



# Rockmosa Older Adult Centre Newsletter



**SENIOR'S MONTH VIRTUAL EVENT!  
REGISTER TODAY!**

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## LET'S CELEBRATE! SENIORS MONTH!

### Thursday, June 17th at 1:00 PM on Zoom!

Featuring:  
Mayoral Address  
Awakening Joy!

Entertainment by the Fiddlestix!



**Please register in advance by clicking on the link below:**

**<https://zoom.us/meeting/register/tJAscO6orTwpHdl6uxdJkm4bYcvlped-6KPM>**



## Virtual Presentations and Workshops

To register: visit [www.get.on.ca](http://www.get.on.ca), call 519-856-9596 ext. 139  
or email [programming@get.on.ca](mailto:programming@get.on.ca)

### Cook Along with Dora Live from Tithorea! NEW DATE and TIME!

Featuring: Greek Style Lasagna!

Ingredients available for curbside pick up for an additional cost. Call 519-803-0950 to arrange for pick up.

**DATE: Tuesday, June 8th**

**TIME: 2:30 PM**

**PLACE: Zoom—You will receive the Zoom link following registration.**

**COST: \$10 per screen taxes included.**

### Pearson Healthy Airport Program with Ryan White. FREE!

Learn how we're putting your health first. We have the information you need to be confident that Canada's largest airport, your airport, is a Healthy Airport.

**DATE: Thursday, June 10th**

**TIME: 12:30 PM**

**PLACE: Zoom—You will receive the Zoom link following registration.**

### Table Top Patio Planter Workshop with Dorothea from LifeVine Creations

**NEW DATE and TIME!**

All materials provided including flowers.

**DATE: Monday, June 14th**

**TIME: 2:00 PM**

**PLACE: Outside at the Rockmosa Older Adult Centre Enabling Garden. Dress for the weather!**

**RAIN DATE: Wednesday, June 16th**

**COST: \$35 pp taxes included.**

### Cooking for One or Two with Chef Emily Richard FREE

It's possible to eat fresh, home cooked meals, even if you live alone or with one other person. Let Chef Emily show you how!

**DATE: Tuesday, June 15th**

**TIME: 11:30 AM**

**PLACE: Zoom—You will receive the Zoom link and recipes following registration.**



**TORONTO  
PEARSON**



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or email [programming@get.on.ca](mailto:programming@get.on.ca)

### GET Grilling with Chef Emily Richards! - FREE

With the weather as nice as it's been we want to get you out grilling some delicious food. Emily Richards will show you how to grill up a delicious Flank Steak with Bruschetta Topping (easy too, you don't have to make the bruschetta!), Grilled Hoisin Chicken Thighs, Grilled Vegetable and Orzo Salad with Lemon Dressing and Grilled Pineapple with Mint Sugar for a sweet treat at the end!



**DATE: Tuesday, June 22nd**

**TIME: 1:00 PM**

**PLACE: Zoom—You will receive the Zoom link and recipes following registration.**

### Art in the Garden with Vita Keeling

Watercolour Sketching in the Garden with Vita Keeling!

After being in lockdown for so long its time to come and join Vita in the Enabling Garden!

Let Vita show you how to paint the beautiful flowers loosely and spontaneously with just a few tools in your kit. We will be outside enjoying the weather and getting reacquainted with your fellow artists once again!

**DATE: Monday, June 21st**

**TIME: 11:00 AM to 12:30 PM**

**PLACE: Outside at the Rockmosa Older Adult Centre Enabling Garden. Dress for the weather!**

**RAIN DATE: Monday, June 28th**

**COST: \$15 pp taxes included.**



### Backyard Sign Décor with Dorothea from LifeVine Creations

All materials and tools provided.

**DATE: Thursday, June 24th**

**TIME: 2:00 PM**

**PLACE: Outside at the Rockmosa Older Adult Centre Enabling Garden. Dress for the weather!**

**RAIN DATE: Monday, June 28th at 2:00 PM**

**COST: \$25 pp taxes included.**





## Outdoor Programs this Month!

To Register: visit [www.get.on.ca](http://www.get.on.ca), call 519-856-9596 ext. 139 or email [programming@get.on.ca](mailto:programming@get.on.ca)

Please remember to keep 6 feet apart unless you are from the same family unit.

### Bocce Ball in the Park! - Starting June 18th

Program is full, waitlist available! July and August spaces available.

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

Bocce Ball sets are provided and available for pick up at the Rockmosa Older Adult Centre.



### Nordic Pole Walking in the Rockwood Conservation Area—Starting June 14th and 16th

Every Monday and Wednesday morning at 9:30 AM

Meet in the parking lot to the left of the main entrance to the Conservation Area.



### Gentle Walk and Movement on the Trail in Rockmosa Park—Starting June 15th and 18th

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.



