

# ROCKMOSA OLDER ADULT CENTRE

## FALL 2025 NEWSLETTER



121 Rockmosa Dr, Rockwood, ON



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



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# 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 pre-register for select drop-in programs:**

**[www.get.on.ca/fitness](http://www.get.on.ca/fitness)  
519-856-9596 ext. 139 or 501  
[programming@get.on.ca](mailto:programming@get.on.ca)**

## **Rockmosa Older Adult Centre Membership**

- **membership with the Rockmosa OAC is optional**
- **memberships run 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**
- **You will be required to check the status of your membership, as we do not send out alerts when it expires**

### **2025 Membership Fees:**

**First year \$29.00+HST**

**Membership Renewal \$21.00+HST**

# FALL 2025 DROP-IN PROGRAM SCHEDULE

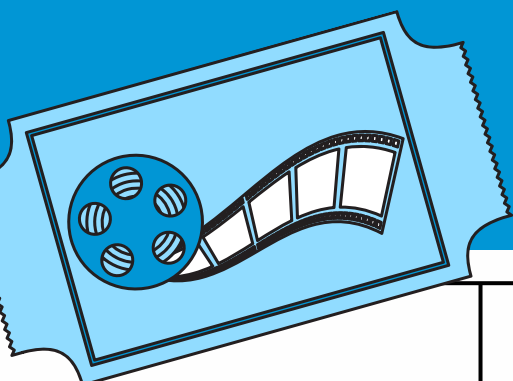
Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2.00 for indoor	Rockwood Tennis Courts <small>Moves inside Rockmosa Community Centre Oct. 20</small>	1:00-3:00PM Indoor 12:00 / 1:30PM
Tuesday <small>*Starts September 16</small>	Shuffleboard \$2.00	Rockmosa Community Centre	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	Bid Euchre \$2.00	Older Adult Centre	10:00AM-12:00PM
Wednesday	Pickleball \$2.00 for indoor	Rockwood Tennis Courts <small>Moves inside Rockmosa Community Centre Oct. 15</small>	1:00-3:00PM Indoor 12:00 / 1:15PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday <small>*Ends October 9</small>	Garden Club	OAC Enabling Garden	11:30AM-12:30PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:00PM
Thursday <small>*Starts September 25</small>	Pickleball \$4.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday <small>*starts September 5</small>	Knitting Club	Older Adult Centre	2:00PM-3:00PM

# SILVER SCREEN

## IN THE ROCKWOOD LIBRARY LEARNING ROOM

### 2:00-4:00PM

## FREE!



<b>Tuesday</b> <b>September 9, 2025</b>	<b>"Ghostbusters II"</b> 1989 - PG - 108 minutes The discovery of a massive river of ectoplasm and a resurgence of spectral activity allows the staff of Ghostbusters to revive the business.
<b>Tuesday</b> <b>October 14, 2025</b>	<b>"Get on Up"</b> 2014 - PG - 139 minutes A chronicle of James Brown's rise from extreme poverty to become one of the most influential musicians in history.
<b>Tuesday</b> <b>November 4, 2025</b>	<b>"War Horse"</b> 2011 - PG - 146 minutes A young farm boy enlists to serve in World War I after his beloved horse is sold to the cavalry. His hopeful journey takes him out of England and onto the front lines as the war rages on.
<b>Tuesday</b> <b>December 9, 2025</b>	<b>"Christmas with the Kranks"</b> 2004 - PG - 99 minutes With their daughter Blair away in Peru, Luther and Nora Krank decide to skip Christmas altogether until she decides to come home, causing an uproar when they must celebrate it at the last minute.



# EVENTS

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## Learn to Play Cribbage Social

Tuesday September 11, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

Join us for a fun and friendly 'Learn to Play Cribbage' social with Mary! Whether you're new to the game or just need a refresher, Mary will guide you through the basics in a relaxed and welcoming setting.



## Welcome Back Fall Social – Caramel Apple Bar

Monday September 15, 2025

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$8.00+HST

Join us as we kick off the fall season and welcome everyone back to the centre! Whether you're returning after a summer away or have been here all along, this is the perfect chance to reconnect, meet new faces, and enjoy a lovely autumn gathering. Plus – Build-Your-Own Caramel Apples Bar – Choose from fresh apple slices, warm caramel, and a variety of delicious toppings like crushed cookies, sprinkles, nuts, and more! **Please register by Wednesday September 10, 2025 at 3:00PM.**

## Line Dancing Social

Tuesday September 30, 2025

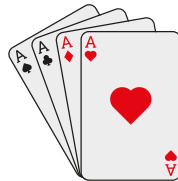
10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST



Get your boots moving and join Kourtland & Mary for a fun and energetic line dancing session—no experience needed and beginners are warmly welcome! Learn easy-to-follow steps in a relaxed and welcoming atmosphere. Space is limited to 12 participants, so be sure to register early!



## Euchre Tournament & Pizza Lunch

Thursday October 16, 2025

12:00-3:00PM

Rockmosa Older Adult Centre

\$8.00+HST

Join us for our sixth fun and friendly progressive style Euchre Tournament. Buy in fee gets you your pizza lunch and multiple games. Prizes for most points and most lone hands! Please register by October 10, 2025. at 3:00PM.

## Karaoke Party Social

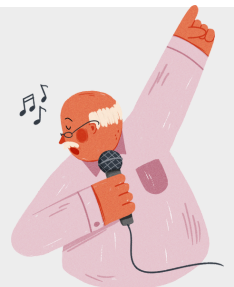
Thursday October 23, 2025

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Whether you're a seasoned singer or just want to cheer on your friends, everyone is welcome at our Karaoke Party Social! Come enjoy a fun-filled morning of music, laughter, and tasty treats—no pressure, just good vibes and great company.



## BOO BINGO with Chartwell

Thursday October 30, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Join us for a spook-tacular morning of Halloween-themed Bingo fun, hosted in partnership with Chartwell Retirement Residences! Enjoy treats, laughs, and the chance to win some frightfully fun prizes—costumes welcome, spirit encouraged!

## Scrabble & Hot Chocolate Social

Monday November 3, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST



Warm up with a mug of delicious hot chocolate and a friendly game of Scrabble! Whether you're a word game whiz or just in it for the fun, come relax, connect, and enjoy a cozy morning with great company.



## Remembrance Day at the Cenotaph

Tuesday November 11, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre / Rockwood Cenotaph

FREE

We will meet as a group at the Cenotaph to witness Rockwood's special Remembrance Day ceremony, honoring those who have served. Afterward, we'll gather at the OAC to enjoy coffee, relax, and spend time chatting together.

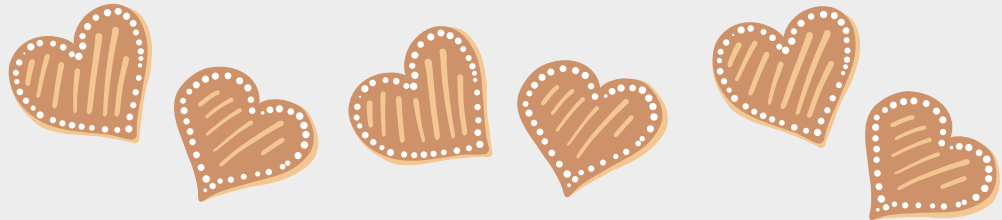
## Carols & Cookies

Thursday December 18, 2025

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$8.00+HST



Sing along to some of your favourite seasonal songs in a festive, feel-good atmosphere. Enjoy locally made Christmas treats while you celebrate the sounds and tastes of the holidays! **Please register by December 10, 2025.**

## FREE INFORMATIONAL WORKSHOPS

at the Rockmosa Older Adult Centre



### Caregiving & Wellness with Hospice Wellington

Tuesday September 9, 2025

10:00-11:30AM

This workshop is designed to help caregivers recognize and prevent caregiver burn out and fatigue. Hospice Wellington will explore ideas and strategies to promote every-day wellness. This is an opportunity to learn in a setting with others who are also caregivers.



### Fire Safety & Prevention for Seniors with the GET Fire Department

Tuesday October 7, 2025

10:00-11:30AM

Join our local fire department for a fire safety session tailored to older adults. Learn to spot household fire risks, create an emergency plan, and stay safe at home. Includes live demos, Q&A, and take-home resources.



### "Be Better Prepared, Know the Risks" with Wellington County Emergency Management

Tuesday October 28, 2025

10:00-11:00AM

The County Emergency Management Division will cover how to better prepare for emergencies in your community, including risks in Guelph/Eramosa. Learn what to do before, during, and after each risk, and leave with actionable tips and resources to enhance preparedness and resiliency.

## Wine Glass Mandalas

Wednesday November 19, 2025

6:00–8:00PM

Open to 18+

Rockmosa Older Adult Centre

\$40.00+HST Registration Fee

\$35.00+HST OAC Members



Join Barb from She Dots a Lot for a creative and relaxing session of mandala painting on stemless wine glasses. Learn basic dotting techniques as you decorate two beautiful glasses to take home, or gift. No experience needed—all materials provided! **Please register by Wednesday November 12, 2025 at 3:00PM.**



## Christmas Wreath Workshop

Tuesday November 25, 2025

10:30–11:30AM

Rockmosa Older Adult Centre

\$30.00+HST Registration Fee

\$25.00+HST OAC Members

Join us in creating a 12 inch Christmas wreath for your front door this season. With fresh and fragrant evergreen branches, ribbons, and some extra special things, you can make a custom wreath that'll last all season long.

