

# ROCKMOSA OLDER ADULT CENTRE

## FALL 2023 NEWSLETTER



**121 Rockmosa Dr, Rockwood, ON**



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



### IN THIS ISSUE:

---

Note from the Coordinator P.2

---

Registration Information P.3

---

Drop-In Programs P.4

---

Fall Workshops P.5-6

---

Silver Screen P.7

---

Special Events P.8

---

Special Series P.9

---

Cooking Classes P.10

---

Art & Music P.11-12

---

Programs with Hospice P. 13-14

---

September 2023 Calendar P.15

## A NOTE FROM THE COMMUNITY PROGRAMS COORDINATOR

MELISSA BIFFIS



We are excited to provide to you our Fall programming newsletter. With so many programs available we hope you will find activities that interest you! Please remember to register in advance for programs, this helps us determine if we are able to run the program, it also helps us communicate with you should there be a cancellation due to weather or unforeseen circumstances.

Be sure to regularly visit our website for updated programming information, as sometimes programs are added after publication. New programs will be shown on our website and on our Facebook page.

Our **Active 55+ Fitness Classes** will be starting the last week of September be sure to visit <https://www.get.on.ca/fitness> to see what classes are available, follow the Sports and Fitness link under 55+.

Did you know The Rockmosa Older Adult Centre has a Facebook page? We share a lot of information through this page, if you have not already done so, like our page and be reminded about our upcoming programs and events.

Hope to see you soon!

*Melissa Biffis*

**The Rockmosa Older Adult Centre and Rockmosa  
Community Centre will be closed:  
Monday October 9, 2023 (Thanksgiving Day)  
Monday December 25, 2023 - Monday January 1, 2023**

*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 workshops 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.**

**For a full list of our workshops visit our website [www.get.on.ca](http://www.get.on.ca) or sign up for our monthly newsletter by email [programming@get.on.ca](mailto:programming@get.on.ca), calling 519-856-9596 ext. 139, or by dropping into the Older Adult Centre during our opening hours.**

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

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

**FOLLOW OUR SOCIAL MEDIA  
"LIKE" OUR POSTS!**



Rockmosa Older Adult Centre  
Guelph/Eramosa Township

[guelpheramosa](https://www.instagram.com/guelpheramosa)



# FALL 2023

## DROP-IN PROGRAM SCHEDULE

**\*Please note Pickleball will transition INDOORS after Thanksgiving Weekend and will require PRE-REGISTRATION. The UPDATED SCHEDULE will be provided online.**

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball	Rockwood Tennis Courts	1:00-3:00PM
Tuesday	Shuffleboard	Rockmosa Community Centre	12:30-2:30PM September 19th
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	Chess	Older Adult Centre	9:00AM-12:00PM
Wednesday	Mah Jongg	Older Adult Centre	12:00-2:00PM
Wednesday	Pickleball	Rockwood Tennis Courts	1:00-3:00PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday	Euchre \$2 drop-in fee	Older Adult Centre	1:00-3:30PM
Friday	Lunch Bunch Suggested Donation \$5	Older Adult Centre	11:00AM-2:00PM



# Fall Workshops

## MOBILE CRA SERVICES WITH JENNY DANG

### Information Session

Monday September 11, 2023

10:00-11:00AM

Rockmosa Older Adult Centre

FREE

### Mobile Clinics

*\*Must pre-book 30 minute appointment\**

Tuesdays, 9:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

September 26, 2023

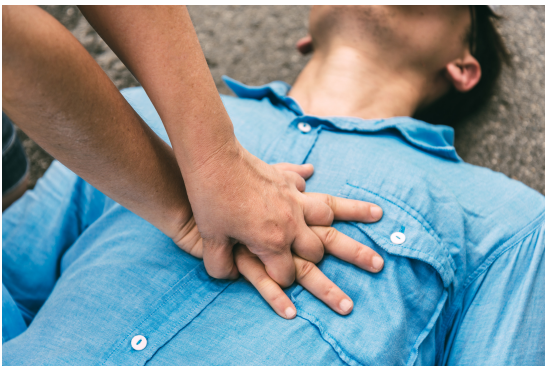
October 10, 2023

November 21, 2023

December 19, 2023



Book a 30 minute appointment with Jenny, who can help support a variety of your CRA and Service Canada needs including Employment Insurance, Social Insurance Numbers, Canadian Pension Plan, Old Age Security and Passport services.



