

2025-2026 edition  
**Community  
guide**



**GET informed • GET active • GET exploring**

Share your thoughts on the future of the Community Guide by completing the short survey on page 19.  
Your input will help guide our decisions moving forward.





## COMPETITIVE AND GRASSROOTS

### FREE TRYOUTS

Aug. 25-27 • Sept. 6  
Sept. 16-19 • Sept. 23-26

### Tryout Registration open August 1

Each team trains year round  
with Technical Director.  
(td@rockwoodfc.com)

**All inclusive pricing,  
no surprises.**



## RECREATIONAL HOUSE LEAGUE AND TRAVEL TEAMS

House League  
U2-U8

Travel Teams Boys and Girls  
U10-U18

Professional LTPD Coach trains  
U2-U12

**Registration for Summer 2026  
opens November 1, 2025.**



**Scan the QR Code for  
more information.**



**Winter Programs:** For winter program information email [ltpd@rockwoodfc.com](mailto:ltpd@rockwoodfc.com)

**Summer Camp 2026** registration opens January 15, 2026.

**Additional programs with the RFC Technical Director.**

For more information, or to register for programs visit

**[www.rockwoodfc.com](http://www.rockwoodfc.com) • [admin@rockwoodfc.com](mailto:admin@rockwoodfc.com)**



## Mayor's Message

### **Greetings, residents and friends of the Township of Guelph/Eramosa!**

As we move into another exciting year, I'm proud to share the 2025/2026 edition of the Guelph/Eramosa Community Guide—a reflection of our vibrant spirit, continued growth, and commitment to building a connected and welcoming community.

We have continued to work on our services and infrastructure that our community wants and needs. We are pleased to announce the installation of a Tot Lot near the splash pad at Rockmosa Park this fall. We are also creating flexible spaces for everything from basketball to skating, and enhancing year-round recreational opportunities for residents of all ages. At the **Royal Distributing Athletic Performance Centre (RDAPC)**, we've also added new outdoor beach volleyball courts, expanding our amenities and inviting even more ways for our community to stay active and engaged.

**Infrastructure improvements** continue to be a priority. Recent upgrades to our roads, water systems, and public spaces reflect our dedication to maintaining a safe, efficient, and sustainable community for all. We'll continue to plan and invest in these vital areas as our Township grows.

As always, we welcome your thoughts and suggestions. Community input is the cornerstone of our progress, and we encourage everyone to get involved—whether it's through public consultations, **volunteering**, or simply reaching out to Township staff or members of Council. Your voice truly matters, and together, we can continue to shape a community that reflects the values and needs of all residents.

This past summer saw another memorable event at **Rockmosa's Party in the Park**, complete with children's activities, food trucks, live music, and the always-popular dachshund races. We can't wait to see you again for this fantastic event on Thursday, July 30, 2026!

Be sure to enjoy our many natural spaces, including the **Kissing Bridge Trail**, **Marden Park** walking trails, and the peaceful paths through **Ignatius Jesuit Centre**, **Rockwood**, and **Guelph Lake Conservation** areas. They are perfect places to connect with nature and enjoy the beauty of our Township.

Our community calendar is full for 2025/2026 with exciting events like **The Ontario Pirate Festival**, the **Eden Mills Writers' Festival**, and the **Hillside Festival**—all great opportunities to connect with neighbours and celebrate local arts and culture.

When the weather cools down, indoor fun awaits at the **RDAPC**, offering tot time, sports programming, and community drop-ins. Meanwhile, the **Rockmosa Older Adult Centre** continues to be a gathering place for lifelong learning, fitness, and friendship.

On behalf of Township Council and staff, thank you for your continued passion, support, and involvement. Let's keep working together to make Guelph/Eramosa the best it can be.

Warmest wishes for a healthy and inspiring year ahead.



Mayor Chris White  
Township of Guelph/Eramosa





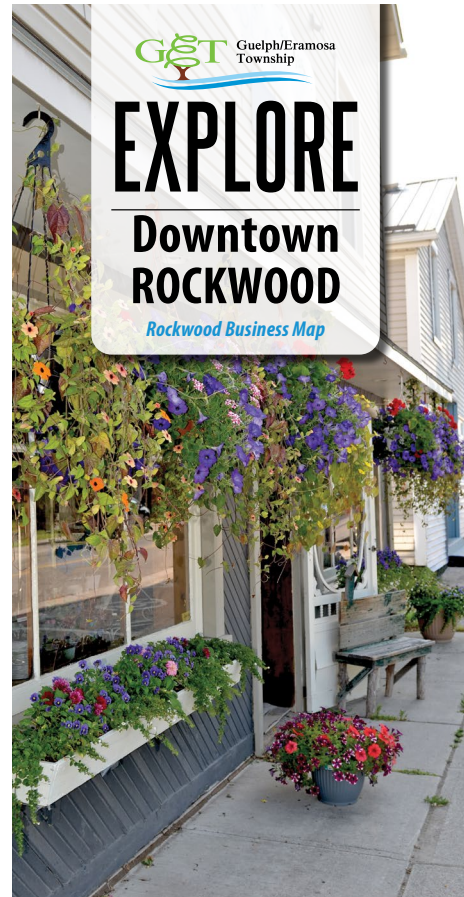
## Discover Downtown Rockwood!

Nestled along scenic Highway 7 (Main Street) between Acton and the City of Guelph, Rockwood is more than just a stop on the map—it's a bustling hub of local charm, community spirit, and small-town hospitality. Whether you're exploring the stunning cliffs and caves of Rockwood Conservation Area, visiting friends, or just out for a drive, make sure to slow down, park the car, and experience the heart of our community—Downtown Rockwood!

We're excited to share our Downtown Rockwood Business Map—your ultimate guide to discovering all the amazing shops, services, and hidden gems in our downtown core. From cozy cafés and artisanal bakeries to unique retail shops, professional services, and local hot spots, this map will help you explore everything our vibrant downtown has to offer.

### Shop local. Dine local. Support local.

With the help of our dedicated business community, the Township of Guelph/Eramosa has created this colourful, easy-to-use map so you can navigate your way through



**ROYAL CITY REALTY**  
BROKERAGE

**A Trusted Realtor in Guelph-Eramosa  
for over 9 Years!**

**Andrew Vince.ca** | The **Right** REALTOR®

Rooted in Community, Focused on You!

**Your Journey starts here!**



Andrew Vince, **Realtor**  
118 Main St. S, **Rockwood**  
519-856-9922

Rockwood's growing and dynamic downtown scene. Whether you're hunting for handmade gifts, grabbing a coffee, or getting your hair styled—you'll find it here in Rockwood!

### Pick up your copy or scan the code!

Printed maps are available at the Municipal Office, or you can scan the QR code below to view or download the digital version instantly. It's perfect for planning your next downtown adventure or sharing with friends and family.

### Are you a Rockwood business owner?

We'd love to feature you! If you operate a business in Rockwood and would like to be included on the map, please contact [aknight@get.on.ca](mailto:aknight@get.on.ca) or call 519-856-9596 ext. 125. There's always room to grow our downtown community!

Scan the QR code to start exploring and supporting local!



Let's continue to celebrate and support the businesses that make Rockwood so unique.  
See you downtown!



## GET Informed

Mayor's Message.....	3
Discover Downtown Rockwood!.....	4
Council .....	6-7
Township Department Directory.....	8
Public Works - Trees .....	9
Finance Department - Property Taxes.....	10
Emergency Management.....	11
Planning Department - Domestic Poultry .....	12-13
Building Department	
Welcome to Your Building Department!.....	14-15
Fire Safety	
Information obtained from the National Fire Protection Association! .....	16
Community Support	
Community Resource Contact Information .....	17
Water - Sewer Flushing 2025 – South of River in Rockwood .....	18
We Want Your Feedback .....	19

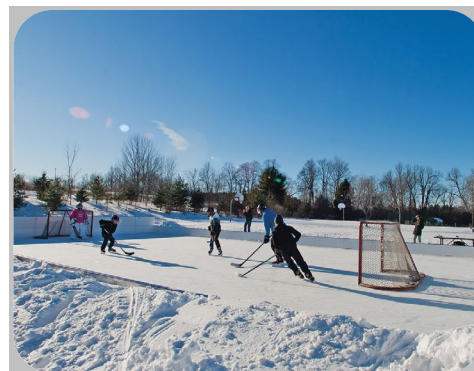
## GET Active

Recreational Facilities.....	20-21
Fitness Programs .....	33-35

Drop-in Programming .....	22-24
Rockmosa OAC.....	25-32
Active 55+ Programming.....	36-38

## GET Exploring

Heritage - Marden Park.....	39
Festivals & Events.....	40-41
Community Contacts .....	42







**Bruce Dickieson**  
**Ward 1 Councillor**

P.O. Box 700  
Rockwood, ON N0B 2K0  
519-831-8828  
bruce.dickieson@get.on.ca

Over the past year, we've had the opportunity to participate in both provincial and federal elections—an important reminder of what a privilege it is to live in a country where we can shape our future through the power of our vote. Thank you to everyone who took the time to engage in the democratic process.

We know these are challenging and often chaotic times, and we recognize that some of our residents are facing real difficulties. Please know you're not alone. Whether it's connecting with Township staff, community groups, or your local councillor—we're here to listen and help where we can. Let's continue looking out for one another and building a resilient, caring community together.



**Corey Woods**  
**Ward 2 Councillor**

P.O. Box 700  
Rockwood, ON N0B 2K0  
519-824-7377  
corey.woods@get.on.ca

Every year is unique and different. Maple sap was plentiful this year but sugar content was low. Hatching baby Geese and Turkeys has been a bit fickle this year for some reason. Hopefully the late May cold snap didn't hurt our growing season. I know I'm excited for peaches so if anyone was driving by our place around May 20th you would have seen a whole bunch of sheets over some of our trees to try and save the blossoms.

Every year we get unique challenges that we have to overcome. Some are explainable and sometimes stuff just happens.

In government you want consistency. Steady levels of service, low taxes, fiscal responsibility, driveable roads and bridges as well as safe communities.

Being in a rural community, some of the best food around is produced by farmers right here, check out the local stands at the end of the laneway. When you go out to spend your hard-earned money try and support a local business.

I am grateful for your support in allowing me to be your local representative for Ward 2 and encourage residents to contact me at any time with comments, questions or concerns.







### Steven Liebig Ward 3 Councillor

P.O. Box 700  
Rockwood, ON N0B 2K0  
519-766-7108 (Cell)  
steven.liebig@get.on.ca

It has been a great term so far representing the people of Ward 3 while keeping in mind the best interests of the Township as a whole. I've enjoyed gaining insight into policies and initiatives you've requested and needed. It's been a seamless journey working with the Mayor, Councillor's and Township staff to get things completed. I truly believe that we are moving ahead in a positive way.

I am excited to continue to work with the business community in changing the look and the future of the core. It has been great seeing businesses coming and growing in the area.

Whether you're walking the trails, playing pickleball, joining the tennis club, or enjoying the Downtown Lions Park there are plenty of areas to explore. Please don't forget to check out the many events in abundance in our Township - I look forward to seeing you out and catching up.

I will continue to serve you as your representative of Ward 3 with honesty and integrity. If you have any questions feel free to contact me.

Take care and enjoy Guelph / Eramosa - "Our Home"



### Mark Bouwmeester Ward 4 Councillor

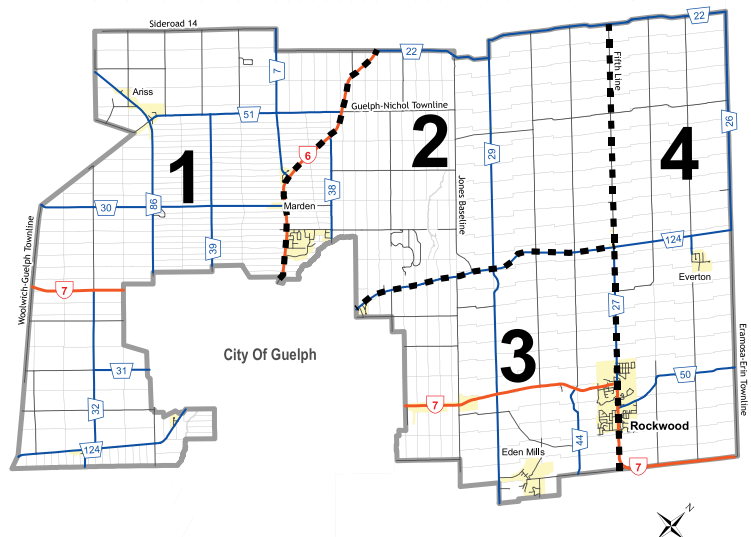
P.O. Box 700  
Rockwood, ON N0B 2K0  
519-856-2127  
mark.bouwmeester@get.on.ca

As we step into 2025, I'm proud to reflect on the strong sense of community that continues to define Guelph/Eramosa. The Rockwood Farmers' Market remains a Township highlight—bringing together families, neighbours, and local producers each week to celebrate fresh food, entertainment, and small business. It's a great reminder of how vibrant and connected our community truly is.

Local sports organizations also deserve a special shoutout. From youth soccer to baseball and beyond, these groups provide vital recreational opportunities for all ages. Their volunteers, coaches, and participants bring heart and spirit to our Township, and we're grateful for all they do. This year, Council is also looking into refreshing our gateway signage, including the "Welcome to Rockwood" signs, to better reflect the pride we all feel for our growing and dynamic community.

