

# ROCKMOSA OLDER ADULT CENTRE

## WINTER 2026 NEWSLETTER



### IN THIS ISSUE:

Registration Information &  
Rockmosa Older Adult  
Membership P.2

Drop-In Programs P.3

Special Events P.4

Workshops P.5

Cooking Classes P.6

Silver Screen P.6

Partnership Programs P.7

Coffee & Conversation P.7

Art & Music P.8-9

Active 55+ Fitness P.10-11



**121 Rockmosa Dr, Rockwood, ON**



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

*Closed January 1 & February 16, 2026*



**Ontario**



# REGISTRATION INFORMATION<sup>2</sup>

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

**2026 Membership Fees:**  
**First year \$30.00+HST**  
**Membership Renewal \$22.00+HST**

## UPDATE REGARDING DROP-IN FEES

Please note that we are updating our Drop-In fee schedule to better reflect rising supply and material costs for our programs. Drop-In fees also help us purchase needed equipment (shuffleboard equipment, tape for Pickleball, Mah Jongg sets, cards, etc.) and provide refreshments such as coffee, tea, fixings, napkins, and snacks. To more accurately reflect the cost of each program, all Drop-Ins taking place at the OAC will now include a mandatory fee. **This means Tuesday Mah Jongg and Darts will now have a \$2.00 Drop-In fee.** (Knitting & Crochet Club and Evening Mah Jongg will continue without a fee for now, as we do not supply them with refreshments and knitting brings in materials and supplies from home).

Thank you for understanding as we regularly review our financial needs and make adjustments to keep our programming sustainable. Our goal is to continue offering affordable, accessible Drop-In activities for all.

If you have any questions, please connect with Melissa at [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca) or call 519-856-9596 ext. 139.

# WINTER 2025

## DROP-IN PROGRAM SCHEDULE

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2.00	Rockmosa Community Centre	12:00 & 1:30PM
Tuesday	Shuffleboard \$2.00	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg \$2.00	Older Adult Centre	1:00-3:00PM
Tuesday *3rd of the month	Photography Club (Annual membership fee)	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	Rockmosa Community Centre	12:00 & 1:15PM
Wednesday	Darts \$2.00	Older Adult Centre	1:00-3:00PM
Wednesday	Cribbage \$2.00	Older Adult Centre	1:00-3:00PM
Wednesday *some exceptions, check calendar	Mah Jongg	Older Adult Centre	7:00-9:00PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:00PM
Thursday	Pickleball \$4.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday	Knitting & Crochet Club	Older Adult Centre	2:00PM-3:00PM



## Winter Wonderland High Tea Social

Tuesday, January 13, 2026

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$35.00+HST Registration Fee

\$30.00 OAC Members

Join us for an elegant winter-themed high tea, complete with seasonal treats and cozy ambiance. Capture memories at our snowy photo booth and share stories from winters past in our memory jar activity. It's the perfect way to celebrate the season with warmth and connection. **Please register by January 6 at 3:00pm.**



## Hot Chocolate & Trivia Social

Tuesday February 24, 2026

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Warm up with a cozy cup of hot chocolate and enjoy a fun morning of trivia! Sip on sweet treats from our hot cocoa bar while testing your knowledge on movies, music, winter fun, and more. Lighthearted prizes and good company guaranteed!



## Murder Mystery Social

Tuesday March 31, 2026

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$10.00+HST

Step into a morning of intrigue and laughter at our Murder Mystery Social! Enjoy light refreshments as you work together to solve a whodunit filled with fun twists, charming characters, and plenty of clues. No acting required—just bring your curiosity and a sense of humor!

**Please register by March 24 at 3:00pm.**



## MARCH BREAK SPECIAL PROGRAMING

*Look for registration under Family Programs!*

### Track Time Together - Intergenerational Walking

Monday, March 16, 2026

9:30 - 10:30AM

Royal Distributing Athletic  
Performance Centre

FREE

Take a stroll and connect across generations with a friendly walk around the RDAPC's indoor track. All participants must bring a clean pair of indoor shoes to enjoy this fun, heart-healthy activity together! Feel free to bring your grandchildren or come alone to spend some time with others!



