



Rockmosa Older Adult Centre May 2021 Newsletter



A note from Melissa:

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Great News! New Horizons for Seniors Funding Announcement!

The Rockmosa Older Adult Centre is thrilled to announce our successful funding application for two new outdoor shuffleboard courts to be installed at Rockmosa Park. The funding is provided by the Government of Canada's New Horizons for Seniors Program. Recognizing the impact the COVID-19 Pandemic has had on indoor programming the Older Adult Centre would like to maximize our outdoor programming opportunities which already include a number of walking groups, pickleball and now the opportunity to provide shuffleboard outdoors! Given the current situation we are unsure when construction will start, however, we anticipate the courts will be operational for next year at the very latest.

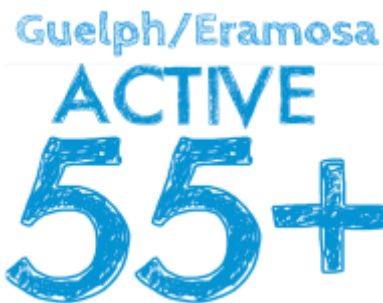
Tell us your Stories! We want to hear from you!

Given the uncertainties of this year we are taking a new approach in our Community Guide Planning for 2021. Rather than provide specific details on programming we would like to share stories of the impact the Centre, and it's programming, have had in the community and individually. If you would like to provide a brief testimonial about your time participating in our programs please connect with Melissa at mbiffis@get.on.ca or 519-856-9596 ext. 139.

We are happy to walk you through the process of developing a testimonial that will be shared in our 2021 Community Guide if you need assistance.

Now, more than ever, we need to lift people up and encourage them with positivity!

Thank you!



Please note that if the "Stay At Home Order is extended, workshops and programs may be affected. We will notify you in advance of any changes.

Virtual Presentations and Workshops

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

Parks and Gardens of Europe with Rick Chambers! - FREE

Join us for a tour of parks and gardens in Europe. We begin in France, and then move on to parks in Germany, Spain, Portugal and Ireland. We finish with the magnificent Keukenhof Gardens in the Netherlands. We hope you can join us.

DATE: Wednesday, May 5th

TIME: 1:00 PM

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



Exploring Retirement Living with Nicole Kitunen from Chartwell Retirement Residences—FREE

Exploring Retirement Living: Join Nicole Kitunen, Retirement Living Consultant at Chartwell Retirement Residences, as she takes you through a guided conversation about understanding Retirement Living lifestyle choices, determining your readiness to move, discussing the social, emotional & health benefits, and the tools you need to start your research.



DATE: Monday, May 10th

TIME: 2:00 PM

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

Rightsizing for the Future—FREE

Are you thinking of making a big move? Do you want to “Rightsize” your possessions?

The thought of doing this can be scary. Professional Organizer and Home Stager, Heidi Kachel from Harmonious Spaces will share her incites to make this challenging time less stressful. Learn about the process of simplifying and letting go your possessions in order to allow a smoother move to a new location. Not sure where the extra stuff will go? A variety of options will be discussed. Concerned about getting top dollar for your home? Learn the basics of staging to create the “Wow” factor to ensure your home will sell more quickly and for more money.



DATE: Wednesday, May 12th

TIME: 10:30 AM

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

Virtual Presentations and Workshops

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

Toronto Pearson Wildlife Management—FREE

Grab your Lunch and Learn How Toronto Pearson Safely Manages their Wildlife with Paul Woods, Manager, Training Standards, Systems and Compliance.



Paul has worked in the aviation industry for more than 20 years in a wide range of roles, including airport Safety & Security, Emergency Management, Operational Continuity, and Airport Wildlife Management. He has served as past Co-Chair of Pearson International's Runway Safety Team and currently heads up the Training Standards, Systems and Compliance group as part of the Airport Operations division of the GTAA. He also serves as Steering Committee Chair of the Canadian Bird Strike Association and is part of a project team assessing the effectiveness of specialized radar systems designed to track both hazardous wildlife and drone activity on and around Toronto Pearson International Airport.

DATE: Thursday, May 13th

TIME: 12:30 PM

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

Cook Along with Dora Live from Tithorea!

Featuring: Greek Style Lasagna!

