

Rockmosa Older Adult Centre

July Newsletter

Music in the Garden! Join Us!
Featuring music by the Artelli String Trio!

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Founded in 1989, the Artelli String Trio members are principal players in the Guelph Symphony Orchestra and the Kitchener-Waterloo Symphony who bring a wealth of performance experience. They have an extensive repertoire which is constantly expanding and their violist, Catherine Molina, is a skilled composer/arranger. The Quartet has been featured at the Guelph Spring Festival, the Distillery Jazz Festival and the Cobblestone Festival and have performed for Queen Margarethe of Denmark and former Prime Minister Jean Chretien.

DATE: Thursday, July 21st

TIME: 7:00 PM to 8:30 PM

**PLACE: Rockmosa Enabling Garden
(located behind the Rockmosa Older Adult Centre and Rockwood Library)**

Music in the Garden is made possible thanks to the generous sponsorship from Chartwell Retirement Residences Royal on Gordon and Wellington Park in Guelph, ON.

Centre Hours:
Monday to Friday
9:00 AM to 3:00 PM
Centre closed Friday,
July 1st for
Canada Day!

OUTDOOR SUMMER DROP IN PROGRAMS

NOTE: If it is raining, outdoor programming is cancelled.

Nordic Pole Walking in the Rockwood Conservation Area

NEW DATE & TIME FOR SUMMER!

10:30 AM to 12:30 PM

Thursday, July 7th, 14th, 21st and 28th

Meeting location is in the parking lot located to the left of the main entrance. Please note that this group walks at a moderate pace through the terrain of both the Cedar and Pot Hole Trails. Please wear comfortable boots with treads and dress in layers. Poles are available upon request!

Bring your bagged lunch and relax near the beach, enjoy conversation and the beauty of the conservation area!



Outdoor Pickleball at the Rockmosa Tennis Courts—South Court Only

NEW TIME!

9:00 AM to 11:00 AM

PLEASE NOTE:

- There will be two courts available.
- Sign in when you arrive. (Name, contact number or email, and signature that you have completed the required waivers).
- Extra paddles available!
- All skill levels welcome!

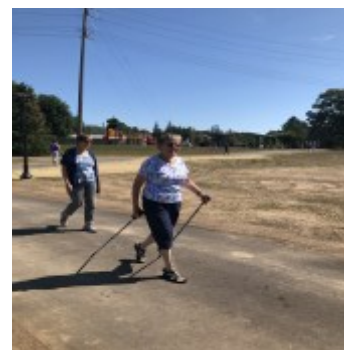


Track Walking on the Rockmosa Park Trail

NEW TIME!

Tuesday from 10:30 AM to 11:30 AM

- Parking is located behind Rockmosa Community Centre
- Walk at a leisurely pace
- Meet at the Splashpad



GAMES IN THE PARK!

Join us across from the Older Adult Centre under the shady trees for a game of corn hole, ladder ball, bocce ball and more! Bring a lawn chair! Bring your grandkids!

DATE: Monday, July 4th and July 18th

TIME: 1:00 PM

PLACE: Rockmosa Park, next to the baseball diamond.



Shuffleboard on the outdoor courts!

GET shuffling outside this summer and enjoy the new outdoor courts!

DATE: Every Tuesday morning

TIME: 9:00 AM to 11:00 AM

PLACE: Outdoor shuffleboard courts (located across the parking lot of the Older Adult Centre and next to the baseball diamond)

NOTE: You can shuffle anytime! Stop into the Older Adult Centre and borrow the equipment!



Summer at Squires Lodge!

Join us in the garden for games, discussions, chair exercises and more! **Starting Tuesday, July 12th!**

DATE: Every Tuesday

TIME: 2:00 PM to 3:00 PM

PLACE: Under the shady trees behind Squires Lodge



Bingo in the Garden!

DATE: Wednesday, July 6th and 20th

TIME: 10:00 AM to 11:00 AM

PLACE: Rockmosa Enabling Garden

COST: \$2 drop in fee

Cards, dabbers and prizes included!

Garden Club

Help us keep the garden looking beautiful this summer!

Watering and weeding!

DATE: Every Wednesday

TIME: 11:30 AM to 12:30 PM

PLACE: Rockmosa Enabling Garden (located behind the Rockwood Library)



INDOOR SUMMER DROP IN PROGRAMS

For more information visit www.get.on.ca or email programming@get.on.ca or call 519-856-9596 ext. 139—No registration is required.

Chess every Monday from 9:00 AM to 12:00 PM in the Rockmosa Older Adult Centre!



Euchre every Thursday from 1:00 PM to 3:30 PM in the Rockmosa Older Adult Centre!



NOTE: All other regular drop in programs will resume the week of September 19th.

VIRTUAL PROGRAMS

Virtual Seminar: Top 3 Tips for Better Gut Health

DATE: Monday, July 11

TIME: 11:00 am

PLACE: Zoom

Link: <https://us02web.zoom.us/j/84638894216>

ID: 846 3889 4216 #

Gut health is everything. The state of our gut affects other aspects of our health: immune function, brain health, heart health, and so much more! Learn about how gut health affects other systems in the body. You'll also get 3 tips you can start using right away to improve not only your gut health but your overall well-being! You'll also receive recipe ideas to try at home. Presented by Karissa Girdali, Registered Dietitian.