### Smoothie Time with the Grandkids

Tuesday, March 17, 2026

10:00AM-12:00PM

Rockmosa Older Adult Centre  
\$15.00+HST / family (grandparent  
plus 2 kiddos)

**\*additional children \$5.00+HST**

Join us for a fun and refreshing intergenerational smoothie-making morning—bring your grandkids and blend up some tasty memories together! Enjoy quality time, healthy treats, and lots of laughs as we mix up delicious creations.

### Intergenerational Community Drumming

Thursday, March 19, 2026

10:00-11:15AM

Rockmosa Older Adult Centre  
FREE

Join our regular Community Drumming program for a special intergenerational Djembe drumming session! Grandparents and grandkids are invited to make music together through fun games, lively rhythms, and joyful connection—no experience needed, just a love of fun and a sense of rhythm



## Handtied Valentines Bouquet with Touchstone Florals

Tuesday February 10, 2026

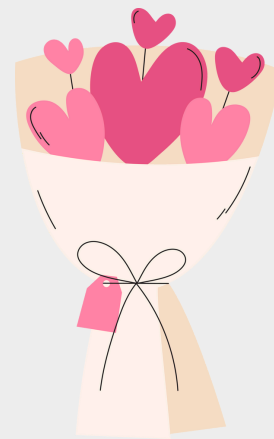
10:30–11:30AM

Rockmosa Older Adult Centre

\$30.00+HST Registration Fee

\$25.00+HST OAC Members

We will create a hand tied valentines bouquet using a variety of foliage and soft tonal blooms. Perfect for gifting or taking home to help stave off the winter blues! **Please register by February 3, 2026 at 3:00pm.**



## Felted Bookmark Workshop with Rose & Wool

Monday February 23, 2026

6:00–8:00PM

Rockmosa Older Adult Centre

Open to 18+

\$30.00+HST Registration Fee

\$25.00+HST OAC Members

A picture can tell its own story—create yours with a unique, handcrafted bookmark, perfect for yourself or as a thoughtful gift. Join Rose & Wool to explore the art of needle felting in a relaxed, creative setting. All materials are included, and the possibilities are endless.

**Please register by February 13, 2026 at 3:00PM at [get.on.ca/fitness](https://get.on.ca/fitness) → Adult General Interest.**

## Seasonal Minisign Workshop with Steph VanDorp

Tuesday March 10, 2026

6:00–8:00PM

Rockmosa Older Adult Centre

Open to 18+

\$55.00+HST Registration Fee

\$50.00+HST OAC Members

Join Steph VanDorp to create a charming set of four seasonal mini signs designed to easily swap in and out of a magnetic 5x7 frame. You'll choose from hundreds of patterned papers to customize your signs — or even opt to include a photo instead. Magnets can be centered or offset to allow for creative flexibility in display. The class fee includes the frame, magnets, four mini signs, and four patterned papers of your choice.

**Please register by March 3, 2026 at 3:00PM.**



## Spring Button Wreath Workshop with Heather Nagel

Tuesday March 24, 2026

10:00–12:30PM

Rockmosa Older Adult Centre

\$40.00+HST Registration Fee

\$35.00+HST OAC Members

Join Heather Nagel to create a colorful, one-of-a-kind wreath using a grapevine base and a variety of buttons. With step-by-step guidance, you'll design your own unique piece that reflects your personal style. All materials are provided—bring along your own button collection if you'd like to add a personal touch!

**Please register by March 17, 2026 at 3:00PM.**

# COOKING CLASSES with Emily Richards



## Italian Comfort Pasta

Tuesday January 27, 2026

11:00AM-12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members

Italian Comfort Pasta Dishes are what we crave this time of year, so let Emily show you some of her favourites. Mushroom Veal Stew with Ravioli, Pasta Carbonara and Creamy Smoked Salmon Pasta.