**Please register by Tuesday November 18, 2025 at 3:00PM.**

## Turkish Mosaic Candle Holder Workshop

Tuesday December 9, 2025

10:00AM–12:00PM

Rockmosa Older Adult Centre

\$55.00+HST Registration Fee

\$50.00+HST OAC Members



Try something new and create a stunning Turkish mosaic candle holder with artist Catherine Robinson. In this hands-on workshop, you'll design and craft your own 3½–4 inch glass candle holder using vibrant mosaic pieces and traditional patterns. All materials are provided—no experience needed! **Please register by Tuesday December 2, 2025 at 3:00PM.**

## Coffee and Conversation



Join us for coffee and conversation with local professionals and organizations.

**Mondays, 10:30–11:30AM/12:00PM**

**Rockmosa Older Adult Centre**

**FREE**

**Please register in advance to avoid disappointment.**

September 22	"Tech Talk" with Rick from Senioretek.ca
October 6	"Amateur Birding" with Mike Higgins
November 17	"Hearing and Your Health" with Neff Hearing
December 8	"Reiki and Mindfulness" with Nicole from Rockwood Reiki Room

# COOKING CLASSES

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## Let's Deal with Leftovers with Emily Richards

Tuesday October 14, 2025

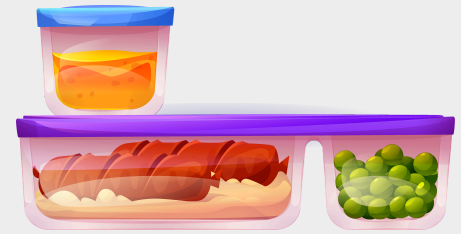
11:00AM-12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members

Emily will show you how to use up some of your leftovers to make tasty meals. She will share her Turkey and Apple Curry, Potato Bacon Frittata, and Ham and Asparagus Breakfast Bread.



## North and South Indian Dishes with Chitra Saravanan

Monday October 27, 2025

6:30-8:30PM

Rockmosa Community Centre Kitchen

\$55.00+HST Registration Fee

\$50.00+HST OAC Members

Our instructor Chitra will show you how to cook authentic North Indian curry like Vegetable Korma in a easy and simple way. Then, from the south of India, learn how to make Chicken Vindaloo (spicy and sour chicken curry), and Peas Pulao aromatic rice dish. These recipes are also gluten free. This is a participatory class so please bring an apron, water bottle and container for any leftovers. Open to 13+.

## Holiday Dinner with Friends with Emily Richards

Monday December 1, 2025

11:00AM-12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members

This menu suits a small gathering this holiday season, something special and easy to prepare. Roast Butter Herb Chicken, Pear and Prosciutto Salad and Double Ginger Mini Cakes.



# PARTNERSHIP PROGRAMS



## Artful Aging with Chartwell

Mondays

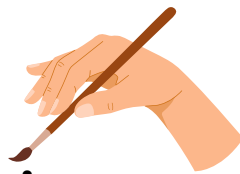
September 8, October 20 & November 10, 2025

10:00-11:30AM

Rockmosa Older Adult Centre

FREE

Join Chartwell Retirement Residences at the Rockmosa Older Adult Centre for a guided, seasonal painting session that promotes healthy aging through creativity. No experience needed; all materials provided.



## Songs of our Lives - Weaving the Tapestry with Hospice Wellington

Mondays

September 29, October 27,  
November 24 & December 15, 2025

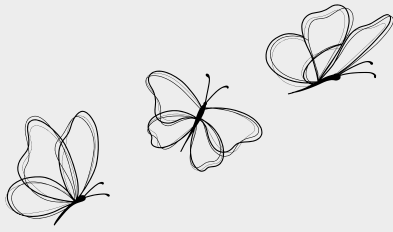
10:00-11:30AM

Rockmosa Older Adult Centre

FREE

Join us for singing, memories, and connection with Catherine Manning, Music Therapist at Hospice Wellington. Explore how familiar songs can evoke emotion and support wellbeing.





## Sketching Workshop with Vita Keeling

Tuesday September 16, 2025

10:00AM-12:30PM

Rockmosa Older Adult Centre

\$25.00+HST Registration Fee

\$20.00+HST OAC Members

This session includes six short drawing exercises—Blind Contour, Continuous Line, Gesture, Hatching, Scribbling, and Negative Space—to build fundamental skills in a fun, focused way. We'll finish with a longer drawing using a still life or provided image. *Supply list found online.*

## Sing-a-Long with Mary

Thursdays

September 18 - October 16, 2025

10:00-11:00AM

Rockmosa Older Adult Centre

FREE

Join Mary for a fun and casual sing a long group! Group singing is a great way to support your mental health, 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!