Virtual Seminar: Young Onset Dementia

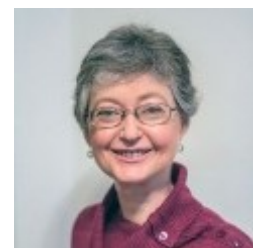
DATE: Friday, July 15

TIME: 10:00 am

Link: <https://us02web.zoom.us/j/83710755072>

ID: 837 1075 5072 #

Dementia that affects a person before age 65 is called *young-onset*. Please join us for a discussion of young-onset dementia, coping tips for families, and resources to access. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.



VOLUNTEERS NEEDED!

Interested in volunteering or know someone who is?
We would love to hear from you!



Volunteers Needed For Party in the Park!

DATE: Thursday, July 28th

TIME: 4:00 PM to 10:00 PM

PLACE: Rockmosa Park in Rockwood, ON.

- Button Making
- Children's Entertainment Tent
- Wiener Dog Race
- Bike Lock Up
- Artisan Market
- Soccer Target
- Basketball Shoot Out
- Top Shot Hockey
- Lost Child Tent
- Tot and Play



Apply on our website or



519-856-9596 x. 139



www.get.on.ca



programming@get.on.ca

<https://www.get.on.ca/party-in-the-park--->

<https://www.get.on.ca/living-here/volunteer-with-us>

VOLUNTEERS NEEDED!

Interested in volunteering or know someone who is?
We would love to hear from you!

Contact Melissa Biffis at 519-856-9596 ext. 139
or email programming@get.on.ca



Rockmosa Older Adult Centre Special Events Volunteers Needed!

Do you enjoy planning events? Interested in using your creativity to create a memorable experience for all to enjoy? Join the Rockmosa Older Adult Centre Events Committee and help us plan fun and exciting events this Fall, Winter and Spring!

Call Melissa Biffis at 519-856-9596 ext. 139 or programming@get.on.ca



Rockmosa Older Adult Centre Men's Shed!

What is a Men's Shed?

A peer run group of men coming together for activities, discussion and the opportunity to build new and lasting friendships. It provides a safe, inclusive and creative gathering space for men of purpose.

If you are interested in being part of this group or would like to help organize and facilitate this group, please contact Melissa Biffis at 519-856-9596 ext. 139 or email programming@get.on.ca

Community Partners Page

What is happening at the Rockwood Library!

It's back! Rockwood's own Party in the Park will be running on Thursday, July 28th this year at Rockmosa Park, across from the library. Party in the Park has free admission and will offer food and drink vendors, live music, a petting zoo, a stunt dog show, a rock-climbing wall, fireworks and much more! Visit the Guelph-Eramosa Township's website or search for "Party in the Park – July 28, 2022" on Facebook for more information. We'll see you there!

July Closures

Please be aware that all Wellington County Library branches will be closed on Friday, July 1st for Canada Day. Normal hours will resume Saturday, July 2nd.

Seed Library

The Wellington County Library branches of Hillsburgh, Palmerston, and Fergus have launched their own seed libraries. You can visit these branches to browse available seeds. If you would like to donate seeds, you are welcome to drop them off at any of the 14 Wellington County Library branches. Please include seed name/variety and year. We appreciate your support!

<p style="text-align: center;">New Fiction</p> <p>The Woman in the Library by Sulari Gentill Sunday at the Sunflower Inn by Jodi Thomas Secrets Left Behind by Shannon Redmon Smile Beach Murder by Alicia Bessette Lost Coast Literary by Ellie Alexander To Protect from Harm by Valerie Hansen and Sharon Dunne Summer at Lake Haven by RaeAnne Thayne Murphy's Law by Rhys Bowen</p>	<p style="text-align: center;">New DVDs</p> <p>The Outfit Playground Morbius Father Stu Ancient Maya Metropolis Fatherhood Alaskan Dinosaurs Sanditon, Season 2 Silent Witness, Season 24 Ridley Road The Batman Billions, Season 6</p>
<p style="text-align: center;">New Non-Fiction</p> <p>If These Walls Could Speak: The Story of the Wellington County House of Industry and Refuge 1877-1947 by Susan Dunlop Taste of Home 30-Minute Cookbook Backroads of Ontario by Ron Brown As Cooked on TikTok A Garden for the Rusty-Patched Bumblebee by Lorraine Johnson New School Macramé by Terri L. Watson Earls: The Cookbook Arthritis for Dummies by Barry Fox The Berry Grower by Blake Cothron</p>	<p style="text-align: center;">New Audiobooks</p> <p>The Hotel Nantucket by Elin Hilderbrand A Face to Die for by Iris Johansen Tom Clancy's Op-center by Jeff Rovin The Book Woman's Daughter by Kim Michele Richardson Sparring Partners by John Grisham James Patterson by James Patterson The Homewreckers by Mary Kay Andrews Overboard by Sara Paretsky Nightwork by Nora Roberts Happy-go-lucky by David Sedaris</p>