## CPR Workshop with Firechief Jim Petric

Thursday October 12, 2023

10:00-11:30AM

Rockmosa Older Adult Centre

FREE

Join Fire Chief Jim Petric for an informative workshop about CPR for all ages. An excellent opportunity to refresh your knowledge about how to help someone in medical distress. **Please note, this is not a CPR Certification.**

# Fall Workshops

## COMPASS COMMUNITY SERVICES WITH COLTEN URA



**Thursday November 16, 2023**

**10:00–11:00AM**

**Rockmosa Older Adult Centre**

**FREE**

Learn about the services offered by COMPASS Community Services, including their free programs. **Seniors Offering Support (SOS)** is a senior based volunteer service where senior volunteers contact clients for the purpose of a social call. **TeleConnect** is a service in which local community members can register to receive up to 3 telephone calls per day for an average of 10 minutes per call. The calls focus on social conversations, medication reminders, wellness checks, and assistance with system navigation.

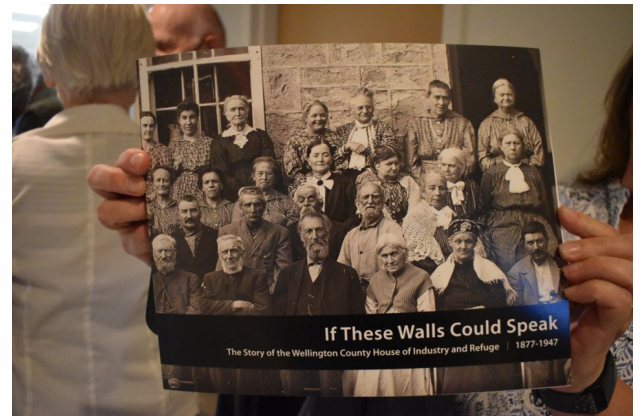
## STORIES FROM THE WELLINGTON COUNTY POOR HOUSE WITH SUSAN DUNLOP

**Monday November 20, 2023**

**10:00–11:00AM**

**Rockmosa Older Adult Centre**

**Members \$10.00+HST ; Non Members \$15.00+HST**



Please join retired Curator (Wellington County Museum and Archives 1994–2017) and author of “If These Wall Could Speak” Susan Dunlop for a slide presentation on the history of the County Poor House, 1877–1947. She will share in particular early stories of struggle and survival at the House by the men, women and children admitted from Guelph and Eramosa townships.

**Breakfast pastries, fruit, coffee, tea and juice included.**

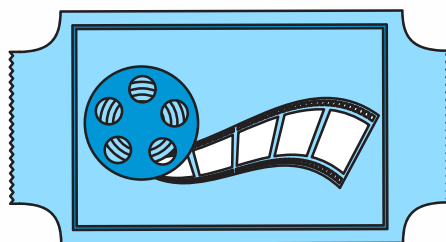
# SILVER SCREEN

## IN THE ROCKWOOD LIBRARY LEARNING ROOM

### 2:00-4:00PM


**FREE!**

<p><b>Tuesday</b> <b>September 12</b> <b>2023</b></p>	<p><b>"Whitney Houston: I Wanna Dance with Somebody"</b></p> <p>A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&amp;B pop vocalists of all time, tracking her journey from obscurity to musical super stardom.</p>
<p><b>Tuesday</b> <b>October 10</b> <b>2023</b></p>	<p><b>"Mary Poppins Returns"</b></p> <p>A few decades after her original visit, Mary Poppins, the magical nanny, returns to help the Banks siblings and Michael's children through a difficult time in their lives.</p>
<p><b>Tuesday</b> <b>November 14</b> <b>2023</b></p>	<p><b>"War Horse"</b></p> <p>Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and to the front lines as the war rages on.</p>
<p><b>Tuesday</b> <b>December 12</b> <b>2023</b></p>	<p><b>"Holiday Inn"</b></p> <p>At an inn which is open only on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer.</p>



 [www.get.on.ca](http://www.get.on.ca)

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

 519-856-9596 ext. 139





# SPECIAL EVENTS



## Apple Cider Social & Pumpkin Painting

Thursday October 26, 2023

10:00AM-12:00PM

Rockmosa Older Adult Centre

**FREE**

Join us for a hot cup of apple cider, apple cider donuts, and a morning of pumpkin painting.