## Calming Creative Arts Mornings

Tuesdays September 23, October 21 & November 18 & December 16, 2025

11:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

Unwind during our calming Creative Arts Mornings, where you can enjoy coloring therapeutic mandalas in a softly lit space with soothing music. Share quiet time in the peaceful company of others—bring your own creative project or choose from one of ours. It's a gentle, grounding way to start your day. No pre-registration required.

## Rockmosa Strummers Ukulele Group

Thursdays

September 18 - November 20, 2025

7:00-8:50PM

Rockmosa Older Adult Centre

\$75.00+HST Registration Fee

\$70.00+HST OAC Members



Join Carolyn McLeod-McCarthy for this group Ukulele program, which includes a lender ukulele and song sheets. The lessons will focus on uke anatomy, finger positioning, strumming, and learning songs with similar chords and patterns. Open to all skill levels (18+). Beginner skills will be taught from 7:00 to 7:50 PM, followed by a 10-minute break, and then more advanced instruction from 8:00 to 8:50 PM.



## Community Drumming with Mary

Thursdays

November 6 - 27, 2025

10:00-11:15AM

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. Beginners welcome!



## Watercolours & More with Vita Keeling

Mondays

September 15 – October 27, 2025

1:00PM–3:30PM

Rockmosa Older Adult Centre

**\$79.98+HST Registration Fee**

**\$75.00+HST OAC Members**

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 found online.*

## Water Mixable Oil Painting with Vita Keeling

Mondays

November 10 – December 15, 2025

1:00–3:30PM

Rockmosa Older Adult Centre

**\$79.98+HST Registration Fee**

**\$75.00+HST OAC Members**



Curious about oil painting but concerned about toxicity? Water-mixable oils offer a safer alternative—they can be thinned with water or natural drying oils, and brushes clean up easily with just soap and water. In a relaxed and supportive environment, you'll get comfortable with the paint, build brush control, loosen up creatively, and explore colour mixing using a limited palette of just three colours. This class is perfect for beginners or anyone looking to try oils in a more approachable way. *Supply list found online.*

## OAC Christmas Choir

Tuesdays

October 14 – December 16, 2025

3:15–4:15PM

Rockmosa Older Adult Centre

**FREE**

Join our small singing group to explore vocal work, rehearse together, and enjoy the fun of singing in a supportive, social setting. We'll be learning some lesser-known Christmas carols to perform at the Carols & Cookies social in December, with simple singing experiences led by our volunteer, Louise. Sight-reading and choral experience are helpful but not required—enthusiasm is all you need!

***Space is limited to 10 singers – register online.***



## Volunteers Needed!

### ***Exciting News!***

We're launching a new evening Drop-In Pickleball Program this fall on Mondays at Sacred Heart Catholic School in Rockwood!

We're currently looking for enthusiastic volunteers to help with setting up nets, collecting fees, instructing, and organizing open play. If you're passionate about pickleball and interested in supporting your community, we'd love to hear from you!



Interested? Email Melissa at [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca).

# FALL 2025 ACTIVE 55+ FITNESS Schedule

## Rockmosa Community Centre

<b>Mondays</b> 9:00-9:50 AM	 <b>Bands and Bells</b> Progressive	September 22 - December 1, 2025
<b>Mondays</b> 10:00-10:50 AM	 <b>Bands and Bells</b> Gentle	September 22 - December 1, 2025
<b>Tuesdays</b> 9:00-10:00 AM	 <b>Rejuvenating Yoga</b> Gentle	September 23 - November 25, 2025
<b>Tuesdays</b> 10:10-11:10 AM	 <b>Yoga</b> All Levels	September 23 - November 25, 2025
<b>Wednesdays</b> 9:00-9:50AM	 <b>Bands, Balls &amp; Bells</b>	September 24 - November 26, 2025
<b>Wednesdays</b> 10:00-10:50 AM	 <b>Fit Hits the Fan!</b>	September 24 - November 26, 2025
<b>Wednesdays</b> 3:00-3:40 PM	 <b>DDPY Rebuild</b>	September 24 - December 3, 2025
<b>Wednesdays</b> 4:00-4:50 PM	 <b>DDPY</b>	September 24 - December 3, 2025
<b>Thursdays</b> 9:00-10:00 AM	 <b>Rejuvenating Yoga</b> Gentle	September 25 - November 27, 2025
<b>Thursdays</b> 10:10-11:10 AM	 <b>Energizing Yoga</b> Progressive	September 25 - November 27, 2025
<b>Fridays</b> 9:00-10:00 AM	 <b>Low Impact Cardio</b> and Muscle	September 26 - November 28, 2025

All classes take place at 110 Rockmosa Drive, Rockwood ON.  
Register for classes online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)