

ROCKMOSA OLDER ADULT CENTRE

WINTER 2024 NEWSLETTER



121 Rockmosa Dr, Rockwood, ON



Open Monday - Friday
9:00AM-3:00PM



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A NOTE FROM THE COMMUNITY PROGRAMS COORDINATOR

MELISSA BIFFIS



As we say farewell to 2023 and welcome 2024 it is a good time to reflect. This year we were fortunate to welcome Mary Meads as our new Community Programs Coordinator Assistant. Mary has brought a wealth of knowledge and wonderful new programming ideas to the Centre, she has become an asset to the Centre and the Township, we appreciate her hard work and dedication.

It has been wonderful to see many new people visit our Centre and participate in our programming this year. The Centre is grateful to all the support we receive through those that participate in our programs, purchase a membership, our volunteers, The Province of Ontario's Senior Active Living Centre Grant and our generous sponsor Chartwell Retirement Residences.

The Rockmosa Older Adult Centre is required to recover costs incurred by the programming we provide, items such as instructor fees, supplies and food/beverages must be recouped through registration and drop-in fees. Support from the purchase of a membership, volunteers, our funders and sponsors help us provide some programming at a reduced rate and some at no charge at all. We work hard to diversify our programming based on interests, costs and capacity of our facility, staff and volunteers. We always welcome new ideas and suggestions to better serve our community.

I would like to wish everyone a happy, safe and healthy holiday season and look forward to welcoming everyone back in 2024!

Melissa Biffis

**The Rockmosa Older Adult Centre and Rockmosa
Community Centre will be closed:
January 1, February 19, March 29 and April 1, 2024.**

Do you know anyone that could facilitate an interesting and engaging workshop at the Centre? Please do not hesitate to connect with us in person, by phone or email to share your concerns and ideas.

REGISTRATION INFORMATION

Please register in advance for all workshops and events. All programs 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.

To register for fitness classes, workshops, cooking classes or drop-in programs:

**www.get.on.ca/fitness
519-856-9596 ext. 139
programming@get.on.ca**

Rockmosa Older Adult Centre Membership

- **membership with the Rockmosa OAC is optional**
- **memberships runs 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**

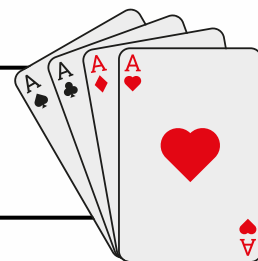
Membership Fees:
First year \$28.00+HST
Subsequent Years \$20.00+HST

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2 drop-in fee + pre-register	Rockmosa Community Centre	12:00PM 1:30PM
Tuesday	Gentle Pole Walking	Rockmosa Park Trail	9:30-10:30AM
Tuesday	Shuffleboard \$2 drop-in fee	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg	Older Adult Centre	1:00-3:00PM
Tuesday 3rd of the month	Photography Club	Older Adult Centre	7:00-9:00PM
Wednesday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Wednesday Every Other Week	Try a Game	Older Adult Centre	10:00AM-12:00PM
Wednesday	Pickleball \$2 drop-in fee + pre-register	Rockmosa Community Centre	12:00PM 1:15PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday	Euchre \$2 drop-in fee	Older Adult Centre	1:00-3:30PM
Thursday	Pickleball \$3 drop-in fee	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch Suggested Donation \$5	Older Adult Centre	11:00AM-2:00PM
Friday	Knitting Club	Older Adult Centre	2:00PM-3:00PM

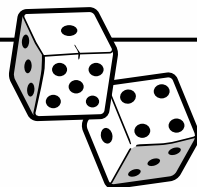
New Drop In
Programs!

Try a Game Schedule

Every other Wednesday Winter 2024
10:00AM-12:00PM



January 17	Crokinole
January 31	Taboo
February 14	Uno
February 28	Bid Euchre
March 13	Yatzee
March 27	Cribbage



Gentle Pole Walking



Tuesdays
9:30-10:30AM
Starting January 9, 2024
Rockmosa Park Trail (120 Rockmosa Drive)

Join us for a Gentler Pole Walk around the Rockmosa Park Trail this winter. walks will be **CONDITIONAL ON WEATHER AND TRAIL CONDITIONS**. Please sign up for our Gentle Pole Walking email list to be notified when walks are cancelled by emailing programming@get.on.ca.