If you ever have questions, ideas, or simply want to share your thoughts about how we can continue to make Guelph/Eramosa a great place to live, I invite you to reach out. I'm always happy to hear from residents and work together toward an even brighter future for everyone.

## TOWNSHIP OF GUELPH/ERAMOSA Ward Electoral Boundaries





# Guelph/Eramosa Township Department Directory

## Township of Guelph/Eramosa

8348 Wellington Rd. 124  
P.O. Box 700  
Rockwood, Ontario  
N0B 2K0

Tel: 519-856-9596  
Toll Free: 1-800-267-1465  
Fax: 519-856-2240  
www.get.on.ca  
**General Inquiries:**  
general@get.on.ca

## Office Hours:

Monday to Friday from  
8:30 a.m. - 4:00 p.m.

## Urgent After

## Hours Service:

519-856-9596 ext. 150

## ADMINISTRATION SERVICES

Chief Administrative Officer .....ext. 105  
Accessibility.....ext. 108  
Birth and Death Registration.....ext. 101  
Communications/Website.....ext. 125  
Council Meetings.....ext. 107  
Human Resources.....ext. 108  
Municipal Election .....ext. 125  
Civil Marriage Services.....ext. 101

## ENFORCEMENT AND LICENSING

By-law Enforcement.....ext. 121  
Property Standards .....ext. 121  
Dog Licensing.....ext. 101  
Lottery Licensing.....ext. 107  
Marriage Licences.....ext. 101  
Parking.....ext. 121  
O.P.P. non-emergency contact ..... 1-888-310-1122  
Guelph Humane Society ..... 519-824-3091

## PLANNING SERVICES

Planning and Zoning.....ext. 112  
Minor Variances .....ext. 112  
Letters of Compliance .....ext. 112

## FINANCE

Property Tax Information ..... ext. 102 or 103  
Accounts Receivable/Payable .....ext. 104  
Budgets and Finance Information.....ext. 111  
Water Billing and Meter Reading.....ext. 126

## PUBLIC WORKS

Snow Plowing.....ext. 120  
Sewer and Water.....ext. 122  
Street Lights.....ext. 120  
Toilet Rebates .....ext. 122  
Roads & Ditches .....ext. 120  
Boulevard Trees .....ext. 120  
Sidewalks.....ext. 120  
Signs .....ext. 120

## PARKS AND RECREATION

Parks Inquiries.....ext. 113  
Community Centres Bookings.....ext. 117  
Royal Distributing Athletic  
Performance Centre (RDAPC) .....ext. 201  
Active 55+ Programs.....ext. 139  
Rockwood Cemetery.....ext. 117

## BUILDING SERVICES

Building Inquiries.....ext. 114  
Building Permits and Inspections.....ext. 114  
Septic Inspections.....ext. 114

## FIRE AND PROTECTION SERVICES

Emergencies.....9-1-1  
Fire Chief ..... 519-546-7546  
Rockwood Fire Station ..... 519-856-9637  
Open Air Burn Permit Inquiries .....ext. 101

## REGIONAL SERVICES

County of Wellington ..... 519-837-2600  
County of Wellington Solid Waste Services  
(Garbage & Recycling) ..... 519-837-2601  
County of Wellington  
Social Services ..... 519-837-2600  
Grand River Conservation  
Authority (GRCA)..... 519-621-2761  
Wellington Dufferin Guelph  
Public Health..... 1-800-265-7293  
Hydro One – Power Outages ..... 1-800-434-1235  
Guelph Hydro – Power Outages  
In Rockwood Only ..... 519-822-3010  
Ontario One Call  
(Call Before You Dig)..... 1-800-400-2255



## Trees

The Township of Guelph/Eramosa is committed to protecting and maintaining our municipal trees. Trees provide natural benefits and improve the look of parks, cemeteries, roadsides and boulevards. The Township is responsible for trees on municipal property only.

### Tree Trimming and Removal

Township staff will evaluate any potentially unsafe, dead or diseased tree on municipal property and recommend a specific course of action. If one of these trees is near a home and requires removal, the resident will be notified. However, if the condition of the tree requires immediate action, the Township is authorized to immediately remove the limb or tree at their discretion.

Trees will be trimmed if they are blocking signs or signal lights.

### Question or concern

If you have a question or concern related to a municipal tree, please contact our Roads Department by email [roads@get.on.ca](mailto:roads@get.on.ca)

Please include photos if possible

### Help Us Help You: Contacting Public Works

When reaching out to our Public Works Department, providing clear information helps us respond more efficiently.

- **By Phone:** If you're leaving a voicemail, please be sure to include your address so we can locate the issue quickly. 519-856-9596 ext. 120
- **By Email:** Include as many details as possible, such as the location, nature of the concern, and—if possible—photos. The more information we have, the faster we can assist. [roads@get.on.ca](mailto:roads@get.on.ca)

Thank you for helping us serve you better!

### Reminder: Entrance Permits Available Online!

Great news! Residents can request entrance permits quickly and easily through our website with our online system.

### What's New

- **Smart Form Filling:** Our updated permit request form auto-fills key details as you input your property and measurements—saving time and reducing errors.
- **Direct Submission:** Once completed, your request goes straight to our Public Works Department for review, ensuring faster processing and responses.

### Get Started

Visit <https://www.get.on.ca/> and head to the Permits section to submit your request for driveways, entrances, and more—right from home.





**WELLINGTON BREWERY**  
950 Woodlawn Rd. West Guelph

Order online and have award-winning craft beer delivered fresh to your door! [wellingtonbrewery.ca](http://wellingtonbrewery.ca)



**WELLINGTON**  
1985  
BREWERY

**FRESH CRAFT BEER  
& TASTY SNACKS**

## Property Taxes

### When are Tax Bills Issued?

The Township issues two tax bills per year, each with two instalments. The timing of those bills for 2025 and their due dates are illustrated below.

### What Are Supplementary and Omitted Bills?

Supplementary and omitted tax bills are tax bills that are issued based on a change in the value of your property as determined by the Municipal Property Assessment Corporation (MPAC)

Reasons for getting a supplementary or omitted tax bill may include:

- Building a new house
- Building an addition on your current house
- Building a deck
- Building a shed

Supplementary bills are for the current year and omitted bills are for previous years. Legislation allows the Municipal Property Assessment Corporation (MPAC) to assess a property for the current year and up to two previous years.

## What's on at the Museum

### Upcoming Events

- Cemetery Tours:** October 24 and 25  
**Murder Mystery:** October 24 and 25  
**Beyond the Veil:** October 31 and November 1  
**Remembrance Ceremony:** November 5  
**Candle Lighting Ceremony:** November 10  
**Christmas Market:** November 28 and 29  
**Wildlife Rescue Exhibit:** January 2026

Find more great events at:

[wcma.wellington.ca](http://wcma.wellington.ca)

Alternate formats available upon request.

<sup>TM</sup>Official Mark of the Corporation of the County of Wellington.



The supplementary/omitted property tax bill is calculated by multiplying the Current Value Assessment (CVA) by the tax rate for the applicable year. The supplementary/omitted property tax bills are only sent to the current owner of property.

If there are arrears on your property for supplementary/omitted taxes, you can contact your solicitor to confirm whether funds were held back on closing or if the Statement of Adjustment can be re-opened with the vendor.

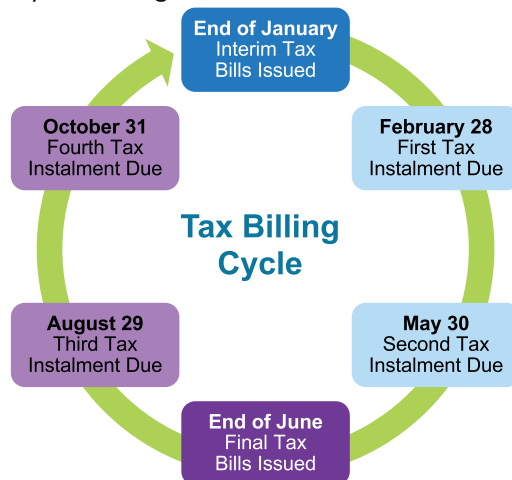
For more information about your property assessment or if you believe your assessed value is inaccurate, please visit [www.aboutmyproperty.ca](http://www.aboutmyproperty.ca) or contact MPAC at 1-866-296-6722

### Property Taxes Made Simple

The Township offers billing and payment methods to make paying your property taxes more convenient.

Visit [www.get.on.ca](http://www.get.on.ca) to:

- Enroll in e-Billing
- Enroll in a Pre-Authorized Payment Plan or see a full list of payment options
- Update your mailing address



Are you travelling or do you have a temporary change of residence? The actions listed above are perfect solutions to make sure you receive and pay your tax bill on time while you are away.

### Contact Us

For further information, contact the Tax Department at [taxes@get.on.ca](mailto:taxes@get.on.ca) or 519-856-9596 ext. 102 or 103.



## Be Better Prepared

Emergencies can happen at any time with little to no warning and the County of Wellington's Emergency Management Division encourages you to Be Better Prepared. With a little preparation, you can respond quickly to help yourself and others. Make a plan, build a kit, and stay informed.

### Make a Plan

Every household in Wellington County should have an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you only about 20 minutes and you can create one online by visiting [getprepared.ca](http://getprepared.ca) and clicking "Your Emergency Plan". Keep this document in an easy-to-find, easy-to-remember place. Photocopy this plan and keep it in your car and/or at work, and a copy close to your phone. If you complete your plan online, keep an electronic version on your computer.

### Build a Kit

In an emergency, you will need some basic supplies and be prepared to be self-sufficient for at least 72 hours. You may have some of the items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure

they are organized and easy to find. Visit [getprepared.ca](http://getprepared.ca) and click "Emergency Kits" for a checklist of items.

### Stay Informed

During an emergency, you should stay tuned to local authoritative sources of information. Be sure to have a portable, battery-operated or crank radio in your emergency kit. Information can be found on:

Local radio stations

- Magic 106.1 FM
- CJOY 1460 AM

County of Wellington Social Media on X or Facebook

- X: @wellingtoncounty
- Facebook: @wellingtoncounty

County of Wellington website: [www.wellington.ca](http://www.wellington.ca)

For more information on emergency preparedness and to locate additional resources visit our website at [wellington.ca/emergency](http://wellington.ca/emergency)

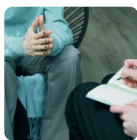


guiding you towards intentional healing

HEALING PATH

COUNSELLING SERVICES

### OUR SERVICES



**Individual  
Counselling &  
Therapy**

- Over 25 years of experience while servicing our community for 10+ years
- Managing symptoms of mental illness
- Preventing a relapse of mental illness symptoms
- Learning techniques for coping with stressful life situations
- Identifying ways to regulate emotions
- Resolving relationship conflicts and learn better ways to communicate
- Coping with grief or loss
- Overcoming emotional trauma



**Child & Adolescent  
Counselling &  
Therapy**



**Retreats &  
Events**

- Coping with a medical illness and/or terminal illness
- Managing chronic physical symptoms
- Helping to cope, manage and understand a loved one who struggles with mental illness
- Dealing with a crisis and the aftermath
- Reiki healing to balance energy and help calm emotions, body, and mind
- Psycho-education, validation, and empowerment through retreats and wellness events



**Reiki Healing**



☎ 1-519-277-8122

📍 148 Parkinson Drive, Rockwood, ON

🌐 [www.healingpathcounselling.com](http://www.healingpathcounselling.com)

✉ [info@healingpathservices.ca](mailto:info@healingpathservices.ca)

📷 @healingpath\_cs

📺 @healingpathCS

Scan the QR Code  
to Access Our  
Website and Learn  
More



## Domestic Poultry

### What is “Domestic Poultry”?

Domestic Poultry means domesticated female chickens, female ducks, geese and turkey.

Other farm animals or birds, such as pigeons, are only permitted on properties a minimum of 2 acres in size and zoned Agricultural (A), provided that they meet the Ontario Ministry of Agricultural, Food and Rural Affairs (OMAFRA) Minimum Distance Separation (MDS) Guidelines

### Where is domestic poultry permitted within the Township?

Domestic poultry is permitted on properties a minimum of 1 acre in size and zoned Agricultural (A) or Rural Residential (RR), provided that you meet all associated regulations outlined in By-law 05-2025

### How do I confirm the zoning of my property?

To check the zoning of your property, please refer to the Township's Online Interactive Zoning Map: [www.get.on.ca/online-interactiveplanning-map](http://www.get.on.ca/online-interactiveplanning-map).

### General Regulations:

#### Residency Requirements:

- The poultry owner must reside on the property where poultry are kept.
- Tenants require written permission from the property owner.

#### Property Requirements:

- Properties must be at least 1 acre and zoned Agricultural (A) or Rural Residential (RR).

#### Poultry Limits:

- Maximum of 10 poultry total (e.g., chickens, ducks, geese, or turkeys).

#### Slaughtering and Product Sales:

- On-property slaughtering is prohibited.
- Selling eggs, manure, or other poultry products is not allowed.

#### Husbandry Standards:

- Poultry must have access to food, clean water, and shelter at all times.



