice Wellington

Music offers a wonderful way of stepping through our lives, and of coming alongside others as we explore memories and the feelings they evoke. Please join us for an hour of singing, reminiscing, and connecting with one another guided by Catherine Manning, Hospice Wellington's Music Therapist. We will journey through songs of our lives and learn how music can help enhance our wellbeing.

DATE: Tuesday, October 18th
TIME: 10:30 AM to 11:30 AM
Rockmosa Older Adult Centre
FREE!



Mono-printing (Watercolour) with Instructor Vita Keeling

Enjoy the experience of creating Monotype prints. By the end of the 20th century this unique printmaking process became popular. Artists such as Picasso, Degas Gauguin produced extraordinary body of works with this medium.

1 Day Workshop
Saturday, October 29th
10:00 AM to 2:00 PM
Rockmosa Older Adult Centre
COST:
Members: \$40 + HST
Non-members: \$45 + HST
Bring a bagged lunch!

Urban Pole Walking Workshop With Nancy Revie

Join us to learn the health and fitness benefits including poling techniques, breathing, posture and balance as well as properly adjusting your poles to get the most benefit from pole walking. Join certified urban Pole Walking instructor Nancy Revie for this one-morning session which is a combination of classroom and field instruction. Nancy has been a Certified Urban Poling/Nordic Walking Instructor since 2010. She is one of the instructors of the Active 55+ programs in Guelph/Eramosa. Come dressed for the weather - we will be walking outside on the trail. Please pre-register as space is limited. Let us know if you are bringing your own walking poles or if you need to borrow (supplied if needed).

Tuesday, November 1st
9:30 AM to 12:00 PM
Rain date - Tuesday, November 15th
9:30 AM to 12:00 PM
Older Adult Centre & Rockmosa Trail
Cost: \$25 + HST
Handouts included!

Coping with the Holidays Presented by Hospice Wellington

The holidays can be difficult when grieving the loss of a loved one. This workshop will provide practical and supportive information to help the bereaved through the highs and lows of the holiday season.

DATE: Tuesday, November 22nd
TIME: 10:30 AM to 11:30 AM
Rockmosa Older Adult Centre
FREE!

Fall Cooking Classes

One Pot Meals with Chef Emily Richards!

Learn how to use one pot, pan or a sheet pan to cook dinner!

Featuring: Boneless chicken cacciatore, Harissa sheet pan salmon with broccoli and tomatoes, Slow cooker sausage lentil ragu perfect for pasta or on its own, and a Creamy London fog rice pudding.

DATE: Tuesday, October 25th

TIME: 11:00 AM to 12:00 PM

Rockmosa Older Adult Centre

COST:

Members: \$30 + HST

Non-members: \$35 + HST



Lifestyle Cooking with Suzie! Fall Cleanse – Open to All Ages!

In this class, we will discuss the importance of Fall cleansing and its benefits for the winter months coming. Strengthening our immunity through a gentle weekly cleansing of herbs, teas, meditation, and elimination of toxins. This will bring an abundance of positivity to the mind and body working together for immunity strength. We will be offering samples of cleansing teas, foods, and recipes to use at home for your cleanse.

Tuesday, October 25th

7:00 PM to 8:00 PM

Rockmosa Older Adult Centre

COST:

Members: \$20 + HST

Non-members: \$25 + HST

Holiday Entertaining with Chef Emily Richards – Open to all Ages!

Let's get some delicious food ideas ready for the holidays with Chef Emily as she cooks some recipes from her new cookbook "Everyday Celebrations."

Menu:

- French onion dip, an easy appetizer to get guests started.
- Smoked maple turkey breast done in the instant pot so it's easy and fast for you.
- Garlicky green beans for a bright and tasty side dish.
- Dairy-free chocolate ginger snack cake for a wonderful end to the meal.

DATE: Tuesday, November 29th

TIME: 6:30 PM to 7:30 PM

Rockmosa Older Adult Centre

COST:

Members: \$30 + HST

Non-members: \$35 + HST



Silver Screen Afternoon at the Rockwood Library!