## Seniors Christmas Lunch

Thursday December 7, 2023

12:00-2:00PM

Rockmosa Community Centre

**Members \$20 + HST ; Non-members: \$25 + HST**

Join us for lunch and entertainment to celebrate the holiday season! A special thank you to Chartwell for sponsoring the entertainment!



**CHARTwell**  
retirement residences



## Carols & Cookies

Thursday December 14, 2023

10:00-11:30AM

Rockmosa Older Adult Centre

**FREE**

Sing along to some of your favourite songs of the season and decorate some delicious cookies!

# SPECIAL SERIES

## 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**

**September 18 – Librarian**

**October 2 – Fire Safety**

**November 13 – GET Heritage Committee**

**December 11 – Ontario Provincial Police**



## Fit Minds with Chartwell

**Fridays**

**2:00–3:00PM**

**October 13 – November 3, 2023**

**Rockmosa Older Adult Centre**

**FREE**

**Register by emailing [aoreilly@chartwell.com](mailto:aoreilly@chartwell.com)**

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.



# COOKING CLASSES

with Emily Richards

## Halloween Cooking Class

Tuesday October 31, 2023

12:00–1:00PM

Rockmosa Older Adult Centre

Members \$33.00+HST ; Non Members \$38.00+HST

Let's get spooky and celebrate with some Halloween themed dishes! Halloween is Emily's favourite time of year to share some ghoulish food.

### Menu:

Mummy Brie  
Spooky Turkey Eyeballs  
Spider Web Chocolate Pudding



## Holiday Cooking Class

Tuesday December 5, 2023

12:00–1:00PM

Rockmosa Older Adult Centre

Members \$33.00+HST ; Non Members \$38.00+HST



Looking for some different options for Holiday Side dishes and dessert? Emily loves sharing holiday recipes and will share some new twists for you to incorporate into your holiday menu.

### Menu:

Orzo with Sun-dried Tomatoes and Ricotta  
Roasted Brussel Sprouts and Parsnips  
Ginger Pavlova Torte with Raspberry Sauce.



# ART & MUSIC WORKSHOPS & SERIES

## Paint a Pet in Watercolour with Vita Keeling

Tuesday

November 7, 2023

10:00AM-2:00PM

Rockmosa Older Adult Centre

Members \$30.00+HST ; Non Members \$35.00 + HST

We have a deep connection with our pets. Come and paint a portrait of your family pet with Vita Keeling. With step by step instruction you will create in watercolour a painting of your loved pet!



## Community Drumming with Mary



Tuesdays

November 14 - December 19, 2023

1:30-2:30PM

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.

## Rockmosa Strummers Ukulele Group with Carolyn McLeod-McCarthy

Thursdays

September 28 - November 30, 2023

7:00-8:30PM

Rockmosa Older Adult Centre

Members \$100.00+HST ; Non Members \$105.00 + HST

This program includes a lender ukulele and song sheets. Focus will be on the anatomy of the uke, finger positioning, and strumming. From there you will learn 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+!**



# ART & MUSIC WORKSHOPS & SERIES



## **Watercolours & More with Vita Keeling**

**Mondays**

**October 16 – November 20, 2023**

**1:00PM–3:30PM**

**Rockmosa Older Adult Centre**

**Members \$75.00+HST ; Non Members \$79.98 + 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](http://www.get.on.ca)**

## **Foundations of Acrylic Painting with Grazyna**

**Tuesdays**

**September 26 – October 24, 2023**

**1:00–3:00PM**

**& October 31, 2023 2:00–4:00PM**

**Rockmosa Older Adult Centre**

**Members \$70.00+HST ; Non Members \$75.00**



Discover acrylic painting – a course for beginners and the more advanced. The class covers the study of brushes and other tools and materials, properties of acrylic paint and principles at their application, mixing colours and selected techniques as blending, Alla Prima, impasto and glazing. Each week you will explore a different learning task or approach: monochromatic underpainting, painting still life with flowers or fruit, landscapes with emphasis on skies, landscapes with emphasis on waters, and subjects of your own choosing.