**ROCKWOOD**  
TENNIS CLUB



## Join the Rockwood Tennis Club.

*It's not just tennis, it's a whole lot of fun!*

- ◆ Learn to play tennis or upgrade your current skills
- ◆ Beginner, Competitive and Non-Competitive play
- ◆ Organized tennis and social activities
- ◆ Meet great people and make new friends
- ◆ Take lessons with our in-house pro

**There's something for players of all ages and levels. Visit our website for more information and join the RTC today. [www.rockwoodtennis.com](http://www.rockwoodtennis.com)**



- Owners must maintain sanitary and safe living conditions, including rodent-proofing.

### Home Occupation – Trade

#### What is a Home

#### Occupation – Trade?

A Home Occupation – Trade allows residents in the Township of Guelph/Eramosa to operate certain types of businesses from their home, specifically trades or crafts that may require specialized equipment, such as woodworking, welding, or other building trades. These businesses can employ up to two additional workers who do not live in the home, and they must ensure that the business activity is compatible with the surrounding residential and agricultural environment.

#### Where are Home Occupation – Trades Permitted?

Home Occupation – Trades are permitted on properties zoned as Agricultural or Rural Residential, with a minimum lot size of 1 acre (0.4 hectares).

#### Setbacks and Regulations

To ensure that Home Occupation – Trades do not negatively impact nearby properties, specific zoning regulations and setbacks have been established:

- **Side Yard Setbacks:** The interior side yard setback is 3 meters. This increases to 7.5 meters if the property is next to a residential zone, ensuring adequate separation between the business activities and neighbouring homes.
- **Setbacks from Abutting Dwellings:** To maintain compatibility with adjacent properties, the setback from neighbouring dwellings has been reduced from 60 meters to 30 meters. This setback is consistent with the Ministry of Environment D-Series Guidelines, which address concerns related to potential nuisances such as noise, dust, and odor.

In some cases, the 30-meter setback can be reduced further, provided that the business owner demonstrates through additional studies (such as noise assessments) or mitigation measures (like buffering) that the business will not create a nuisance. However, the setback cannot be reduced below the minimum required by the parent zone.



#### Why Were These Changes Made?

The changes to the minimum lot size and setbacks were made in response to direction from Council at the June 17, 2024, meeting. Planning staff reviewed the regulations, consulted industry standards, and considered practices in neighbouring municipalities to ensure that the new rules would allow for more flexibility while still protecting neighbouring properties from potential nuisances. For more detailed information, please refer to the Home Occupation – Trade By-law or contact the Township's Planning Department, [planning@get.on.ca](mailto:planning@get.on.ca).

# Dirty Details



## 519-831-5669

#### Auto Detailing

Cars, SUV, Vans, Pick-up Trucks,  
Off-road Vehicles, Power-sports, Transport Trucks,  
RV's, Camper Trailers and much more

#### Hand Car Wash

#### Full Interior Shampooing

#### Clean Windows

#### Full Interior Vacuuming

#### Polishing

#### Rim Cleaning

and **MUCH MORE!**

**7455 SPEERS ROAD, UNIT #4 • ELORA ON**

## Welcome to Your Building Department!

Welcome to the Township of Guelph/Eramosa Building Department! We're here to help make sure buildings in our community are safe and built to Provincial Standards. Whether you're starting a new construction project, renovating your home, or have questions about what requires a building permit, we're here to guide you through it all.

### Why and when do you need a building permit?

A building permit is formal permission to begin a construction or demolition project. Building permits are necessary to ensure that construction methods meet the standards set out in the Ontario Building Code, Federal and Provincial regulations, and local by-laws. For more information regarding whether your work requires building permits and a comprehensive overview of permit requirements, please visit [www.get.on.ca/livinghere/building-permits-and-inspections](http://www.get.on.ca/livinghere/building-permits-and-inspections) or call us anytime at 519-856-9596 ext. 114.

### Illegal Construction

Building without a permit in Ontario violates the Building Code Act, which mandates that construction or demolition requires a permit. Obtaining the necessary permits is crucial for ensuring safety and compliance.

Non-compliance may result in the following:

**Orders** - If a Building Official has determined that illegal construction was carried out without a building permit, an order may be issued to the Property Owner to correct the violation of the Building Code Act or other applicable law. Failure to comply with such an order can lead to penalties including fines and legal action.

**Financial Penalties** - The Township can impose significant fines for building without a permit, and individuals face additional fees for retroactive permits.

**Lack of Insurance Coverage** - Insurance policies typically require compliance with building codes. Incidents in unpermitted structures may lead to denied coverage, leaving owners liable for damages.

**KALEIDOSCOPE**

**STEP INTO A WORLD OF COLOUR, LIGHT AND ENDLESS POSSIBILITIES!**

**THE MUSEUM**

**DOWNTOWN KITCHENER**

[THEMUSEUM.ca](http://THEMUSEUM.ca)



**Difficulty in Selling or Renting**

Properties built without permits can deter buyers or renters, decreasing property value and complicating future transactions.

**Legal Action by Authorities or Neighbours**

Unauthorized construction can lead to complaints and legal disputes, resulting in fines or demolition orders.

**Accessory Residential Units – What You Need to Know**

Accessory Residential Units or “ARU’s”, are becoming increasingly popular within the Township of Guelph/Eramosa. Adding an ARU to your property is a great way to provide affordable housing to family, friends, or anybody looking to rent a home in Guelph/Eramosa.

In order to ensure the success of your ARU, you must first obtain a Building Permit from the Township. The Ontario Building Code has certain requirements when it comes to the proper design of your ARU to ensure both the homeowner and the occupant have a safe, healthy and comfortable place to live.

Failure to obtain a Building Permit for your ARU can result in unnecessary fines, and extra expenses required to bring the ARU into compliance with the Ontario Building Code. As the Homeowner, YOU are responsible to ensure that a Building Permit has been obtained for your ARU. Save the time and money and call the Building Department today for any questions or concerns around your plans to construct your ARU.

**How do I apply for a building permit?**

To apply for a building permit, you'll need to fill out an online application from [www.get.on.ca/living-here/building-permits-and-inspections](http://www.get.on.ca/living-here/building-permits-and-inspections) using Cloudpermit. Cloudpermit allows applicants to apply for and check the status of their application anywhere, at any time. You can start an application and finish it later, receive email updates on the status of your permit application, and even request building inspections!

Our goal is to ensure safe structures for our residents, businesses, and visitors, while also striving to make the building process easier for you. If at any time you require clarification or assistance, please contact [building@get.on.ca](mailto:building@get.on.ca) or 519-856-9596 ext. 114.



# ***THE CHEER CENTRE***

## **PROGRAMS FOR ALL AGES AND ABILITIES!**

- RECREATIONAL CHEERLEADING
- BEGINNER TEAMS
- TUMBLING LESSONS
- CAMPS, CLASSES AND MORE!
- LOCATIONS IN GUELPH & WATERLOO

1-888-25-CHEER

WWW.CHEERCENTRES.COM

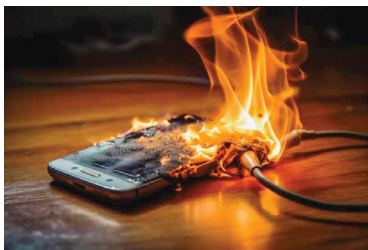
***TRY FOR FREE!***



## Information obtained from the National Fire Protection Association

### How do fires from lithium-ion batteries start?

Lithium-ion battery fires happen for a variety of reasons, such as physical damage (e.g., the battery is penetrated or crushed or exposed to water), electrical damage (e.g., overcharging or using charging equipment not designed for the battery), exposure to extreme temperatures, and product defects.



<https://www.pandjfireservices.com/do-lithium-battery-fire-extinguishers-work/>

### What are some safety tips for buying, charging, storing, and using lithium-ion batteries in devices like laptops, phones, tools, and more?

- Purchase batteries that are only listed by a nationally recognized testing laboratory and labeled accordingly.
- Stop charging a battery once it is full.
- Use charging equipment that is only compatible with your device. To be safe, use only the charging equipment that is supplied with your device.
- Stop using your device if the battery shows signs of damage, such as an unusual odor, excessive heat, popping sounds, swelling, or change in colour.
- Have all repairs performed by a qualified professional.

### Where is the safest place to charge batteries in e-bikes and electric vehicles?

When it comes to e-bikes, e-scooters, and electric vehicles, the safest place to charge these devices is outdoors away from any structure or enclosure and not in direct sunlight. Do not charge a battery when either the charger or the battery is damaged. Do not store batteries

in extremely hot or cold locations or in an area that blocks the only exit out of a room. And do not attempt to modify the battery or charger.

### How should lithium-ion batteries be disposed of?

Lithium-ion batteries and the devices that contain them should not go in household garbage or recycling bins. They can cause fires during transport or at landfills and recyclers. Instead, lithium-ion batteries should be taken to separate recycling or household hazardous waste collection points.

### What should I do if my EV catches fire while driving?

If you see smoke or flames or smell burning coming from your EV:

- Pull over as quickly as it is safe to do so, and be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.



<https://citylion.pl/en/are-electric-scooters-dangerous/>

- Once you have stopped, turn off the engine.
- Get everyone out of the car. Never return to a burning car for anything.
- Move everyone at least 100 feet from the burning car and well away from traffic. If possible, stay where the wind blows away from the car.
- Call 9-1-1 or your local emergency number.



## ROCKWOOD PHARMACY

Locally owned and operated,  
Rockwood Pharmacy is proud to serve  
Rockwood and surrounding areas.

The service and expertise from the  
neighbours you trust!

Always welcoming new patients.

Serving our community for over 35 years.

175 Alma Street, Rockwood ON, N0B 2K0  
(519) 856-9486 • [www.rockwoodpharmacy.ca](http://www.rockwoodpharmacy.ca)



## Community Resource Contact Information

### 211 Assistance Finding Resources

A free helpline that connects you to services and programs in your area.  
www.211ontario.ca



**Adult Day Program** – Offering social, cognitive and physical stimulation for older adults and those with different forms of dementia. Transportation, programming, meals and snacks provided.  
Francesca: 519-833-0087

### Wellington Dufferin Guelph Public Health

Partners in government, public health and health care.

160 Chancellors Way, Guelph, ON.  
1-800-265-7293  
www.wdgpulichealth.ca



**New to You Thrift Store** – Deals on books, name brand clothes, accessories and more!  
143 Dennis Street, Rockwood, ON.  
519-856-2113

**Volunteer Opportunities** – We have a variety of positions available for individuals wishing to connect and give back to their community.

Barb: 519-856-2113  
www.eastwellingtoncommunityservices.com



### East Wellington Community Services

**Food Bank – Guelph/Eramosa**  
143 Dennis Street, Rockwood, ON.  
519-215-1468



**Transportation – For Eligible Adults** – Serving Guelph/Eramosa Township and the Town of Erin. Transportation to appointments, pick up prescriptions, groceries, etc. Wheelchair-accessible van is available. Two business days' notice is required. Hours: 8:30am-4:00pm.  
519-856-2113

**Outreach Services** – Assist with accessing supportive housing, completing and submitting rent geared to income applications, rent bank and rent subsidy programs. System navigation relating to health care, social services, legal/justice, government benefits and more.  
Kathleen (Housing): 226-979-7308  
Pamela (Outreach): 226-962-7223

### East Wellington Family Health Team

Workshops available to patients and community members such as: diabetes and pre-diabetes, anxiety, better sleep, heart health, relaxation, Walk-Fit program, prenatal clinic, frailty clinic, stress management and more.



To register for workshops, please visit  
www.ewfht.ca or call 519-833-7576 ext. 362



**COMMUNITY  
SUPPORT PROJECTS**

## Sewer Flushing – South of River in Rockwood

Sewer flushing occurs south of the river in Rockwood every spring.

### Stay Tuned!

Keep an eye on our website ([www.get.on.ca](http://www.get.on.ca)) and social media for specific timelines of sewer flushing!

### Why It Matters

Flushing helps prevent blockages, reduce odours, and minimizes wear on mechanical components. For example, it removes solids that settle over time, which can cause sewer backups, pipe damage, and even foul odours.

### What You Should Do

Keep toilet seat lids down during the flushing operation to avoid any minor splashing. Although it is not likely if plumbing



has been laid properly, there is a chance that pressurized water may cause minimal splashing of toilet water due to air pressure fluctuations.

Cover floor drains if possible and avoid running sinks or draining fixtures during flushing operations to minimize disturbances.

Refill PEA traps in the lower levels of your home (located in floor drains and sinks) after flushing has occurred to prevent any odours that may be present!

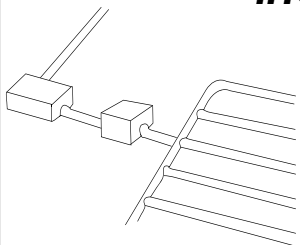
### Learn More

If you have questions about water/wastewater services, contact the Water/Wastewater Division at 519-856-9596 ext.112 or email [water-sewer@get.on.ca](mailto:water-sewer@get.on.ca)



**PIONEER**  
SEPTIC SOLUTIONS INC.

**Our services include:**



Excavating  
New Installation  
Site Servicing  
Replace Existing System  
Rejuvenate Septic Systems

Pioneer Septic Solutions

t: 519-763-3349

[admin@pioneer-snorks.ca](mailto:admin@pioneer-snorks.ca)

[www.pioneersepticssolutions.ca](http://www.pioneersepticssolutions.ca)

**Snorks**

Your Trusted *Septic Maintenance* Provider

**Services We Provide:**

- Pump, repair, maintain septic systems
- Provide septic tank inspection report
- Install risers, lids, filters
- Annual maintenance of treatment systems



Phone: 519-837-3661

Emergency Service: 519-994-0757

[admin@pioneer-snorks.ca](mailto:admin@pioneer-snorks.ca)

[www.snorksepticsservice.com](http://www.snorksepticsservice.com)



# WE WANT YOUR FEEDBACK

## Help Shape the Future of Your Community Guide!

### We Want to Hear From You!

For many years, the Township of Guelph/Eramosa Community Guide has been a go-to resource for residents and visitors alike to find out what's happening, discover Township services, explore events, and learn more about local programs and businesses.

But as our community continues to evolve, we're asking an important question: What should the Community Guide look like moving forward?

### Why Are We Rethinking the Community Guide?

As part of our ongoing efforts to provide the best service to residents while using resources wisely, the Township is exploring potential changes to the format, delivery, and focus of the Community Guide.

### Some of the Considerations Include

#### Declining Use of Printed Materials

With more and more people accessing information online, the demand for printed guides is decreasing. Transitioning to a fully digital or hybrid format could reduce printing and distribution costs while making it easier to keep content up to date.

#### Shifting to Digital Communication

Going digital allows us to share interactive, dynamic, and real-time updates, including videos, clickable links, maps, and more. A digital guide could be updated more frequently and accessed anytime, anywhere—from your phone, tablet, or computer.

### Refreshing the Focus of the Guide

Should the guide continue to highlight programs and events? Would you like to see more stories about people and places in the Township? Or do you prefer something more concise, like a quick-reference brochure with links to online resources?

We want to know what works best for YOU.

### Tell Us What You Think!

Please take a few minutes to complete our short Community Guide Survey by scanning the QR code below. Your input will help guide our decisions on whether to:

- Continue printing the guide as-is
- Move to a digital or interactive version
- Change the type of content we include
- Or even combine multiple formats

We're looking for feedback from residents of all ages, local business owners, service providers, and anyone who uses or values the Community Guide. This is your chance to help shape how we communicate with our community in the future.

### Your Voice Matters

Don't miss this opportunity to help us plan for the future.

Scan the QR code below to complete the survey. Let's create a guide that reflects how you want to connect with your Township.



## Rockmosa Community Centre

110 Rockmosa Drive, Rockwood, ON, N0B 2K0

Located in the heart of Rockwood, the Rockmosa Community Centre is the perfect venue to host a wide variety of events ranging anywhere from family reunions and birthday parties to elegant weddings. With a maximum capacity of 300 people, this hall is the perfect space to host your next large event! The Rockmosa Community Centre features:

- 300-person capacity
- 3,600 ft<sup>2</sup> open concept room
- Raised performance stage
- Projector, screen & wireless microphone
- Podium
- Fully stocked catering kitchen
- Ample parking
- Air conditioning
- 8-foot rectangular tables
- 300 cushioned chairs
- Bar
- Fully accessible



## Marden Community Centre

7368 Wellington Road 30, Guelph, ON, N1H 6J2

Located on the outskirts of Guelph, the Marden Community Centre is the perfect venue for smaller weddings and showers, business meetings, and family gatherings.

Marden Community Centre features:

- 100-person capacity
- 1,438 ft<sup>2</sup>
- Fully stocked kitchenette
- Podium
- 8-foot rectangular tables
- 5-foot round tables
- 100 cushioned chairs
- Ample parking
- Air conditioning
- Bar
- Fully accessible
- Enabling Garden\*
- Pavilions\*

\* Extra fees will apply for these spaces.



For more information or to book, please contact 519-856-9596 ext. 117 or



## Rockmosa Older Adults Centre

121 Rockmosa Drive, Rockwood, ON, N0B 2K0

Located in the heart of Rockwood in Rockmosa Park, the Older Adults Centre is the ideal space for intimate gatherings or small meetings. This beautiful facility features:

- 30–40-person capacity
- Fully stocked kitchenette
- Television
- Gas fireplace for added ambience
- 6-foot rectangular tables
- 4-foot circular tables
- 6 card tables
- Chairs
- Availability limited to weeknights after 5:00 p.m. and weekends



## Royal Distributing Athletic Performance Centre (RDAPC)

7384 Wellington Road 30, Guelph, ON, N1H 6J2

Surrounded by 64 acres of parkland, this state-of-the-art indoor facility features an artificial turf sports field, rubberized perimeter walking track, a multipurpose room, and a large spectator viewing area. This fantastic Centre features:

- Staff always on site when facility is open
- 210' x 120' turf sports field (rentals available)
- 210-meter 4-lane IAAF Certified Polyurethane Walking Track (single use, 10 time, annual memberships available)
- Fitness Classes
- Drop-In Programs (see page 22)
- Birthday Parties
- Viewing Area
- Room Rentals (25' x 25')

A change of clean indoor shoes is mandatory for all track/field users.

**For more information or to book the RDAPC, call 519-856-9596 ext 202 or email [rdapc@get.on.ca](mailto:rdapc@get.on.ca)**



email [hallrentals@get.on.ca](mailto:hallrentals@get.on.ca). We look forward to hosting your next event.

## RDAPC Drop in Activities

### The Backyard

Wednesdays at the RDAPC needed an All Ages Upgrade. How about Tot N Play for everyone!! *New!*  
Wednesdays 8:30am - 2:00pm on one half of the field will be Open Play Day for ages 1-101! Join us for track laps, yard games, foam building blocks, hoola hoops, cards, board games, coffee, bocce, cornhole, obstacle courses and more.

### Walking Soccer

Does your body tell you to slow down but your mind doesn't want to? Come out for some walking soccer. Same beautiful game, but running is a foul!

### Golf Driving Range

Keep the swing smooth through the off season or drop in and prepare to get back outside for the coming season. Soft flite balls simulate actual ball flite ideal for indoor play.

### Remote Control Airplanes

Come in out of the elements to fly in the colder months and meet some fellow enthusiasts. Battery Operated only.

### Tot 'N' Play

Preschool age outdoor play on the inside! Enjoy the open space of a park on our indoor field through winter. Socialize, meet new friends and play with our hoola hoops, mazes, balance blocks, ride on cars and more.



### Open Field

Need some extra off season training? Long Toss, fly fishing, shuttle runs, 1v1 Training. Join us during open field time to enjoy the off season out of the elements. A maximum of 5 persons per "activity" eligible on field at this time.

### FALL 2025 DROP IN SCHEDULE RDAPC

DAY	ACTIVITY	LOCATION	TIME	START DATE	FEE
Monday	Open Field	RDAPC	7:00am - 8:30am	October 19	\$6/person
Monday	Tot 'N' Play	RDAPC	8:30am - 12:00pm	Ongoing	\$5/child
Monday	Walking Soccer	RDAPC	9:30am - 11:00am	Ongoing	\$6/person
Monday	Indoor Golf	RDAPC	12:30pm - 3:00pm	October 19	\$9.05/bucket
Tuesday	Tot 'N' Play	RDAPC	8:30am - 12:00pm	Ongoing	\$5/child
Tuesday	Remote Control Flying	RDAPC	2:00pm - 4:00pm	October 20	\$6/person
Wednesday	The Back Yard	RDAPC	8:30am - 2:00pm	October 21	\$6/person
Wednesday	Open Field	RDAPC	3:30pm - 5:00pm	October 21	\$6/person
Thursday	Tot 'N' Play	RDAPC	8:30am - 12:00pm	Ongoing	\$5/child
Thursday	Remote Control Flying	RDAPC	2:00pm - 4:00pm	October 22	\$6/person
Friday	Open Field	RDAPC	7:00am - 8:30am	October 23	\$6/person
Friday	Tot 'N' Play	RDAPC	8:30am - 12:00pm	Ongoing	\$5/child
Friday	Indoor Golf	RDAPC	12:30pm - 3:30pm	October 23	\$9.05/bucket

Visit our website [www.get.on.ca/rdapc](http://www.get.on.ca/rdapc) to stay up to date on schedule changes and new programming.

**The RDAPC requires a change of clean indoor shoes for participation in track use as well as all on field activities.**



## RDAPC Special Events

From festive crafts and Santa visits to spooky trick-or-treating and springtime egg hunts, our Tot N Play special events offer something for every season—and every age! Stay in the loop on all the details, updates, and behind-the-scenes fun by joining our Tot N Play Facebook group: [facebook.com/groups/326129329609811](https://facebook.com/groups/326129329609811) or scan the QR code.



### Tot 'N' Play Halloween

Get ready for some spooky fun at our *Tot N Play Halloween Event* on **Friday, October 31 from 8:30am - 12:00pm!** Designed for children ages 6 and under, this special edition of our popular unstructured play program takes place on our indoor sports field and is packed with active fun for your little ghouls and goblins. After burning off some toddler energy, kids can follow the clues on a not-so-spooky adventure to trick-or-treat around the building. Costumes are encouraged, and smiles are guaranteed!

### Tot 'N' Play Christmas

Celebrate the magic of the season at our *Tot N Play Christmas Special* on **Friday, December 5 from 8:30am - 12:00pm!** Designed for children ages 6 and under, this festive event takes place on our indoor sports field, transformed into a holiday wonderland of unstructured play and seasonal fun. Little ones can burn off all that toddler energy at our popular Tot N Play program, then enjoy holiday crafts, warm hot chocolate, and a visit with Santa himself. Don't forget to bring your camera for take-your-own photos with the big guy in red! It's the perfect way to kick off the holidays with joy, creativity, and active play.

### Tot 'N' Play Easter

Hop into spring with our *Tot N Play Easter Event*—a fun-filled celebration for all ages! With something for everyone, this special event features an indoor egg hunt, an outdoor scavenger hunt, crafts, goody bags, and even indoor field games for older kids and adults. While little ones enjoy unstructured play at our popular Tot N Play program, the whole family can join in on the festive fun.

**Date and time to be announced soon—stay tuned!**

## RDAPC Rental Opportunities

### Birthday Parties

Enjoy your special day with an hour of field time and use of our party room before and after for socialization and cake! Add in our enormous Soccer Target or Tot Toys to make the Birthday over the Top!

Saturdays 11:00am-2:00pm (field time 12:00pm - 12:55pm).  
More times available May-September.

### Field Rentals

Available for single rentals getting together for a social and fun time, as well as weekly rentals for a full season. Please contact [dnichol@get.on.ca](mailto:dnichol@get.on.ca) for details and check out our open times at [www.get.on.ca/rdapc](http://www.get.on.ca/rdapc).

### Track

Guelph Eramosa Township is so lucky to have our very own 200+metre rubberized track for it's own personal use. The track is a usable space for ALL ages. Strollers, Poles, Walkers, and wheelchairs are all welcome, giving opportunity for people of every ability. The surface gives a cushioned feel on the body making it ideal for those with hip, back and knee problems and is great for rehabilitating, getting exercise out of the elements, or just meeting friends for a social stroll.

The track is also available to rent on an hourly basis. Drop in for a walk or get an annual membership and make a routine of it! Motion is lotion as one of our regular walkers says!

 <p><b>Gorge Country Kitchen</b> FAMILY DINING L.L.B.O.</p> <p><b>82 WELLINGTON RD 7 ELORA, ON 519-846-2636 WWW.THEGORGE.CA</b></p> <p>HOME STYLE COOKING SINCE 1997</p>	<p>BRING A PRINTED COPY OF THIS AD AND RECEIVE</p> <p><b>\$20 OFF</b></p> <p>Minimum purchase of \$60 pre tax</p> <p>Taxes extra</p> <p>One coupon per order</p> <p>Expires June 30 2026</p>
--	--

## Older Adult Centre Drop-In Activities

DAY	ACTIVITY	LOCATION	TIME	DATE DETAILS	FEE
Monday	Pole Walking	Rockwood Conservation Area	9:30am-10:30am	All Year	NA
Monday	Pickleball	Rockwood Tennis Courts	1:00pm-3:00pm Indoor 12:00pm and 1:30pm	Moves Indoors October 20th	Indoor \$2.00
Tuesday	Shuffleboard	Rockmosa Community Centre	12:30pm-2:30pm	Starts September 16	\$2.00
Tuesday	Mah Jongg	Older Adult Centre	1:00pm-3:00pm	All Year	NA
Tuesday *3rd of the month	Photography Club	Older Adult Centre	7:00pm-9:00pm	All Year	Club Membership Fee
Wednesday	Pole Walking	Rockwood Conservation Area	9:30am-10:30am	All Year	NA
Wednesday	Bid Euchre	Older Adult Centre	10:00am-12:00pm	All Year	\$2.00
Wednesday	Pickleball	Rockwood Tennis Courts	1:00pm-3:00pm Indoor 12:00pm and 1:15pm	Starts October 15th	Indoors \$2.00
Wednesday	Darts	Older Adult Centre	1:00pm-3:00pm	All Year	NA
Thursday	Garden Club	OAC Enabling Garden	11:30am-12:30pm	Ends October 9th	NA
Thursday	Euchre	Older Adult Centre	1:00pm-3:00pm	All Year	\$2.00
Thursday	Pickleball	Rockwood Centennial School	6:30pm-8:30pm	Starts September 25th	\$4.00
Friday	Lunch Bunch	Older Adult Centre	11:00am-2:00pm	All Year	\$5.00
Friday	Knitting Club	Older Adult Centre	2:00pm-3:00pm	Starts September 5th	NA

Drop-In programs DO NOT require pre-registration, except for indoor Pickleball.

\*Pickleball moves from the Rockwood Tennis Courts inside to the Rockmosa Community Centre starting October 20. Inside Pickleball runs two sessions each day, requires pre- registration online, and has a \$2.00 Drop-In Fee. Please check our website for updated Pickleball schedules.

### Rockmosa Older Adult Centre Membership

- Membership with the Rockmosa OAC is optional.
- Memberships run from purchase date for one year.
- Membership helps support our space and our programming.
- Active membership gets you, the membership holder, discounts (\$5-\$6) off workshops, programs, events and fitness classes for the year.
- Membership discounts cannot be used for family or friends.
- You will be required to check the status of your membership, as we do not send out alerts when it expires.

### 2025 Membership Fees:

First Time - \$29+HST, Renewal \$21+HST





## FALL WORKSHOPS

Fall 2025 Registration will open Tuesday, August 5, 2025 at 9:00AM

Winter 2026 Registration will open Monday, December 1, 2025 at 9:00AM

OAC members rate is for participants who possess a paid membership with the Rockmosa Older Adult Centre. For more information regarding our Membership, please read page 24. Please register in advance for all workshops and events. All workshops are subject to cancellation with insufficient registration. If cancelled due to low enrolment you will receive a full refund. Early registration is recommended to avoid cancellation.

Visit [www.get.on.ca/fitness](http://www.get.on.ca/fitness) to create an account and register for programs.

**For a full list of our workshops visit our website [www.get.on.ca](http://www.get.on.ca) or sign up for our monthly newsletter by emailing [programming@get.on.ca](mailto:programming@get.on.ca), calling 519-856-9596 ext. 139, or by dropping into the Older Adult Centre during our opening hours.**

## SPECIAL SERIES

### Coffee and Conversation

Rockmosa Older Adult Centre

Mondays • 10:30am-11:30am

FREE

**September 22, 2025** - "Tech Talk" with Rick from [Seniortek.ca](http://Seniortek.ca)

**October 6, 2025** - "Amateur Birding" with Mike Higgins

**November 17, 2025** - "Hearing and Your Health" with Neff Hearing

**December 8, 2025** - "Reiki & Mindfulness" with Nicole from Rockwood Reiki Room

**January 19, 2026** - "Travelogue with Pat & Jim Donovan"

**February 9, 2026** - "OAC Photography Club"

**March 23, 2026** - "Rockwood Dental"

Join us for coffee and conversation with local professionals and hobbyists as we explore the important roles they play in our community.

This fall, you'll have the chance to connect with a tech expert for seniors, an audiologist, a Reiki practitioner, and one of our very own members, who will share their passion for amateur birdwatching! Please register in advance.

### Silver Screens

Rockwood Library Learning Room

Tuesdays • 2:00pm-4:00pm

FREE

**September 9, 2025** - Ghostbusters II (PG)(1989)

**October 14, 2025** - Get On Up (PG)(2014)

**November 4, 2025** - War Horse (PG)(2011)

**December 9, 2025** - Christmas with the Kranks (PG) (2006)

**January 13, 2026** - Cruella (PG) (2021)

**February 10, 2026** - Pride and Prejudice (G) (2005)

**March 10, 2026** - The Wild Robot (G) (2024)

Join the Rockwood Branch Library and the Rockmosa Older Adult Centre for a relaxed afternoon of film and conversation.

### Artful Aging with Chartwell

Mondays, September 8, October 20,  
November 10, 2025 • 10:00am-11:30am  
Rockmosa Older Adult Centre

FREE



Join Chartwell Retirement Residences at the Rockmosa Older Adult Centre for a guided painting session that highlights the benefits of creative expression in healthy aging. Participants will explore their creative side through a simple, seasonal painting project. All materials will be provided—no experience necessary.

## OAC WORKSHOPS

### Fit Minds® with Chartwell

Tuesdays, January 20, February 3, February 17, & March 3, 2026

11:30am-12:30pm

Rockmosa Older Adult Centre

**FREE**

Fit Minds® is a fun opportunity for participants to engage in stimulating social activities that improve their brain health. By participating in games and activities, seniors can boost their mental processes while still having fun.

### Songs of Our Lives - Weaving Tapestry with Hospice Wellington

Mondays, September 29, October 27, November 24, December 15, 2025 • January 26, February 23, and March 30, 2026

10:00am-11:30am

Rockmosa Older Adult Centre

**FREE**

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 and a half 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 also learn how music can help enhance our wellbeing.

## COOKING CLASSES

### Let's Deal with Leftovers! with Emily Richards

Tuesday, October 14, 2025 • 11:00am-12:30pm

Rockmosa Older Adult Centre

**\$33 +HST OAC Member, \$38 +HST Registration**

Emily will show you how to use up some of your leftovers to make tasty meals. She will share her Turkey and Apple Curry, Potato Bacon Frittata, Ham and Asparagus Breakfast Bread.

## G&T active

### North and South Indian Dishes

Monday, October 27, 2025 • 6:30pm-8:30pm

Rockmosa Community Centre Kitchen

**\$50 +HST OAC Member, \$55 +HST Registration**

Our instructor Chitra will show you how to cook authentic North Indian curry like Vegetable Korma in an easy and simple way. Then, from the south of India, learn how to make Chicken Vindaloo (spicy and sour chicken curry), and Peas Pulao aromatic rice dish.

These recipes are also gluten free. Please bring an apron, water bottle and container for any leftovers to class.

### Holiday Dinner with Friends with Emily Richards

Monday, December 1, 2025 • 11:00am-12:30pm

Rockmosa Older Adult Centre

**\$33 +HST OAC Member, \$38 +HST Registration**

This menu suits a small gathering this holiday season, something special and easy to prepare. Roast Butter Herb Chicken, Pear and Prosciutto Salad and Double Ginger Mini Cakes.

### Italian Comfort Pasta with Emily Richards

Tuesday, January 27, 2026 • 11:00am-12:30pm

Rockmosa Older Adult Centre

**\$33 +HST OAC Member, \$38 +HST Registration**

Italian Comfort Pasta Dishes are what we crave this time of year, so let Emily show you some of her favourites. Mushroom Veal Stew with Ravioli, Pasta Carbonara and Creamy Smoked Salmon Pasta.

### Marvelous Maple! With Emily Richards

Monday, March 2, 2026 • 11:00am-12:30pm

Rockmosa Older Adult Centre

**\$33 +HST OAC Member, \$38 +HST Registration**

Let's celebrate the delicious nectar of maple trees with these tasty recipes. Emily will prepare Smoked Maple Turkey, Frisee and Radicchio Salad with Maple Balsamic Dressing and Pumpkin Maple Spice Cake.



## WORKSHOPS

### Caregiving and Wellness Workshop with Hospice Wellington

Tuesday, September 9, 2025 • 10:00am-11:30am

Rockmosa Older Adult Centre

FREE

This workshop is designed to help caregivers recognize and prevent caregiver burn out and fatigue. We will explore ideas and strategies to promote every-day wellness. This is an opportunity to learn in a setting with others who are also caregivers.

### Guelph / Eramosa Township Fire Department – Fire Safety and Prevention for Seniors

Tuesday, October 7, 2025 • 10:00am-11:30am

Rockmosa Older Adult Centre

FREE

Join our local fire department for an engaging and informative session on fire safety and prevention tailored for older adults. Learn how to identify common household fire risks, develop an emergency plan, and use practical strategies to stay safe at home. This presentation includes live demonstrations, time for questions, and helpful take-home resources to support ongoing safety.

### Wellington County Emergency Management “Be Better Prepared, Know the Risks”

Tuesday, October 28, 2025 • 10:00am-11:00am

Rockmosa Older Adult Centre

FREE

The County Emergency Management Division will share ways that you can become better prepared for emergencies in your community. Further, we'll discuss the risks present in the Township of Guelph/Eramosa—and what to do before, during and after each type of risk. You'll leave with actionable ways to improve your household and community's preparedness and resiliency.

### Wine Glass Mandalas

Open to 18+

Wednesday, November 19, 2025 • 6:00pm-8:00pm

Rockmosa Older Adult Centre

\$35 +HST OAC Member, \$40 +HST Registration

Join Barb from She Dots a Lot for a creative and relaxing session of mandala painting on stemless wine glasses. Learn basic dotting techniques as you decorate two beautiful glasses to take home or gift.

No experience needed—all materials provided! Please register by November 12 at 3:00pm.

### Christmas Wreath Workshop with Touchstone Florals

Tuesday, November 25, 2025 • 10:30am-11:30am

Rockmosa Older Adult Centre

\$25 +HST OAC Member, \$30 +HST Registration

Join us in creating a 12 inch Christmas wreath for your front door this season. With fresh and fragrant evergreen branches, ribbons, and some extra special things, you can make a custom wreath that'll last all season long. Please register by November 18 at 3:00pm.

### Turkish Mosaic Candle Holder Workshop

Tuesday, December 9, 2025 • 10:00am-12:00pm

Rockmosa Older Adult Centre

\$50 +HST OAC Members, \$55 +HST Registration

Try something new and create a stunning Turkish mosaic candle holder with artist Catherine Robinson. In this hands-on workshop, you'll design and craft your own 3½–4 inch glass candle holder using vibrant mosaic pieces and traditional patterns.

All materials are provided—no experience needed! Please register by December 2 at 3:00pm.

## OAC WORKSHOPS

### Handtied Valentines Bouquet with Touchstone Florals

Tuesday, February 10, 2026 • 10:30am-11:30am

Rockmosa Older Adult Centre

\$25 +HST OAC Member, \$30 +HST Registration

We will create a hand tied valentines bouquet using a variety of foliage and soft tonal blooms. Perfect for gifting or taking home to help stave off the winter blues! Please register by February 3 at 3:00pm.

### Felted Bookmark Workshop with Rose & Wool

Open to 18+

Monday, February 23, 2026 • 6:00pm-8:00pm

Rockmosa Older Adult Centre

\$25 +HST OAC Members, \$30 +HST Registration

A picture can tell its own story—create yours with a unique, handcrafted bookmark, perfect for yourself or as a thoughtful gift. Join Rose & Wool to explore the art of needle felting in a relaxed, creative setting. All materials are included, and the possibilities are endless.

### Seasonal Minisign Workshop with Steph VanDorp

Open to 18+

Tuesday, March 10, 2026 • 6:00pm-8:00pm

Rockmosa Older Adult Centre

\$50 +HST OAC Members, \$55 +HST Registration

Join Steph VanDorp to create a charming set of four seasonal mini signs designed to easily swap in and out of a magnetic 5x7 frame. You'll choose from hundreds of patterned papers to customize your signs — or even opt to include a photo instead. Magnets can be centered or offset to allow for creative flexibility in display. The class fee includes the frame, magnets, four mini signs, and four patterned papers of your choice.

## G&T active

### Spring Button Wreath Workshop with Heather Nagel

Tuesday, March 24, 2026 • 10:00am-12:30pm

Rockmosa Older Adult Centre

\$35 +HST OAC Members, \$40 +HST Registration

Join Heather Nagel to create a colorful, one-of-a-kind wreath using a grapevine base and a variety of buttons. With step-by-step guidance, you'll design your own unique piece that reflects your personal style. All materials are provided—bring along your own button collection if you'd like to add a personal touch!

## SOCIAL EVENTS

### Learn to Play Cribbage

Thursday, September 11, 2025 • 10:00am-12:00pm

Rockmosa Older Adult Centre

FREE

Join us for a fun and friendly 'Learn to Play Cribbage' social with Mary! Whether you're new to the game or just need a refresher, Mary will guide you through the basics in a relaxed and welcoming setting.

### Welcome Back "Caramel Apple Bar" Social

Monday, September 15, 2025 • 10:30am-12:00pm

Rockmosa Older Adult Centre

\$8.00 +HST

Join us as we kick off the fall season and welcome everyone back to the centre! Whether you're returning after a summer away or have been here all along, this is the perfect chance to reconnect, meet new faces, and enjoy a lovely autumn gathering. Plus - Build-Your-Own Caramel Apples Bar – Choose from fresh apple slices, warm caramel, and a variety of delicious toppings like crushed cookies, sprinkles, nuts, and more!



**Line Dancing Social**

Tuesday, September 30, 2025 • 10:30am-12:00pm  
 Rockmosa Older Adult Centre  
**\$5.00 +HST**

Get your boots moving and join Kortland and Mary for a fun and energetic line dancing session—no experience needed and beginners are warmly welcome! Learn easy-to-follow steps in a relaxed and welcoming atmosphere. Space is limited to 12 participants, so be sure to register early!

**Euchre Tournament and Pizza Lunch**

Thursday, October 16, 2025 • 12:00pm-3:00pm  
 Rockmosa Older Adult Centre  
**\$8.00 +HST**

Join us for our sixth fun and friendly progressive style Euchre Tournament. Enjoy a pizza lunch and multiple games. Prizes for most points and most lone hands!  
**Please register by October 10, 2025 at 3:00pm.**

**Karaoke Party Social**

Thursday, October 23, 2025 • 10:30am-12:00pm  
 Rockmosa Older Adult Centre  
**\$5.00 +HST**

Whether you're a seasoned singer or just want to cheer on your friends, everyone is welcome at our Karaoke Party Social! Come enjoy a fun-filled morning of music, laughter, and tasty treats—no pressure, just good vibes and great company.

**BOO BINGO with Chartwell**

Thursday, October 30, 2025 • 10:00am-12:00pm  
 Rockmosa Older Adult Centre  
**\$5.00 +HST**

Join us for a spook-tacular morning of Halloween-themed Bingo fun, hosted in partnership with Chartwell Retirement Residences! Enjoy treats, laughs, and the chance to win some frightfully fun prizes—costumes welcome, spirit encouraged!

**Scrabble & Hot Chocolate Social**

Monday, November 3, 2025 • 10:00am-12:00pm  
 Rockmosa Older Adult Centre  
**\$5.00 +HST**

Warm up with a mug of delicious hot chocolate and a friendly game of Scrabble! Whether you're a word game whiz or just in it for the fun, come relax, connect, and enjoy a cozy morning with great company.

**Remembrance Day at the Cenotaph**

Tuesday, November 11, 2025 • 10:00am-12:00pm  
 Rockwood Cenotaph / Rockmosa Older Adult Centre

We will meet as a group at the Cenotaph to witness Rockwood's special Remembrance Day ceremony, honouring those who have served. Afterward, we'll gather at the OAC to enjoy coffee, relax, and spend time chatting together.

**Carols & Cookies**

Thursday, December 18, 2025 • 10:30am-12:00pm  
 Rockmosa Older Adult Centre  
**\$8.00 +HST**

Sing along to some of your favourite seasonal songs in a festive, feel-good atmosphere. Enjoy locally made Christmas treats while you celebrate the sounds and tastes of the holidays! Please register by December 10 at 3:00pm.

**Winter Wonderland High Tea Social**

Tuesday, January 13, 2026 • 10:30am-12:00pm  
 Rockmosa Older Adult Centre  
**\$30 +HST OAC Member, \$35 +HST Registration**

Join us for an elegant winter-themed high tea, complete with seasonal treats and cozy ambiance. Capture memories at our snowy photo booth and share stories from winters past in our memory jar activity. It's the perfect way to celebrate the season with warmth and connection. Please register by January 6 at 3:00pm.

## OAC WORKSHOPS

### Hot Chocolate & Trivia Social

Tuesday, February 24, 2026 • 10:30am-12:00pm  
Rockmosa Older Adult Centre  
\$5.00 +HST

Warm up with a cozy cup of hot chocolate and enjoy a fun morning of trivia! Sip on sweet treats from our hot cocoa bar while testing your knowledge on movies, music, winter fun, and more. Lighthearted prizes and good company guaranteed!

### Murder Mystery Social

Tuesday, March 31, 2026 • 10:30am-12:00pm  
Rockmosa Older Adult Centre  
\$10.00 +HST

Step into a morning of intrigue and laughter at our Murder Mystery Social! Enjoy light refreshments as you work together to solve a whodunit filled with fun twists, charming characters, and plenty of clues. No acting required—just bring your curiosity and a sense of humor! Please register by March 20 at 3:00pm.

Discover books, programmes, and lifelong learning at Wellington County Library!  
Sign up for a free card for residents.

Visit any of our 14 branches, including:

<b>Marden Branch</b>	<b>Rockwood Branch</b>
519.763.7445	519.856.4851

Learn more at [www.wellington.ca/Library](http://www.wellington.ca/Library).



## G&T active



## ART AND MUSIC

### Sing a Long with Mary

Thursdays • September 18 - October 16, 2025,  
January 8 - February 5, 2026  
10:00am-11:00am  
Rockmosa Older Adult Centre  
FREE

Join Mary for a fun and casual sing a long group! Group singing is a great way to support your mental health, as it regulates your breathing, increases your 'feel good' hormones, gives you a time to play, and brings you together as a group. No singing experience needed - just come out and have fun!

### Calming Creative Arts Mornings

Tuesdays • September 23, October 21, November 18,  
December 16, 2025  
Mondays, January 12, February 2, March 9, 2026  
11:00am-12:00pm  
FREE

Unwind during our calming Creative Arts Mornings, where you can enjoy coloring therapeutic mandalas in a softly lit space with soothing music. Share quiet time in the peaceful company of others—bring your own creative project or choose from one of ours. It's a gentle, grounding way to start your day.



**Rockmosa Strummers Ukulele Group**

Thursdays • September 18 - November 20, 2025

January 15 – March 19, 2026

7:00-8:50PM

Rockmosa Older Adult Centre

\$70 + HST OAC Member, \$75 + HST Registration

Join Carolyn McLeod-McCarthy for this group Ukulele program, which includes a lender ukulele and song sheets. The lessons will focus on uke anatomy, finger positioning, strumming, and learning songs with similar chords and patterns. **Open to all skill levels (18+).** Beginner skills will be taught from 7:00pm-7:50pm, followed by a 10-minute break, and then more advanced instruction from 8:00pm-8:50pm.

**Community Drumming with Mary**

Thursdays • November 6 - 27, 2025

February 26 - March 26, 2026

10:00am-11:15am

Rockmosa Older Adult Centre

FREE

Join Mary and enjoy group Djembe drumming. Learn the basic skills of drumming on a Djembe and explore how group music making can build community. Djembes available to loan for free for the program. Beginners welcome!

**Watercolours & More with Vita Keeling**

Mondays • September 15 - October 27, 2025

January 5 - February 9, 2026

1:00pm-3:30pm

Rockmosa Older Adult Centre

\$75 +HST OAC Member, \$79.98 +HST Registration

Discover the beauty of Watercolour Painting. 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 media combinations with watercolour. Supply list online.

# County of Wellington

## SOLID WASTE SERVICES

Providing for  
today, planning  
for the future.

### Managing waste and diversion programmes:

- Curbside collection of materials
- Six waste facilities
- Mobile Household Hazardous Waste Depot



519.837.2601  
1.866.899.0248

[www.wellington.ca/sws](http://www.wellington.ca/sws)

Alternate formats available upon request.

Official Mark of The Corporation of the County of Wellington

## OAC WORKSHOPS

### Water Mixable Oil Painting with Vita Keeling

Mondays • November 10 – December 15, 2025  
February 23 – March 30, 2026 • 1:00pm-3:30pm  
Rockmosa Older Adult Centre  
\$75 +HST OAC Member, \$79.98 +HST Registration

Curious about oil painting but concerned about toxicity? Water-mixable oils offer a safer alternative—they can be thinned with water or natural drying oils, and brushes clean up easily with just soap and water. In a relaxed and supportive environment, you'll get comfortable with the paint, build brush control, loosen up creatively, and explore colour mixing using a limited palette of just three colours. This class is perfect for beginners or anyone looking to try oils in a more approachable way. Supply list online.

### Sketching Workshop with Vita Keeling

Tuesday, September 16, 2025 • 10:00am-12:30pm  
Rockmosa Older Adult Centre  
\$20 +HST OAC Member, \$25 +HST Registration

This session features a series of six short drawing exercises—Blind Contour, Continuous Line, Gesture, Hatching, Scribbling, and Negative Space—designed to build fundamental skills in a fun, focused way. We'll wrap up by applying these techniques in a longer drawing, either from a still life setup or a provided image. Supply list online.

## FAMILY PROGRAMMING

### Holiday Sprinkle & Sip – Cookies Decorating Night for Families

Monday, December 1, 2025 • 6:00pm-7:30pm  
Rockmosa Community Centre  
\$35.00 +HST / Family

Get into the holiday spirit with a festive Cookie Decorating Night for families—featuring button making, a magical hot chocolate bar, and sweet memories in the making! Each family will enjoy a box of 12 cookies with fixings to decorate. Bring your creativity (and your sweet tooth!) for a night of cozy fun and holiday cheer! \*Price is per family, please indicate number of participants when registering!

## G&T active

## MARCH BREAK SPECIAL PROGRAMMING

### Track Time Together - Intergenerational Walking

Monday, March 16, 2026 • 9:30am-10:30am  
Royal Distributing Athletic Performance Centre  
FREE

Take a stroll and connect across generations with a friendly walk around the Royal Distributing Athletic Performance Centre's indoor track. All participants must bring a clean pair of indoor shoes to enjoy this fun, heart-healthy activity together! Feel free to bring your grandchildren or come alone to spend some time with others!

### Smoothie Time with the Grandkids

Tuesday, March 17, 2026 • 10:30am-12:00pm  
Rockmosa Older Adult Centre  
\$15.00\* / family (grandparent plus 2 kiddos)  
\*additional children \$5.00

Join us for a fun and refreshing intergenerational smoothie-making morning—bring your grandkids and blend up some tasty memories together! Enjoy quality time, healthy treats, and lots of laughs as we mix up delicious creations.

### Intergenerational Community Drumming

Thursday, March 19, 2026 • 10:00am-11:15am  
Rockmosa Older Adult Centre  
FREE

Join our regular Community Drumming program for a special intergenerational Djembe drumming session! Grandparents and grandkids are invited to make music together through fun games, lively rhythms, and joyful connection—no experience needed, just a love of fun and a sense of rhythm!



COURSE #	CATEGORY	CLASS	INSTRUCTOR	DAY	TIME	LOCATION	START DATE	# OF CLASSES	FEE
7072	Child	Baby Yoga	Lisa N	Monday	9:30a.m.	MCC	Sept. 22	10	\$80+HST
7070	Child	Tot Yoga	Lisa N	Monday	10:30a.m.	MCC	Sept. 22	10	\$80+HST
7073	12+	DDPY	Lisa B	Monday	6:00p.m.	MCC	Sept. 22	10	\$80+HST
7083	12+	DDPY	Lisa B	Monday	7:00p.m.	MCC	Sept. 22	10	\$80+HST
7074	18+	Mom Yoga	Lisa N	Monday	8:15p.m.	MCC	Sept. 22	10	\$80+HST
7084	Child	Tyke Yoga	Lisa N	Tuesday	5:00p.m.	MCC	Sept. 23	10	\$80+HST
7066	12+	DDPY	Marcel	Tuesday	6:00p.m.	RDAPC	Sept. 23	10	\$80+HST
7047	18+	Flow with Fire	Carly	Tuesday	6:00p.m.	RCC	Sept. 23	10	\$80+HST
7085	Child	Parent & Youth Yoga	Lisa N	Tuesday	6:00p.m.	RDAPC	Sept. 23	10	\$110+HST/pr
7046	18+	Gentle Flow	Carly	Tuesday	7:00p.m.	RCC	Sept. 23	10	\$80+HST
7086	Child	Parent & Child Yoga	Lisa N	Tuesday	7:00p.m.	MCC	Sept. 23	10	\$110+HST/pr
7082	12+	DDPY	Marcel	Wednesday	9:00a.m.	RDAPC	Sept. 24	10	\$80+HST
7336	18+	Home-Educator Strength Lab	Megan	Wednesday	11:00a.m.	RDAPC	Sept. 24	10	\$80+HST
7056	40+	Hot Flash	Megan	Wednesday	12:00p.m.	RDAPC	Sept. 24	10	\$80+HST
7057	18+	Baby Steps	Megan	Wednesday	1:00p.m.	RDAPC	Sept. 24	10	\$80+HST
7049	12+	DDPY Rebuild	Marcel	Wednesday	3:00p.m.	RCC	Sept. 24	10	\$80+HST
7048	12+	DDPY	Marcel	Wednesday	4:00p.m.	RCC	Sept. 24	10	\$80+HST
7337	Child	Baby Yoga	Lisa N	Thursday	11:00a.m.	MCC	Sept. 25	10	\$80+HST
7062	12+	DDPY	Marcel	Thursday	6:00p.m.	RDAPC	Sept. 25	10	\$80+HST
7338	18+	Urban Pole FunFit	Nancy	Monday	10:00am.	RDAPC	Oct. 27	6	\$48+HST

**RCC** – Rockmosa Community Centre, 110 Rockmosa Drive, Rockwood, ON • **MCC** – Marden Community Centre, 7368 Wellington Road 30, Guelph, ON

**RDAPC** – Royal Distributing Athletic Performance Centre, 7384 Wellington County Rd 30, Guelph, ON

Register for programs at:

[www.get.on.ca/fitness](http://www.get.on.ca/fitness)

519-856-9596 ext. 139 (RCC Classes)  
programming@get.on.ca (RCC Classes)

519-856-9596 ext. 201 (RDAPC & MCC Classes)  
rdapc@get.on.ca (RDAPC & MCC Classes)

Practice all 4 types of exercise for the most benefit to your everyday life.



### ENDURANCE

So you can play your favourite sports, dance the night away.



### STRENGTH

So you can boost your immune system and keep your bones strong.



### BALANCE

So you can improve your coordination and build better posture.



### FLEXIBILITY

So you can prevent injuries and back pain.

### Baby Yoga MCC

(newborn to almost crawler, with one adult)

Explore dozens of yoga poses designed specifically to be enriching to your baby and to support developmental movement discoveries. Each class is filled with calming, nurturing ways to enhance bonding, aid baby's digestion and improve sleep patterns. Babies will enjoy yoga while on their backs, tummies or held in loving arms. For parents, this class is a special opportunity to meet

other parents, get support and learn about baby's emerging personality. Most of the yoga we do in this class is for baby but, for parents, we always find time for some breathing and relaxation practice.

## Tot Yoga MCC

(able crawler to 24 months, with one adult)

These classes are creative, fun-loving, and active. Watch tots become more confident as they are encouraged and supported in their physical explorations. Your tot will playfully practice yoga poses with your assistance, while sitting, standing, walking, and jumping. This is a faster-paced yoga class because of the tots' newfound mobility and curiosity. Parents will still find time for quiet breathing and relaxation practice.

## Urban Poles: Fun & Fitness RDAPC

Bring your Urban/Activator Poles to class as we exercise to the beat WITH OUR POLES for 30 minutes followed by 20 minutes of walking the track instructed, motivated and encouraged by our Certified Urban Pole Walking Instructor, Nancy Revie.

Urban/Activator Pole Walking has been proven with evidence based research to improve outcomes in gait, balance, posture and core strength while inspiring active living. It has also been proven to improve CONFIDENCE in walking and participating in ADLs (activities of daily living)

## DDPY Rebuild RCC

For individuals who struggle with limited mobility. Through a progressive series of workouts, you'll build arms, legs, and core strength, increase flexibility, and decrease pain. This workout is the perfect starting point if you're injured or just haven't been active for a while or having trouble with balance or standing for long periods of time. You will start on a chair, then on your feet using a chair to assist you with balance.

## DDPY MCC, RDAPC & RCC

DDPY Workouts strengthen muscles, build core muscles, increase flexibility, agility, and balance. You'll get a great cardio workout with minimal joint impact, and you'll do it at your pace. Our instructors are trained to help you work out at your own level.

## Flow with Fire RCC

We will flow through our poses with fire, allowing us to connect with the breath creating some heat within.

\* This class will involve getting up and down off the floor throughout the practice.

Modifications and advancements will be offered if needed.

## Gentle Flow RCC

This class offers a variety of movements in a more calming style of yoga. Using gentle stretches to mindfully ease into your poses as we start on our mats and then make our way up for some softer flowing standing poses.

\*Recommended for: new or beginner yogis or individuals who want a lower impact flow.

## Baby Steps: Postpartum Fitness RDAPC

(Mother and Baby)

The focus is centered around regaining functional strength after pregnancy by utilizing the stroller as a fundamental tool. All fitness levels are welcome, newly postnatal participants should be cleared by their healthcare provider before starting.

## Hot Flash RDAPC

This 50-minute class is tailored for women navigating perimenopause and menopause (roughly 40 years +). The focus is on maintaining and growing muscle mass, proactively strengthening the pelvic floor, and promoting bone density preservation. Through strength training movements, quick cardio intervals and multi-planar movements with gentle impact participants will learn to enjoy this phase of life and redefine the word hot flash!

## Home Educator Strength Lab RDAPC

50-minute workout designed to build strength and athletic power through a progressive approach. Each session will allow you to learn by doing—refining techniques through trial and error—while developing the perseverance to lift heavier, move faster, and train more efficiently. This class is perfect for busy homeschooling parents looking for a mid-day exercise break, with the added benefit of having a safe place for kids to play nearby(\$).

### Mom Only Yoga

No matter the age of your kids, being a mom is an intense, busy, challenging, and incredibly rewarding experience. This yoga class is your opportunity to restore and reset your body and energy. Nurture yourself with gentle stretching and rest. Bring your questions and requests for practices that we can design together that will be uniquely useful for you in your day-to-day.

Mats and yoga props will be available; you are welcome to bring your own.

### Parent and Child Yoga

(5-8 years with one adult)

Classes are designed to engage, challenge, and delight children and their parents/caregivers. Developmental movement is the key to exploring each and every pose. Independent practice, partner poses, and group activities ensure that these classes are fun for all! No yoga experience is required. Mats and yoga props will be available; you are welcome to bring your own.

### Parent & Youth Yoga

(9 to 12 years with one adult)

No matter the age of your kids, being a mom is an intense, busy, challenging, and incredibly rewarding experience. This yoga class is your opportunity to restore and reset your body and energy. Nurture yourself with gentle stretching and rest. Bring your questions and requests for practices that we can design together that will be uniquely useful for you in your day-to-day. Mats and yoga props will be available; you are welcome to bring your own.

For all adult and child/youth classes above please bring comfy non-slip slippers. No other equipment is required.

### Tyke Yoga

(2 years to 4 years with one adult)

Yoga poses, songs, stories and games are combined to create an enriching parent/child activity. Help your tyke build the foundation for healthy and fit lifestyle while having fun! No yoga experience is required. This is a parent program, so you will be “showing and sharing.”



*You don't need wings to fly...*

Season – September to March  
Tuesday and/or Thursday 5:30 to 7:00pm

Youth ages 5 to 18

Recreational to Elite Competitive

Skate rental available

“Try B4U Join” Programs are ongoing throughout the season.

### GIRLS ONLY TRY OUT

**Sunday, August 17th, 2:00 - 4:00pm**

Skate fitting  
Speed skating familiarization  
One hour ice session

### FREE TRY B4U JOIN OPEN HOUSE

**Tuesday, September 9th &  
Thursday, September 11th, 2025  
5:00 - 7:00pm**

Registration & Skate fitting: 5:00pm  
Ice Session: 6:00 - 7:00pm



Visit our website.

Hespeler Arena • 640 Ellis Rd. • Cambridge



COURSE #	CLASS	INSTRUCTOR	DAY	TIME	LOCATION	START DATE	# OF CLASSES	OAC MEMBER FEE	FEE
7038	Bands and Bells - Progressive	Margaret	Monday	9:00 a.m.	RCC	Sept. 22	10	\$74+HST	\$80+HST
7044	Bands and Bells - Gentle	Margaret	Monday	10:00 a.m.	RCC	Sept. 22	10	\$74+HST	\$80+HST
7339	Yoga (Progressive)	Rebecca	Monday	9:00 a.m.	RDAPC	Sept. 22	10	\$74+HST	\$80+HST
7340	Yoga (Gentle)	Rebecca	Monday	10:00 a.m.	RDAPC	Sept. 22	10	\$74+HST	\$80+HST
7338	Urban Poles; Fun & Fitness	Nancy	Monday	10:00 a.m.	RDAPC	Oct. 20	6	\$45+HST	\$48+HST
7045	Rejuvenating Yoga (Gentle)	Rebecca	Tuesday	9:00 a.m.	RCC	Sept. 23	10	\$74+HST	\$80+HST
7043	Yoga (All Levels)	Rebecca	Tuesday	10:10 a.m.	RCC	Sept. 23	10	\$74+HST	\$80+HST
7063	Low impact Cardio and Muscle (Level 2)	Kathi	Tuesday	9:00 a.m.	RDAPC	Sept. 23	10	\$74+HST	\$80+HST
7064	Low impact Cardio and Muscle (Level 1)	Kathi	Tuesday	10:00 a.m.	RDAPC	Sept. 23	10	\$74+HST	\$80+HST
7059	Bands and Bells (Progressive)	Margaret	Tuesday	11:30 a.m.	RDAPC	Sept. 23	10	\$74+HST	\$80+HST
7341	Bands and Bells (Gentle)	Margaret	Tuesday	12:30 p.m.	RDAPC	Sept. 23	10	\$74+HST	\$80+HST
7040	Bands, Balls and Bells	Margaret	Wednesday	9:00 a.m.	RCC	Sept. 24	10	\$74+HST	\$80+HST
7041	Fit Hits the Fan!	Margaret	Wednesday	10:00 a.m.	RCC	Sept. 24	10	\$74+HST	\$80+HST
7082	DDPY Beginner	Marcel	Wednesday	9:00 a.m.	RDAPC	Sept. 24	10	\$74+HST	\$80+HST
7081	DDPY Rebuild	Marcel	Wednesday	10:00 a.m.	RDAPC	Sept. 24	10	\$74+HST	\$80+HST
7039	Rejuvenating Yoga (Gentle)	Rebecca	Thursday	9:00 a.m.	RCC	Sept. 25	10	\$74+HST	\$80+HST
7042	Energizing Yoga (Progressive)	Rebecca	Thursday	10:10 a.m.	RCC	Sept. 25	10	\$74+HST	\$80+HST
7061	Cardio, Strength, Balance and Flexibility	Glen	Thursday	9:00 a.m.	RDAPC	Sept. 25	10	\$74+HST	\$80+HST
7060	Fab, Fit and Fun	Glen	Thursday	10:00 a.m.	RDAPC	Sept. 25	10	\$74+HST	\$80+HST
7037	Low Impact Cardio and Muscle	Kathi	Friday	9:00 a.m.	RCC	Sept. 26	10	\$74+HST	\$80+HST

Please visit [www.get.on.ca/fitness](http://www.get.on.ca/fitness) for an updated listing of classes.

**RCC** – Rockmosa Community Centre, 110 Rockmosa Drive, Rockwood, ON

**RDAPC** – Royal Distributing Athletic Performance Centre, 7384 Wellington County Rd 30, Guelph, ON



[www.get.on.ca/fitness](http://www.get.on.ca/fitness)

## Register for programs at:

519-856-9596 ext. 201 (RDAPC & MCC Classes)

[rdapc@get.on.ca](mailto:rdapc@get.on.ca) (RDAPC & MCC Classes)

519-856-9596 ext. 139 (RCC Classes)

[programming@get.on.ca](mailto:programming@get.on.ca) (RCC Classes)

Practicing all 4 types of exercise provides the most benefit to your everyday life.



### ENDURANCE

So you can climb steps, dance the night away.



### STRENGTH

So you can lift groceries, carry grandchildren.



### BALANCE

So you can prevent falls and related injuries.



### FLEXIBILITY

So you can drive, get dressed.

#### Bands and Bells RDAPC & RCC

(gentle and progressive classes)

This class begins with a cardio component, followed by a balance and strength segment and winds down with flexibility / stretching exercises. The instructor will adapt exercises to accommodate all fitness levels; this class is suited for people who enjoy a little bit of everything!

**The gentle class** is ideal for beginners or those who enjoy a more relaxed pace.

**The progressive class** is ideal for those comfortable with a faster pace of exercise.

#### Rejuvenating Yoga - Gentle RCC & RDAPC

This gentle practice encourages participants to explore poses while increasing their balance, flexibility, and strength. We also begin to develop, through the poses and breathwork, an exploration of releasing emotional blockages. Introduce yourself to the Joyful Practice of Yoga.

#### Yoga – All Levels RCC

This class will unite your breath with your body offering a variety of poses accessible to all levels of yoga practitioners. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Options and modifications are offered so the pose can work for you.

#### Low Impact Cardio and Muscle RDAPC & RCC

This all-levels class provides 20 minutes of continuous cardio followed by 20 minutes of muscle conditioning, core work and balance. We'll finish off with a stretch for a complete total body workout.

**The level 1 class** is ideal for beginners or those who enjoy a more relaxed pace.

**The level 2 class** is ideal for those comfortable with a faster pace of exercise.

#### Fit Hits the Fan RCC

This class consists of cardiovascular, balance and strength interval components in five-minute increments. The components alternate - cardio, balance, strength - for the duration of the fifty-minute class. Most of the class is spent standing.

#### Bands, Balls and Bells RCC

This fun class brings together the best of resistance bands, small exercise balls, and dumbbells to give you a full-body workout! Designed for all fitness levels, this gently-paced class is similar to the popular 'Bands and Bells' format but without the need for a gym mat. Whether you're focusing on strength, balance, or flexibility, you'll enjoy a variety of exercises that target key muscle groups while improving coordination and mobility. Perfect for those who want a balanced workout that combines strength, stability, and stretching - all in one class!

#### Energizing Yoga (Progressive) RDAPC & RCC

This class will build on the postures from the more gentle practice. Beginner to more advanced variations will be given. Flow sequences will be a little more challenging to help take your practice to the next level, at the same time, increasing your endurance. A flexible body is a more youthful body!



## Michael Chong

Member of Parliament  
Wellington-Halton Hills North

A-190 St. David St. S.  
Fergus ON N1M 2L3  
519-843-7344

[www.michaelchong.ca](http://www.michaelchong.ca)

[michael.chong@parl.gc.ca](mailto:michael.chong@parl.gc.ca)

866-878-5556

## Cardio, Strength, Balance, and Flexibility RDAPC

This co-ed class will work on improving the overall strength of your upper body, abdominals, buttocks, and legs. During this challenging, fun-to-music class, you will be using your own body weight, bands, tubing, and other exercise equipment, followed by stretching/flexibility and balance. Join us in a safe, friendly, non-competitive atmosphere.

## Fab Fit and Fun! RDAPC

Looking for a place to begin your fitness program? Come join our introductory class of Fab, Fit and Fun. You get a little bit of everything – all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and wellbeing.



## DDPY Rebuild RDAPC

For individuals who struggle with limited mobility. Through a progressive series of workouts, you'll build arms, legs, and core strength, increase flexibility, and decrease pain. This workout is the perfect starting point if you're injured or just haven't been active for a while or having trouble with balance or standing for long periods of time. You will start on a chair, then on your feet using a chair to assist you with balance.

## DDPY Beginner RDAPC

DDPY Workouts strengthen muscles, build core muscles, increase flexibility, agility, and balance. You'll get a great cardio workout with minimal joint impact, and you'll do it at your pace. Our instructors are trained to help you work out at your own level.

## Urban Poles; Fun & Fitness RDAPC

Bring your Urban/Activator Poles to class as we exercise to the beat WITH OUR POLES for 30 minutes followed by 20 minutes of walking the track instructed, motivated and encouraged by our Certified Urban Pole Walking Instructor, Nancy Revie. Urban/Activator Pole Walking has been proven with evidence based research to improve outcomes in gait, balance, posture and core strength while inspiring active living. It has also been proven to improve CONFIDENCE in walking and participating in ADLs (activities of daily living).



**YOUR PROPERTY, MY PRIORITY.**

Whether you're buying your first home, moving into your dream home, or selling the place where memories were made – I'm here to guide you every step of the way.

 289-208-2651  [sergio.pereira@kw.com](mailto:sergio.pereira@kw.com)

**KELLER WILLIAMS HOME GROUP REALTY BROKERAGE**  
INDEPENDENTLY OWNED & OPERATED





## Then and Now - Marden Park

Located in the Township of Guelph/Eramosa, Marden Park has long served as a place of gathering, recreation, and natural beauty. Originally rural farmland, the site evolved over the 20th century into a valued public space, reflecting the Township's commitment to community well-being and environmental stewardship.

The 64-acre park features a blend of recreational and natural amenities, including walking trails, wetlands, a 5.5-acre pond, and picnic areas. A notable feature is the Marian Brennan Enabling Garden, established through a partnership between the Township, the County of Wellington, and the Guelph Township Horticultural Society. Designed with accessibility in mind, the garden honors Marian Brennan's legacy and offers a welcoming space for people of all abilities.

In 2010, Marden Park entered a new era with the completion of the Royal Distributing Athletic Performance Centre, a state-of-the-art facility housing an indoor turf field, walking track, and outdoor lit football field. This landmark project marked a significant investment in local recreation and youth sport, serving as a first-of-its-kind facility in Wellington County.







Photo credit: Shari Lovell Photography

## Eden Mills Writers' Festival September 7th, 2025

This nationally-acclaimed and widely-respected literary event takes place on the banks of the Eramosa River in the village of Eden Mills. Audiences of several thousand "come for the words" each year to enjoy readings and to visit Publishers' Way where publishers, booksellers, magazine producers and non-profit groups come to showcase their wares.



## Strom's Harvest Fun Area

**September 19 to October 31, 2025**

Enjoy lots of fall family fun at Strom's Farm, located at 5089 Wellington Road 32 in Guelph/Eramosa. The Harvest Fun Area includes corn maze, straw maze, wagon rides, puppet show and pumpkin chuckin'!

## Rockwood Farmers Market

**Every Wednesday from June 11th – October 18th 4:00pm-7:00pm**

The Rockwood Farmers' Market offers fresh local produce, baked goods, handcrafted items, and more

in a friendly, community-focused setting. Running weekly in the summer, it's the perfect spot to shop local, enjoy tasty treats, and connect with neighbours.  
[www.therockwoodfarmersmarket.ca](http://www.therockwoodfarmersmarket.ca)

## Strom's Moonlight Corn Maze

**October 15, 16, 17, 18, 22, 23, 24, 25  
6:00pm-9:30pm**

Experience the thrill of Strom's Corn Maze at Night! Bring your flashlight and enjoy a fun, fall night under the stars! Strom's Farm is located at 5089 Wellington Road 32 in Guelph/Eramosa.

## Taste Real Fall Rural Romp

**September 27, 2025**

Celebrate the Fall Harvest by touring over a dozen Wellington County farms and markets on this self-guided tour. Enjoy the hearty eating of real food, the fall harvest and fresh-from-the-farm taste real delights that can be stored and enjoyed all winter long.



## We Shall Remember


**November 11, 2025**

Every year the Township of Guelph/Eramosa acknowledges the courage and sacrifice of those who served their country during times of war, military conflict, and peace.

On Tuesday, November 11th, 2025, the Township of Guelph/Eramosa, joined by the Guelph/Eramosa volunteer Fire Department and fellow members of our community, will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood.

All are welcome to join us in paying our respects.

## 空手道



Japan Karate Association

# Rockwood JKA

## Karate-do/Karate

Rockwood run since 2002

Member of JKA - Tokyo, Japan


Member of OJKA - Ottawa, ON

Rockwood JKA • Donna Haskett

519 - 826 - 6111 • [www.rockwoodjka.com](http://www.rockwoodjka.com)

## ROCKWOOD VETERINARY CLINIC

Dr. Clare Maine



A division of Rockwood Veterinary Professional Corporation

179 Main St. S.,  
Rockwood, ON  
N0B 2K0  
(519) 856-9002 Tel.  
(519) 856-2646 Fax  
[www.rockwoodvet.com](http://www.rockwoodvet.com)

## Rockwood Farmers Parade of Lights

**December 11, 2025 at 7:00pm**

Bundle up and enjoy a special night with family and friends in downtown Rockwood! This unique evening Christmas parade is brought to you by the farmers of Rockwood community. Each year farmers decorate their farm equipment and machinery with hundreds of beautiful lights. This unique holiday spectacle is a sight to behold for kids of all ages!

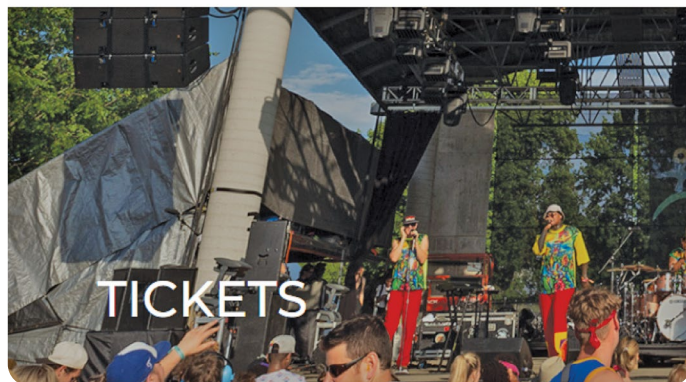
[www.rockwoodfarmersparade.ca](http://www.rockwoodfarmersparade.ca)



## Ahoy!! – The Ontario Pirate Festival

**August 1, 2, 3, 2026 Marden Park, Guelph**

Come visit the pirate village of Dry Bluffs - a glorious day out for the whole family. There's food and ale; merchants and crafters, and more entertainment than you can possibly imagine.



Hillside 2026

**July 17-19, 2026****Early Bird Weekend Tickets are on sale!**

The Hillside Summer Festival and Hillside Inside are three-day, multi-stage events with a broad artistic vision that emphasizes diversity; of culture, of musical heritage and style, of age, geography and influence.

## Marathons

**June 14/15 and August 30, 2025\***

For over 20 years the triathlon races at Guelph Lake Conservation Area have been a popular stop on the triathlon circuit. With a variety of distances and categories available, there is a race for beginners, experts and everyone in between.



Thousands of people with different stories, goals and abilities from across Ontario compete in this fun, family friendly event annually. We would like to thank the residents of the Township of Guelph/Eramosa for their continued support!

\*Subject to change

## Party in the Park

**July 30, 2026****This is a FREE event!**

Live Music • Petting Zoo • Face Painting • Bouncy Castles • Axe Throwing • Food Trucks with Licensed Area • Wiener Dog Dash • Local Vendor Market • Fireworks starting approximately 9:45 PM

**...AND MORE!**



## GET Community Contacts

### Sports

Ariss Valley Golf Course..... 519-824-1551  
 Compass Equestrian ..... 905) 330-9891  
 Eden Mills Nordic ..... edenmillsnordic.blogspot.com  
 Guelph Community Boating Club  
 ..... https://www.guelphboating.ca/  
 Guelph Lakes Golf Course..... 519-822-4222  
 Guelph Nordic Ski Club..... guelph-nordic@hotmail.com  
 Guelph Rowing Club..... https://guelphrowing.wordpress.com  
 Horsecworks ..... 519) 993-5081  
 KickStart Equestrian ..... 226) 343-3081  
 Royal City Bowmen ..... www.royalcitybowmen.com  
 Rockwood FC ..... www.rockwoodfc.com  
 Rockwood Lacrosse..... www.rxlacrosse.ca  
 Rockwood Tennis Club ..... www.rockwoodtennis.com  
 Rockwood Eramosa Minor Ball Association  
 ..... remba.president@gmail.com  
 Rockwood Basketball Club  
 ..... rockwoodbasketballclub@gmail.com  
 Rockwood 3-Pitch Baseball (Co-Ed)  
 ..... https://www.face-book.com/groups/210594309298975

### Art/Culture/Club

Choi's Dance Studio ..... 226) 979-4274  
 Dance Classes ..... tammyeckerman@gmail.com  
 Scouts/Beavers/Cubs..... www.scouts.ca  
 Girl Guide/Brownies ..... www.girlguides.ca  
 Rockwood Karate ..... 519-826-6111  
 Order of the bear ..... www.orderofthebear.ca  
 Rockwood Lions Club..... 519-856-4566  
 Wellington 4-H Association ..... www.4-hontario.ca

### Camps

Camp Bellaleo..... 647.285.2658  
 Camp Brebeuf ..... campbrebeuf.ca  
 Everton Scout Camp  
 ..... https://www.evertonscoutcamp.ca/home  
 GRCA – Adventure day Camps ..... grca@grandriver.ca  
 Rockwood Summer Camp ..... rockwoodcampinc@gmail.com  
 Rockwood FC ..... www.rockwoodfc.com  
 Summer Break at ela  
 ..... https://eramosala.com/summer-break-camp/  
 Sunshine Day Camp..... sunshinedaycampguelph@gmail.com

### Community Projects

Outdoor Rinks http://get.on.ca/living-here/outdoor\_rink.aspx  
 Cross Creek Park..... 78 Cross Creek Boulevard  
 Lloyd Dyer Park ..... 209 Balaclava Street, Rockwood  
 Max Storey Park ..... 162 Dunbar Street, Rockwood  
 Rockmosa Park..... 120 Rockmosa Drive, Rockwood  
 Valentino Park..... 121 Fountain Street, Rockwood  
 Eden Mills Park..... 19 Memorial Street, Eden Mills  
 David Masson Park ..... 201 Landrex Boulevard, Rockwood  
 James Lynch Park..... 386 Evert St., Everton  
 Rockwood Farmers Market  
 ..... therockwoodfarmersmarket@gmail.com

### Community Shared Garden:

Grace Community Church  
 ..... guelphtoolibrary.org/grow-community-garden/  
 Ignatius Jesuit Centre  
 ..... https://ignatiusguelph.ca/ignatius-farm/  
 community-shared-agriculture/  
 Rockwood Community Garden  
 ..... rockwoodcommunitygarden@gmail.com  
 Valentino Park..... 121 Fountain Street, Rockwood

### Community Recourses

East Wellington Community services..... 519.833.9696  
 Wellington Library – Rockwood ..... 519-856-4851  
 Marden..... 519-763-7445

### Schools/Childcare/Child Resources

Eramosa Public School..... 519-856-9529  
 Harris Mill – English/French Immersion JK – Gr. 5  
 ..... 519-856-0309  
 Sacred Heart Catholic Elementary JK – Gr. 8..... 519-856-1157  
 Rockwood Centennial JK- Gr. 8..... 519-856-9556  
 Rockwood Nursery School ..... 519-856-4486  
 Rockwood Early ON Child & Family Centre..... 519-843-7000  
 Eramosa Learning Academy ..... 519-829-5124

If you would like to have your organization  
 featured in next year's guide, or if your  
 contact information has changed, please email  
**clerks@get.on.ca**  
 or call  
**519-856-9596 ext. 101**



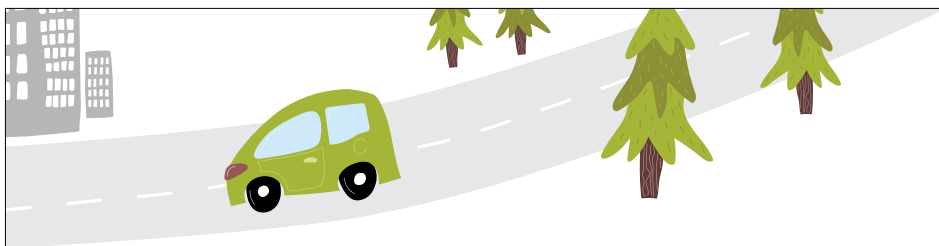
## Go on a Local Food Adventure in Wellington County

Pick up a **free** copy of the **new Local Food Map** and **Food Experience Guide** at Wellington County Libraries, local businesses, or request one online.

[www.tastereal.ca](http://www.tastereal.ca)



**Come out to the Fall Rural Romp on September 27!**



## Wellington County's Rural Transit Service

Operating Monday to Friday, 6:00 am to 7:00 pm, book a ride to or from any address in Wellington County and Guelph.

Visit [www.ridewell.ca](http://www.ridewell.ca), get the app, or call 1.833.900.RIDE (7433) to register.



**Wellington**  
County



University of Guelph's



 gryphonkidsandcamps

# GRYPHON KIDS + CAMPS



## YEAR-ROUND KIDS PROGRAMMING

- ✓ Kids Skill Development
- ✓ Sport Camps & Clinics
- ✓ Home Alone & High Five Courses
- ✓ Birthday Parties (Nerf Camp-style & Climbing)
- ✓ Swim Lessons & Aquatics Programs
- ✓ Summer, March Break & Winter Camps
- ✓ School Year Programs


### REGISTRATION DATES:

Fall: Aug. 18<sup>th</sup>, 2025 at 6:30am

Winter: Nov. 24<sup>th</sup>, 2025 at 6:30am

Summer: Feb. 2<sup>nd</sup>, 2026 at 6:30am

Summer Camps: Feb. 9<sup>th</sup>, 2026 at 6:30am

MORE  
INFO  




[gryphons.ca/kidsandcamps](https://gryphons.ca/kidsandcamps)