Tuesday, September 13 th , 2022	2:00 PM to 4:00 PM	Downtown Abbey – New Era
Tuesday, October 11 th , 2022	2:00 PM to 4:00 PM	Walt Before Disney
Tuesday, November 8 th , 2022	2:00 PM to 4:00 PM	Redwood Highway
Tuesday, December 13 th , 2022	2:00 PM to 4:00 PM	The Christmas Dance

Downtown Abbey – New Era: Is a 2022 historical drama film and the sequel to the 2019 film Downton Abbey featuring the Crawley family who goes on a grand journey to the South of France to uncover the mystery of the dowager countess’s newly inherited villa.

Walt Before Mickey: The true story of a boy whose dreams built a kingdom. The legendary Walt Disney had a tumultuous childhood, yet he was determined to overcome obstacles in his path, before the creation of his first iconic character: Mickey Mouse.

Redwood Highway: Living in a comfortable retirement community in southern Oregon, estranged from her family, unsatisfied with her surroundings, and generally not happy about life, Marie (Shirley Knight) decides to journey 80 miles on foot to the coast of Oregon to see the ocean for the first time in 45 years and attend her granddaughter’s wedding as an unexpected guest. Along the way, she meets an extraordinary cast of characters and discovers that you’re never too old to learn something about life and about yourself!

The Christmas Dance: Traumatized by her past, Christmas is not at the top of Sarah’s list this time of year. However, waltzing through life’s unexpected emergencies, she finds unexpected romance and is taught the Christmas dance.

NOTE: No registration is necessary.



REGISTER
TODAY!

FALL FITNESS CLASSES

AT THE ROCKMOSA COMMUNITY CENTRE!

ACTIVE 55+
FITNESS DURING THE DAY!

ADULT YOGA
CLASSES IN THE EVENING!

SEPTEMBER TO DECEMBER
10 WEEKS!



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

Rockmosa Community Centre
110 Rockmosa Dr. Rockwood

September 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OAC: Rockmosa Older Adult Centre

RTC: Rockwood Tennis Courts

RCC: Rockmosa Community Centre

RCA: Rockwood Conservation Area

RL: Rockwood Library

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 1:00 PM Euchre (OAC) 3:30 PM Pickleball (RTC)	2	3
4	5 Labor Day Centre is Closed	6	7 9:00 AM Chess (OAC) 9:30 AM Pole Walking (RCA) 11:30 AM Garden Club 1:00 PM Pickleball (RTC)	8 1:00 PM Euchre (OAC) 3:30 PM Pickleball (RTC)	9	10
11	12 9:30 AM Pole Walking (RCA) 1:00 PM Pickleball (RTC)	13 1:00 PM Silver Screen (RL)	14 9:00 AM Chess (OAC) 9:30 AM Pole Walking (RCA) 11:30 AM Garden Club 1:00 PM Pickleball (RTC)	15 1:00 PM Euchre (OAC) 3:30 PM Pickleball (RTC)	16	17
18	19 9:30 AM Pole Walking (RCA) 1:00 PM Pickleball (RTC)	20 12:30 PM Shuffleboard (RCC) 1:00 PM Always Stitching Together (OAC)	21 9:00 AM to 3:00 PM ICE CREAM SOCIAL! (OAC) 9:00 AM Chess (OAC) 9:30 AM Pole Walking (RCA) 11:30 AM Garden Club 1:00 PM Darts (OAC) 1:00 PM Pickleball (RTC)	22 First Day of Fall! 1:00 PM Euchre (OAC) 3:30 PM Pickleball (RTC)	23	24
25	26 9:30 AM Pole Walking (RCA) 1:00 PM Watercolours & More (OAC) 1:00 PM Pickleball (RTC)	27 12:30 PM Shuffleboard (RCC) 1:00 PM Games (OAC) 1:00 PM Mah Jonng (OAC)	28 9:00 AM Chess (OAC) 9:30 AM Pole Walking (RCA) 11:30 AM Garden Club 1:00 PM Darts (OAC) 1:00 PM Pickleball (RTC)	29 10:45 AM Walk/Talk/Social (RCC) 1:00 PM Euchre (OAC) 3:30 PM Pickleball (RTC)	30 11:00 AM Grounding by Nature (OAC)	