## Marvelous Maple!

Monday March 2, 2026

11:00AM-12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members

Let's celebrate the delicious nectar of maple trees with these tasty recipes. Emily will prepare Smoked Maple Turkey, Frisee and Radicchio Salad with Maple Balsamic Dressing and Pumpkin Maple Spice Cake.

# SILVER SCREENS



**Rockwood Library  
Learning Room  
2:00-4:00PM  
FREE**

**No registration  
required.**

<b>Tuesday January 13</b>	<p><b>"Cruella"</b></p> <p>2021 - PG - 134 minutes</p> <p>During the 1970s London punk rock revolution, young grifter Estella transforms herself into the raucous, revenge-bent Cruella de Vil.</p>
<b>Tuesday February 10</b>	<p><b>"Pride and Prejudice"</b></p> <p>2005 - G - 127 minutes</p> <p>When Elizabeth Bennet meets the handsome Mr. Darcy, she believes he is the last man she could ever marry, but as their lives become intertwined, she finds herself captivated by the man she has sworn to hate forever.</p>
<b>Tuesday March 10, 2026</b>	<p><b>"The Wild Robot"</b></p> <p>2024 - PG - 102 minutes</p> <p>After a shipwreck, an intelligent robot called Roz is stranded on an uninhabited island. To survive the harsh environment, Roz bonds with the island's animals and cares for an orphaned baby goose.</p>



## **Fit Minds® with Chartwell**

Tuesdays

January 20, February 3, February 17  
& March 3, 2026  
11:30AM-12:30PM  
Rockmosa Older Adult Centre  
**FREE**

Fit Minds® is a fun 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.



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

Mondays

January 26, February 23, & March 30, 2026  
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 they evoke. Please join us for an hour and a half of 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 also learn how music can help enhance our wellbeing.



## **Let's Connect Over Coffee!**

Enjoy a cup of coffee and friendly conversation while hearing from local professionals and community organizations.

**Mondays**  
**10:30-11:30/12:00 PM**  
**Rockmosa Older Adult Centre**  
**FREE**

**Advance registration is encouraged to help us plan and avoid cancellations.**

## **Coffee and Conversation**

January 19	Travelogue with Pat & Jim Donavan
February 9	The Older Adult Centre Photography Club
March 23	Rockwood Dental



## Sing-a-Long with Mary

Thursdays

January 8 – February 5, 2026

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!



## Rockmosa Strummers Ukulele Group

Thursdays

January 15 – March 19, 2026

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

February 26 – March 26 2026

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!



## The OAC CHOIR

Tuesdays

January 6, 20, February 3, 17, March 3 & 17 2026

Every other week

3:15–4:45PM

Rockmosa Older Adult Centre

FREE



Join the second term of the Rockmosa Older Adult Centre Choir! This choir focuses on group sound, developing your individual voice, and learning to sing both familiar and new songs a cappella. Led by our wonderful volunteer instructor, Louise, this is a great opportunity for singers to come together and create a beautiful sound. Various small performances may be suggested throughout the term. Some musical knowledge is helpful; however, sight-reading is not necessary.





## Watercolours & More with Vita Keeling

**Mondays**

**January 5 – February 9, 2026**

**1:00PM–3:30PM**

**Rockmosa Older Adult Centre**

**\$79.98+HST Registration Fee**

**\$75.00+HST OAC Members**

Discover the beauty of Watercolour Painting. This class is best suited for intermediate painters with some experience, and offers a chance to further explore this beautiful medium. In a relaxed atmosphere and through step-by-step instruction, you'll learn new techniques and experiment with media combinations that enhance your watercolour practice.