### Pickleball on the Rockwood Tennis Courts! - Starting June 14th and 16th

Every Monday and Wednesday from 1:00 PM to 3:00 PM

Program is full, waitlist available! July and August spaces available.



## Online Activities

For more information and to receive your Zoom link to join, call Kelly at 519-400-2825 or email [kmeussen@get.on.ca](mailto:kmeussen@get.on.ca)

### Games for the Brain

Join us Monday, June 7th, 14th, 28th

Please note there is no session June 21st

A combination of trivia, true and false, scattegories, quizzes and more!

**FACT:** Did you know that games help sharpen certain thinking skills, improves processing speed, planning skills, reaction time, decision making, and short-term memory?



### Virtual Bingo!

Join us Tuesday June 1st, 15th and 29th

Bingo cards will be emailed to those who are interested in playing.

**FACT:** Did you know that playing bingo has multiple health benefits? It takes concentration which improves listening and short term memory skills!



## Volunteers Needed!

It is that time of year again!

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

Every Wednesday at 11:30 AM in the Enabling Garden located behind the Rockmosa Older Adult Centre and the Rockwood Library. Please enter through the gates located on Drexler Ave.

Please join us each week to prune, pick, trim and water the flowers and plants in the enabling garden.

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

For your safety we ask that you remain 6 feet apart unless you are from the same family unit.

Please call 519-856-9596 ext. 139 or email [programming@get.on.ca](mailto:programming@get.on.ca) if you are interested in volunteering.

**Starting June 16th!**



# Community Better Challenge!

## About the challenge:

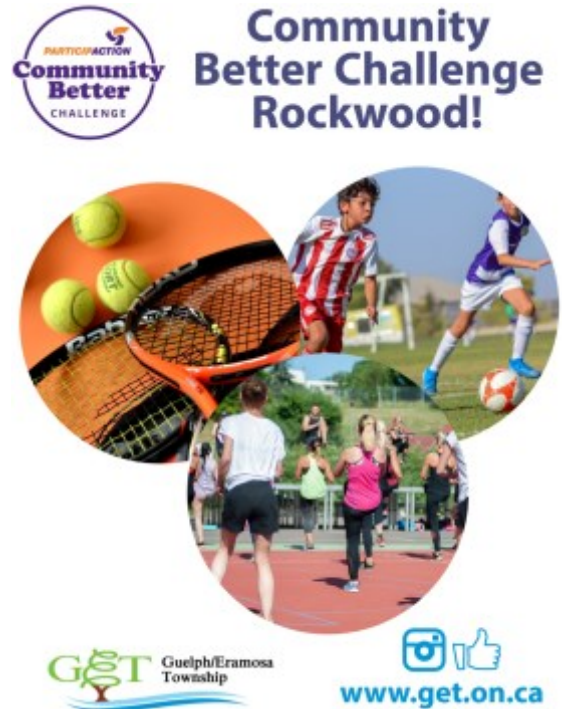
The Community Better Challenge is a national physical activity initiative that encourages Canadians to get active and runs from **June 1<sup>st</sup> to 30<sup>th</sup>**. This challenge is in competition with other municipalities across Canada to determine who is Canada's Most Active Community! Help us win the big prize of **\$100,000** towards supporting local activity initiatives.

## Details of how YOU can participate:

Download the free Participaction app from the [Apple App Store](#) or [Google Play Store](#). Get active. Get exploring. Get winning.

- get active and track your physical activity minutes.
- activity can be done in person or virtually.
- join online fitness classes.
- daily walk or run in the park.
- cycling, hiking, canoeing and more!

Challenge your friends and family to get active and track their minutes!



**Get Active, Get Involved and register today! Start tracking your activity minutes**

**Starting Tuesday, June 8<sup>th</sup> at 6:00 PM — DDPY with Marcel Dore**

Join Dr. Marcel Dore as he leads you in a revolutionary approach to fitness that combines the best of yoga positions, sports rehab therapy, old school calisthenics and dynamic resistance to give you a complete workout that requires **NO RUNNING, NO JUMPING, and NO LIFTING.**

### Register in advance for this meeting:

[https://zoom.us/join/register/tJluf-yqpiMsHtCZ-UWJJJqwlrWRxPKfX\\_b8](https://zoom.us/join/register/tJluf-yqpiMsHtCZ-UWJJJqwlrWRxPKfX_b8)

After registering, you will receive a confirmation email containing information about joining the meeting.

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**Starting Wednesday, June 9<sup>th</sup> at 3:00 PM — Total Body Fit with Hilary Balaban**

A little bit of everything! This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Modifications will be provided for various fitness levels.

<https://us02web.zoom.us/j/8544792800?pwd=YXR0MWFJN0RkakJaa2RWdW9sYWphZz09>

Meeting ID: 854 479 2800

Passcode: 8WLFo7