Winter Workshops

HEARING WORKSHOP

WITH NEFF HEARING

Monday January 22, 2024

10:30AM-12:00PM

Rockmosa Older Adult Centre

FREE



Join Neff hearing to learn about the following topics:

- types of hearing loss – sensory neural (common) verses conductive
- how the auditory system works and the importance of processing done by the brain
- related issues to hearing diabetes, dementia, blood pressure, medications, occupational noise
- funding available such as ADP, WSIB, Legion and other organizations
- wax issues and removal and maintenance
- plus view samples of hearing aids and brochures

PRESSED FLOWERS CARD MAKING

WITH KAREN!



Wednesday February 21, 2024

10:30 – 11:30AM

Rockmosa Older Adult Centre

FREE

Bring a little spring to the winter months by making a pressed flower card and a little mystery by making a hidden message card. All materials supplied.

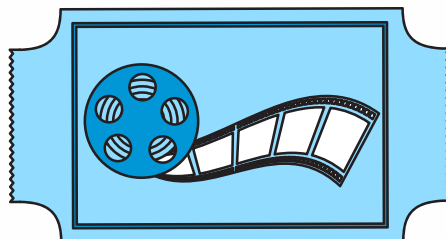
SILVER SCREEN

IN THE ROCKWOOD LIBRARY LEARNING ROOM

2:00-4:00PM


FREE!

<p>Tuesday January 9 2024</p>	<p>"First Man"</p> <p>A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.</p>
<p>Tuesday February 13 2024</p>	<p>"Book Club: The Next Chapter"</p> <p>Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.</p>
<p>Tuesday March 12 2024</p>	<p>"Patch Adams"</p> <p>The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people. He ventured where no doctor had ventured before, using humour and pathos.</p>



 www.get.on.ca

 programming@get.on.ca

 519-856-9596 ext. 139



Hats, Handbags & Handkerchiefs High Tea

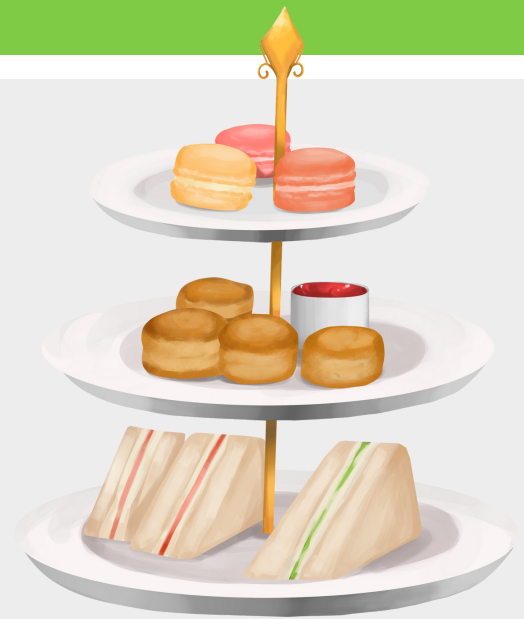
Tuesday January 30, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

Registration Fee \$20.00+HST

OAC Members Fee \$15.00+HST



Join us for a Historical High Tea, and wear a fancy hat, handbag and/or handkerchief!

The Wellington County Museum and Archives will present their program "Hats, Handbags and Handkerchiefs" from 10:00-11:00AM. Fashion is always an interesting way to explore our past. Travel through time and take a look at our changing fashion trends, and styles as well as what may be coming back.

Stay for a high tea from 11:00AM-12:00PM.



Valentines Trivia & Mocktails

Wednesday February 14, 2024

1:00-3:00PM

Rockmosa Older Adult Centre

Registration Fee \$12.00+HST

OAC Members Fee \$10.00+HST

Play a game of fun and friendly Valentines Trivia while you sip on some seasonal Mocktails!

EVENTS



Euchre Tournament & Pizza Lunch

Tuesday February 27, 2024

9:30AM-12:30PM

Rockmosa Older Adult Centre

Buy In \$8.00+HST

Join us for our second fun and friendly progressive style Euchre Tournament. \$8 buy in for your pizza lunch and for your chance to win the grand prize! Partners will be selected before the games begin, and rules will be presented at the start of the tournament.

50s Author Party

Wednesday February 28, 2024

2:00-4:00PM

Rockwood Branch Library Learning Room

Join Author Hank Davis as he shares insights from his book Ducktails, Drive-Ins and Broken Hearts in a fun 50's themed party in partnership with the Rockwood Branch Library! More details to come.



Coffee and Conversation

Join us for coffee and conversation with local professionals to learn about their important roles in our community.

Mondays, 10:30-11:30AM

Rockmosa Older Adult Centre

FREE

January 8 - Alzheimer Society

February 12 - Farmer Tim May

March 11 - East Wellington Community Services



COOKING CLASSES

Breakfast with Chef Emily Richards

Monday February 5, 2024

10:30AM-12:00PM

Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

Menu:

Ham and Egg Cups, Refrigerator Raisin Bran Muffins & Mocha Fruit Bircher Muesli



Easter Breads with Chef Emily Riichards

Monday March 18, 2024

11:00AM-12:30PM

Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

Bread Menu:

Emily's Family Italian Easter Sausage Cornbread Biscuit

Simple Indian Dishes with Chitra Saravanan

Monday February 5, 2024

6:30-8:30PM

Rockmosa Community Centre

Registration Fee: \$55.00+HST

OAC Members: \$50.00+HST

Menu:

Roti, Lasooni Dhal, & Madras Chicken Curry



PROGRAMMING SERIES

Sing a Long with Mary

Thursdays

January 11 – February 1, 2024

10:00–11:00AM

Rockmosa Older Adult Centre

FREE



Join Mary for a fun and casual sing a long group this winter. Group singing is a great way to support your mental health in the winter months, 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!



Community Drumming with Mary

Thursday

February 8 – March 14, 2024

10:00–11:00AM

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.

March 14 is “Bring your Grandkid to Drumming Day”!

Rockmosa Strummers Ukulele Group with Carolyn McLeod-McCarthy

Thursdays

January 18 – March 21, 2024

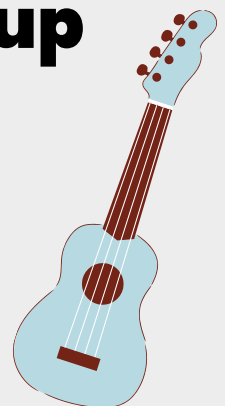
7:00–8:30PM

Rockmosa Older Adult Centre

Registration Fee: \$105.00+HST

OAC Member Fee: \$100.00+HST

This program includes a lender ukulele and song sheets. Focus will be on the anatomy of the uke, finger positioning, strumming, learning songs with the same chords and strumming patterns. Musical experience is NOT necessary to participate in the fun group, and all levels are welcome in this class that will show beginner to intermediate skills. **Open to 18+!**





Watercolours & More with Vita Keeling

Mondays

January 22 – March 4, 2024

1:00PM–3:30PM

Rockmosa Older Adult Centre

Registration Fee: \$79.98+HST

OAC Members Rate: \$75.00+HST

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 can be found online at www.get.on.ca

Introduction to Spanish with Elisa

Fridays

January 12 – March 1, 2024

9:00–10:00AM

Rockmosa Older Adult Centre

Registration Fee: \$55.00+HST

OAC Members Fee: \$50.00+HST



Are you hoping to travel in the near future and looking for a basic understanding of Spanish to help you in your travels? In this 8-week series you will learn the following:

- Introduction to Spanish
- Basic Vocabulary (memorizing new words and phrases)
- Proper Pronunciation
- A traveler's guide to Spanish (important words, questions, phrases and expressions while on vacation)

Interactive, engaging, fun and informative learning!

PROGRAMS WITH CHARTWELL

Register by emailing aoreilly@chartwell.com



Artful Aging

Tuesdays

10:30AM–12:00PM

January 16, February 13, & March 26, 2024

Rockmosa Older Adult Centre

FREE

Join Chartwell Retirement Residences at the Rockmosa Older Adult Centre to engage with your creative side, and witness how creative arts can help support healthy aging. Participants will be guided through a project using watercolour or acrylic paints.

Fit Minds

Wednesdays

10:30–11:30AM

March 6, 20, April 3 & 17, 2024

Rockmosa Older Adult Centre

FREE



Fit Minds® is a weekly 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.