*Supply list available online.*

## Water Mixable Oil Painting with Vita Keeling

**Mondays**

**February 23 – March 30, 2026**

**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.*



## Calming Creative Arts Mornings

**Mondays**

**January 12, February 2 & March 9, 2026**

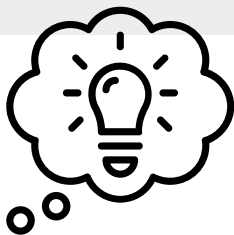
**11:00AM–12:00PM**

**Rockmosa Older Adult Centre**

**FREE**

Unwind during our calming Creative Arts Mornings, where you can enjoy colouring 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.**











**Have an idea for a program?**  
**We want to HEAR FROM YOU!**

**All of our programming ideas come from you! If there's something you'd love to see on the Fall 2026 calendar, please let us know—email Mary at [mmeads@get.on.ca](mailto:mmeads@get.on.ca) or Melissa at [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca), or feel free to chat with us the next time you're in.**

# WINTER 2026 ACTIVE 55+ FITNESS Schedule

## Rockmosa Community Centre

<b>Mondays</b> 9:00-9:50 AM	 <b>Bands and Bells</b> Progressive	January 12 - March 23, 2026
<b>Mondays</b> 10:00-10:50 AM	 <b>Bands and Bells</b> Gentle	January 12 - March 23, 2026
<b>Tuesdays</b> 9:00-10:00 AM	 <b>Rejuvenating Yoga</b> Gentle	January 13 - March 17, 2026
<b>Tuesdays</b> 10:10-11:10 AM	 <b>Yoga</b> All Levels	January 13 - March 17, 2026
<b>Wednesdays</b> 9:00-9:50AM	 <b>Bands, Balls &amp; Bells</b>	January 14 - March 18, 2026
<b>Wednesdays</b> 10:00-10:50 AM	 <b>Fit Hits the Fan!</b>	January 14 - March 18, 2026
<b>Thursdays</b> 9:00-10:00 AM	 <b>Rejuvenating Yoga</b> Gentle	January 15 - March 19, 2026
<b>Thursdays</b> 10:10-11:10 AM	 <b>Energizing Yoga</b> Progressive	January 15 - March 19, 2026
<b>Fridays</b> 9:00-10:00 AM	 <b>Low Impact Cardio</b> and Muscle	January 16 - March 20, 2026
<b>Fridays</b> 10:10-11:10 AM	 <b>Low Impact Cardio</b> and Muscle	January 16 - March 20, 2026
<b>Tuesdays</b> 4:00-4:50PM	 <b>DDPY</b>	February 10 - March 24, 2026
<b>Wednesdays</b> 3:00-3:40PM	 <b>DDPY Rebuild</b>	February 11 - March 25, 2026

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)

# WINTER 2026 FITNESS at Marden Park

## Royal Distributing Athletic Performance Centre (RDAPC) & Marden Community Centre (MCC)

### Active 55+

Mondays (RDAPC) 9:00am - 9:50am	Yoga (Progressive)	Begins January 12, 2026
Mondays (RDAPC) 10:00am - 10:50am	Yoga (Gentle)	Begins January 12, 2026
Mondays (RDAPC) 10:00-10:50 AM	Urban Poles Fun Fit	DATES TBD
Tuesdays (RDAPC) 9:00-9:50 AM	Low Impact Cardio and Muscle (Level 2)	Begins January 13, 2026
Tuesdays (RDAPC) 10:05-10:55 AM	Low Impact Cardio and Muscle (Level 1)	Begins January 13, 2026
Tuesdays (RDAPC) 11:30 AM-12:20 PM	Bands and Bells (Progressive)	Begins January 13, 2026
Tuesdays(RDAPC) 12:30-1:20 PM	Bands and Bells (Gentle)	Begins January 13, 2026
Wednesdays(RDAPC) 9:00-9:50 AM	DDPY	Begins February 11, 2026
Wednesdays(RDAPC) 10:00-10:50 AM	DDPY Rebuild	Begins February 11, 2026
Thursdays (RDAPC) 9:00 - 9:50 AM	Cardio, Strength & Flexibility (Level 2)	Begins January 15, 2026
Thursdays (RDAPC) 10:00 - 10:50 AM	Fab, Fit and Fun! (Level 1)	Begins January 15, 2026



**RDAPC: 7384 Wellington Rd 30, Guelph ON N1H 6J2**  
**MCC: 7368 Wellington Rd 30, Guelph ON N1H 6J2**