Ingredients available for curbside pick up for an additional cost. Call 519-803-0950 to arrange for pick up before Saturday, May 16th at 4:00 PM.

DATE: Monday, May 17th

TIME: 5:30 PM

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

COST: \$10 per screen taxes included.



Fiesta with Chef Emily Richards! - FREE

Featuring:

- Blueberry Margarita Punch (blueberry juice, lemonade, tequila, blueberries)
- Ancho Turkey Soup with Avocado Crema
- Mexican Street Corn and Turkey Salad
- Rotisserie Chicken Enchiladas

DATE: Tuesday, May 18th

TIME: 1:00 PM

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



Virtual Presentations and Workshops Continued.....

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

Western Canada with Rick Chambers! - FREE

This tour of Western Canada begins in Saskatoon, and then moves to central Alberta. From there, we travel to Calgary and out to the Rockies. The last part of the program focuses on the area along the Mackenzie River in the Northwest Territories. We hope that you can join us for this trip west.



DATE: Wednesday, May 19th

TIME: 1:00 PM

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

Summer Patio Table Planter with Dorothea from LifeVine Creations!

All materials provided including flowers.

DATE: Wednesday, May 26th

TIME: 1:00 PM

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

RAIN DATE: Thursday, May 27th at 1:00 PM

COST: \$35 pp taxes included.

NOTE: If we are still in a stay at home order, this date will be postponed.



NEW Outdoor Program this Month!

Please note: If the “Stay at Home Order” is extended all outdoor programming will be postponed until further notice.

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

Bocce Ball in the Park!

Join us on the Rockmosa Baseball Diamond for a game of bocce ball!

Every Friday from 1:00 PM to 3:00 PM, starting Friday, May 28th!

Please register in advance by calling 519-856-9596 ext. 139 or email programming@get.on.ca

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

NOTE: If we are still in a stay at home order, this date will be postponed.



Outdoor Programming Continued.....

Please note: If the “Stay at Home Order” is extended all outdoor programming will be postponed until further notice.

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

Nordic Pole Walking in the Rockwood Conservation Area

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.

Please register in advance by calling 519-856-9596 ext. 139 or email programming@get.on.ca



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.

Please register in advance by calling 519-856-9596 ext. 139 or email programming@get.on.ca



Pickleball on the Rockwood Tennis Courts!

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

Please register in advance by calling 519-856-9596 ext. 139 or email programming@get.on.ca

New players welcome! No experience necessary!



Online Activities

For more information and to receive your Zoom link to join, call Kelly at 519-400-2825 or email kmeeussen@get.on.ca

Games for the Brain

Join us Monday, May 3rd, 10th, 17th and 31st at 11:30 AM on Zoom!

A combination of trivia, true and false, scattogories, 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 May 4th, May 11th, May 25th at 2:00 PM

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?



GET Shuffling!

Please note: If the “Stay at Home Order” is extended Shuffleboard will be postponed until further notice.

Join us for an afternoon of Shuffleboard at the Rockmosa Community Centre!

Every Tuesday from 12:15 PM to 2:15 PM

Please remember to wear your masks and stay 6 feet apart unless you are from the same family unit.

Please register in advance by calling 519-856-9596 ext. 139 or email programming@get.on.ca



Volunteers Needed!

It is that time of year again!

We need your help to prepare the Enabling Garden for planting!

NOTE: If we are still in a stay at home order, this date will be postponed.

Thursday, May 27th at 10:30 AM

The Enabling Garden is located behind the Rockmosa Older Adult Centre and the Rockwood Library.

Please park in the Library parking lot and enter through the gate located on Drexler Ave.

The morning will involve cleaning out the gardens and raised planters. Please dress for the weather!

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 if you are interested in volunteering.



Puzzle Lending Program is Back!

Every Tuesday and Thursday from 9:30 AM to 3:30 PM

Location: Rockmosa Community Centre Outside Entrance

Drop by every Tuesday and Thursday to pick up or drop off a puzzle!

Sanitizer will be available on the table. Please sanitize your hands before handling the puzzles.

There will be a bin located under the table to return your used puzzles. The returned puzzles will be held for 72 hours prior to returning to circulation.

If you have puzzles that you would like to donate, please call Kelly at 519-400-2825 to arrange for pick up or drop off. Your donation is greatly appreciated!

