

# ROCKMOSA OLDER ADULT CENTRE

## SPRING 2023 NEWSLETTER



Photo by Doug Brunton - Photography Club



**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



Happy first day of Spring! In this newsletter you will find several exciting workshops and events planned for the Months of April, May, and June. Please be sure to read through the newsletter carefully and sign up early for programs that interest you.

April 16th to 22nd is National Volunteer Week. Our Centre would not be able to provide all the programming we do without the support of our dedicated volunteers. We look forward to celebrating our volunteers during this week with a special brunch. If you would like to volunteer at the Centre, please connect with me by phone 519-856-9596 ext. 139 or email [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca)

We are very excited to welcome Mary Meads as our new Community Programs Coordinator Assistant! Mary will be working at the Centre Monday to Thursday 9:00 a.m. to 3:30 p.m. be sure to stop by and say hello!

With the increasing popularity of our Pickleball program we were required to change the drop-in format to preregistration to control attendance numbers. We have divided Mondays and Wednesdays into two scheduled sessions, registration opens one week in advance. You may register online, by phone or by email. Please note, payment is not required at the time of registration, please bring \$2 with you to pay before you play!

Hope to see you soon!

*Melissa Biffis*

**The Rockmosa Older Adult Centre and Rockmosa Community Centre will be closed on Easter Friday April 7, Easter Monday April 10, and Victoria Day May 22, 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

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)

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Rockmosa Older Adult Centre  
Guelph/Eramosa Township



guelpheramosa

# DROP-IN PROGRAM SCHEDULE

Monday	Nordic Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2 drop-in fee	Rockmosa Community Centre	12:00-1:30PM* 1:30-2:30PM*
Tuesday	Shuffleboard \$2 drop-in fee	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg	