

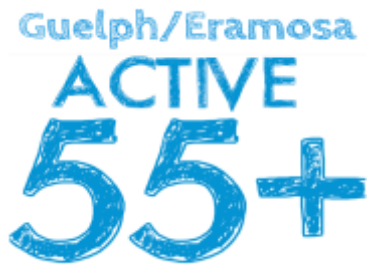


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Rockmosa Older Adult Centre Newsletter



Please note that the centre will be closed on Thursday, July 1st and Friday, July 2nd.

The Gentle Walk and Movement and Bocce Ball programs will not be running on Friday, July 2nd.

Happy Canada Day to you and your family!

Outdoor Drop-In Programs this Month!

NOTE: As we move into Step 2 of the Provincial re-opening plan, pre-registration will no longer be necessary.

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

Bocce Ball in the Park!

Location: Baseball Diamond in Rockmosa Park

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

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



Nordic Pole Walking in the Rockwood Conservation Area

Every Monday and Wednesday morning at 9:30 AM

Please note that we will be walking the Indian Trail in the beginning of July. This trail is located on 172 Parkinson Drive in Rockwood. The trail is flat and approximately 2 km both ways. We are looking at other trail options for the remainder of the month. Stay tuned!

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



Gentle Walk and Movement on the Trail in Rockmosa Park

Every Tuesday and Friday at 9:00 AM

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

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

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



Pickleball on the Rockwood Tennis Courts!

NOTE: New Time Starting Monday, July 5th!

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

NOTE: If we exceed 25 participants per session, pre-registration will be re-implemented.



GET Creative, Crafting Workshop and Picnic in the Garden!

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

GET Creative in the Garden!

Join us in the garden as we spend an hour adult colouring, painting and creating! Enjoy soft music, the sound of the garden fountain and relaxation! Supplies provided!

DATES: Thursday, July 8th, July 15th and July 22nd

TIME: 10:30 AM

PLACE: Rockmosa Enabling Garden



Picnic in the Garden!

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

DATE: Monday, July 12th

TIME: 11:30 AM to 1:00 PM

PLACE: Rockmosa Enabling Garden



Crafting with Dorothea in the Enabling Garden!

Featuring: 8x10 Framed Wreath Sign! Great for indoors and outdoors!

DATE: Thursday, July 29th

TIME: 10:00 AM

PLACE: Rockmosa Enabling Garden

COST: \$30 per person includes taxes and supplies



Volunteers Needed!

We need your help to keep the Enabling Garden looking beautiful!

Every Wednesday morning at 11:30 AM to 12:30 PM

Join us in the Rockmosa Enabling Garden, located behind the Rockmosa Older Adult Centre and the Rockwood Library. Please enter through the gate located on Drexler Ave.

Each week we will prune, pick, trim and water the flowers and plants.

If you have a trowel and gardening gloves, please bring these with you.

Please call 519-856-9596 ext. 139 or email programming@get.on.ca if you are interested in volunteering.



Puzzle Lending Table! NEW LOCATION! Programming in the Squires Lodge Garden!

We are pleased to continue to offer the puzzle lending table during the months of July and August. Please note that we have changed the location to the steps of the Rockmosa Older Adult Centre and Rockwood Library. The table will be located next to the book return bin.

Drop by every Tuesday and Thursday between the hours of 9:30 AM and 3:30 PM
Donations of new or used puzzles always appreciated!



Programming at Squires Lodge! Every Tuesday Afternoon!

Starting Tuesday, July 6th!

TIME: 2:00 PM

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

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

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



East Wellington Family Health Team!

Free Virtual Workshops

Please register by visiting: www.ewfht.ca



**East Wellington
Family Health Team**

The Mediterranean Diet for Good Health

DATE: Tuesday, July 13th

TIME: 4:00 PM to 5:00 PM

Understanding Pre-Diabetes

DATE: Wednesday, July 21st

TIME: 4:00 PM to 5:00 PM

NOTE: Once registered a link and instructions will be provided to join these workshops. You will need access to a computer, tablet or smart phone. You do not need a camera. You will require an email address to register and access each webinar. Don't forget to check your junk or spam folder for email confirmation!

A message from the Rockwood Public Library!

What's Happening at the Rockwood Branch Library

Currently the library is still closed to in-person browsing. We are providing pickup service at the door and allowing computer access by appointment only. Patrons can come by the library during open hours and ring the doorbell to pick up their holds. Masks and distancing are still required of course! A 30-minute computer appointment can be booked by calling the branch ahead of time and setting up a date and time. You will have to be screened and wear a mask for your appointment.

Summer Reading Club – has begun!

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

Signing Up for a Library Card during the COVID Pandemic

Due to the Covid-19 pandemic, we are currently doing remote user registration. The best and easiest way to do this is through our website. Visit Wellington.ca, click the **Public Library** button, and then the **Get a Library Card** button. This will take you to a form that you can fill out, which will then be sent to the library you selected. Then, the library will send an email with your new library card number and PIN and you can stop at the branch to verify your address and pick up your card.

eBooks/eAudiobooks, Online Resources and Databases

Access our collection of eBooks and eAudiobooks with the new and improved Libby app from OverDrive. And as always, your Wellington County Library card will also allow you access to many online resources and databases such as Kanopy, CreativeBug, The New York Times, Mango Languages, Canadian Points of View, Early World of Learning, NoveList, and more!

Technology and Other Resources at the Library

Did you know that the library has a number of cool technologies and other non-book items that you can check out with your library card? These include Chromebook laptops, iPads, binoculars, microscopes, video game consoles, coding kits, board games, musical instruments, park passes, and more!

We Miss You!

And we can't wait to have you in the branch again. In the meantime, take care, stay safe, and take advantage of our pickup service at the door!