**Supply list can be found online at [www.get.on.ca](http://www.get.on.ca)**

# PROGRAMS WITH Hospice Wellington™

For all programs in partnership with Hospice Wellington, please register by:

Phone 519-836-3921 ext 228

Email: [info@hospicewellington.org](mailto:info@hospicewellington.org)

## Caregiver Coffee Conversations

Tuesdays

September 19, October 3, 17, 31, November 14,  
28, December 12, 2023

9:30-11:30AM

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. We will also have guest speakers and music therapy at different times through to December.

## Music Therapy

**Songs of Our Lives - Weaving the Tapestry**

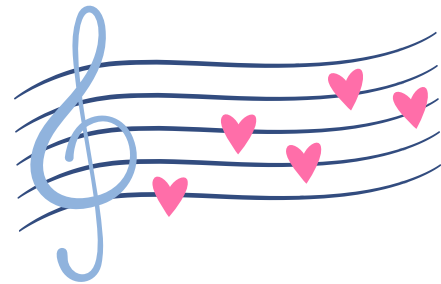
Last Monday of the Month

September 25, October 30, November 27, December 18, 2023

10:00-11:30AM

Rockmosa Older Adult Centre

FREE



Join Certified Music Therapist Catherine for a music therapy group. Music offers a wonderful way of stepping through our lives, and of coming alongside one another as we explore memories and the feelings they evoke.



## Encaustic Card Making

Thursdays

October 5, 19, November 9, 23, 2023

9:30AM–11:30AM

Rockmosa Older Adult Centre

**FREE**

The Encaustic Card-Making Workshop aims to support creative encounters in a welcoming art studio style environment. No experience necessary, but rather a willingness to explore encaustic wax techniques for the creation of one-of-a-kind cards in a warm community setting. Take home an original card each session. This workshop is open to all clients accessing services through Hospice Wellington.



## Lunch & Learn "I Don't Know What to Say"

Tuesday October 24, 2023

10:30AM–12:30PM

Rockmosa Older Adult Centre

**FREE**

Do you face obstacles in knowing what to say or how to help a friend or loved one facing a terminal illness. All you need is the desire to help and an understanding of what is going on. Talking about death is never easy – being there and listening can provide relief to the person simply by listening and allowing them to talk. You can help, even if you don't have all the answers. We will look at obstacles on what to say and how to overcome them. Lunch provided by Hospice Wellington.

## Holiday Survival Skills for Caregivers and the Bereaved

Tuesday November 28, 2023

10:00–11:30AM

Rockmosa Older Adult Centre

**FREE**



The holidays can be a tough time for caregivers and especially those who are grieving the loss of a loved one. This workshop will help support caregivers and those who are bereaved through the holidays by offering strategies of coping, setting boundaries and self care. **14**

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:00 AM Lunch Bunch (OAC)	2
3 <b>Labour Day</b>	4	5	6 9:00AM Chess (OAC) <b>1:00-3:00PM</b> Pickleball (RTC) 9:30 AM Pole Walking (RCA) 12:00 PM Mah Jongg (OAC) 1:00 PM Darts (OAC)	7 11:30 AM Garden Club (OAC) 1:00 PM Euchre(OAC)	8 11:00 AM Lunch Bunch (OAC)	9
10 9:00 AM Pickleball (RTC) 9:30 AM Pole Walking (RCA) 10:00 AM CRA Information Session with Jenny Dang	11	12 2:00 PM Silver Screen "Whitney Houston – I Wanna Dance with Somebody" (RL)	13 9:00AM Chess (OAC) <b>1:00-3:00PM</b> Pickleball (RTC) 9:30 AM Pole Walking (RCA) 12:00 PM Mah Jongg (OAC) 1:00 PM Darts (OAC)	14 11:30 AM Garden Club Clean Up (OAC) 1:00PM Euchre(OAC)	15 11:00 AM Lunch Bunch (OAC)	16
17 9:00 AM Pickleball (RTC) 9:30 AM Pole Walking (RCA) 10:30 AM Coffee and Conversation with a Librarian	18 9:30AM Caregiver Coffee Conversations with Hospice Wellington (OAC) 12:30PM Shuffleboard (RCC) 7:00 PM Photography Club (OAC)	19 9:00AM Chess (OAC) <b>1:00-3:00PM</b> Pickleball (RTC) 9:30 AM Pole Walking (RCA) 12:00 PM Mah Jongg (OAC) 1:00 PM Darts (OAC)	20 1:00 PM Euchre(OAC)	21 11:00 AM Lunch Bunch (OAC)	22	23
24 9:00 AM Pickleball (RTC) 9:30 AM Pole Walking (RCA) 10:00AM Music Therapy with Hospice Wellington	25 9:00AM – 12:00PM Mobile CRA Clinic (OAC) 12:30PM Shuffleboard (RCC) 1:00PM Foundations of Acrylic Painting (OAC)	26 9:00AM Chess (OAC) <b>1:00-3:00PM</b> Pickleball (RTC) 9:30 AM Pole Walking (RCA) 12:00 PM Mah Jongg (OAC) 1:00 PM Darts (OAC)	27 1:00 PM Euchre(OAC) 7:00PM Rockmosa Strummers Ukulele Group	28 11:00 AM Lunch Bunch (OAC)	29	30
<b>Program Location Legend:</b> <b>OAC:</b> Rockmosa Older Adult Centre <b>RCC:</b> Rockmosa Community Centre <b>RCA:</b> Rockwood Conservation Area <b>RPS:</b> Rockwood Centennial Public School <b>RL:</b> Rockwood Library <b>RTC:</b> Rockwood Tennis Courts						

## What's Happening at the Rockwood Branch Library

### Programmes for the Month of September

**September 8** at 1:00-2:00 pm: Eden Mills Writers Festival Author Visit - Paul Gilligan  
A partnership event with Eden Mills Writer's Festival and Wellington County Library.

**September 12** at 2:00-4:00 pm: Silver Screen Movie  
Join Rockwood Branch and the Guelph-Eramosa Older Adult Centre for a relaxed afternoon of film and conversation.

**September 28** at 6:30-7:30 pm: Craft & Create (formerly Carnegie Café)  
Learn new creative techniques and explore library resources with a hands-on project.

Please call 519.856.4851 or visit [www.wellington.libnet.info/events](http://www.wellington.libnet.info/events) to register or find out more.

#### New Fiction

- After that Night by Karin Slaughter
- The Invisible Hour by Alice Hoffman
- Dead Mountain by Preston J. Douglas
- Rock Bottom by Fern Michaels
- The Continental Affair by Christine Mangan
- The Fall by Louise Jensen
- Cursed at Dawn by Heather Graham
- Right Where We Belong by Jackie Ashenden
- Paradise Girls by Sandy Gingras
- What a Dog Knows by Susan Wilson

#### New DVDs

- Fast X
- The Machine
- A Life on the Farm
- Saving the Right Whale
- Dear Zoe
- BlackBerry
- The Starling Girl
- Grantchester, Season 8
- D.I. Ray, Season 1
- Ridley, Season 1
- Master Gardener

#### New Non-Fiction

- The Modern Pioneer Cookbook by Mary Bryant Shrader
- Nutrient Matters by Sara Abdul-Aziz
- Terry & Me by Bill Vigars
- The Ecological Farm by Helen Atthowe
- Barndominiums by Chris Peterson
- Celebrity Nation by Landon Y. Jones
- The War Came to Us by Christopher Miller
- Breaking Through Depression by Philip W. Gold
- Incurable Optimist: Living with Illness and Chronic Hope by Jennifer Cramer-Miller

#### New Audiobooks

- The Heaven & Earth Grocery Store by James McBride
- The Missus by E.L. James
- Gone Tonight by Sarah Pekkanen
- Everyone Here is Lying by Shari Lapena
- Dead Fall by Brad Thor
- An Honest Man by Michael Koryta
- Cutting Teeth by Chandler Baker
- The Collector by Daniel Silva
- Flags on the Bayou by James Lee Burke
- Crook Manifesto by Colson Whitehead
- An Evil Heart by Linda Castillo