PROGRAMS WITH Hospice Wellington™

For Caregiver Coffee Conversations and Songs of our Lives,,
please register by calling 519-836-3921 ext 228



Caregiver Coffee Conversations

Tuesdays

January 9, 23, February 6, 20, March 5 & 19, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

This group is for Caregivers caring for a loved one with a life limiting illness. It's an opportunity to meet other caregivers, learn ways to manage your stress, share their experiences, hear how others have met similar challenges and identify strategies for self-care.

Songs of Our Lives ; Weaving the Tapestry

Last Monday of the Month

January 29, February 26 & March 25, 2024

10:00-11:30AM

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 that they evoke. Please join us for 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 explore how music can help enhance our wellbeing.

Tips and Tools for Successful Caregiving Workshop

Tuesday March 12, 2024

9:30-11:30AM

Rockmosa Older Adult Centre

FREE



Caring for a family member or friend with a chronic condition can be physically and emotionally draining. In this workshop, you will learn about the difference between stress and burnout, how to gain access to resources and the ability to create a social network of support. You will also learn strategies to support you, the caregiver.

Register Online at www.get.on.ca/fitness - 55+ General Interest - Learn and Develop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED Happy New Year!	2	3 9:30 AM Pole Walking (RCA) 12:00 / 1:15 Pickleball (RCC) 1:00 PM Darts (OAC)	4 1:00 PM Euchre(OAC)	5 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	6
7	8 9:30 AM Pole Walking (RCA) 10:30AM Coffee and Conversation – Alzheimer's Society (OAC) 12:00 / 1:30PM Pickleball (RCC)	9 9:30 AM Gentle Pole Walking (RPT) 10:00 AM Caregiver Coffee Conversations – Hospice Wellington (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC) 2:00PM Silver Screen "First Man"	10 9:30 AM Pole Walking (RCA) 12:00 / 1:15 Pickleball (RCC) 1:00 PM Darts (OAC)	11 10:00 AM Sing-A-Long with Mary (OAC) 1:00 PM Euchre(OAC) 6:30PM Pickleball (RPS)	12 9:00 AM Introduction to Spanish (OAC) 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	13
14	15 9:30 AM Pole Walking (RCA) 12:00 / 1:30 Pickleball (RCC)	16 9:30 AM Gentle Pole Walking (RPT) 10:30 AM Artful Aging with Chartwell (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC)	17 9:30 AM Pole Walking (RCA) 10:00 AM Try a Game "Crokinole" (OAC) 12:00 / 1:15 Pickleball (RCC) 1:00 PM Darts (OAC)	18 10:00 AM Sing-A-Long with Mary (OAC) 1:00PM Euchre(OAC) 6:30PM Pickleball (RPS) 7:00PM Rockmosa Strummers Ukulele (OAC)	19 9:00 AM Introduction to Spanish (OAC) 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	20
21	22 9:30 AM Pole Walking 10:30 AM Hearing Workshop with Neff Hearing (OAC) 12:00 / 1:30 Pickleball (RCC) 1:00PM Watercolours and More (OAC)	23 9:30 AM Gentle Pole Walking (RPT) 10:00 AM Caregiver Coffee Conversations – Hospice Wellington (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC) 7:00 PM Photography Club (OAC)	24 9:30 AM Pole Walking (RCA) 12:00 / 1:15 Pickleball (RCC) 1:00 PM Darts (OAC)	25 10:00 AM Sing-A-Long with Mary (OAC) 1:00 PM Euchre(OAC) 7:00PM Rockmosa Strummers Ukulele (OAC)	26 9:00 AM Introduction to Spanish (OAC) 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	27
28	29 9:30 AM Pole Walking (RCA) 10:00AM Music Therapy with Hospice Wellington (OAC) 12:00 / 1:30 Pickleball (RCC)	30 9:30 AM Gentle Pole Walking (RPT) 10:00 AM Hats, Handbags & Handkerchiefs High Tea (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC)	31 9:30 AM Pole Walking (RCA) 10:00 AM Try a Game "Taboo" (OAC) 12:00 / 1:15 Pickleball (RCC) 1:00 PM Darts (OAC)	Program Location Legend: OAC: Rockmosa Older Adult Centre RCC: Rockmosa Community Centre RCA: Rockwood Conservation Area RPS: Rockwood Centennial Public School RL: Rockwood Library RPT: Rockmosa Park Trail		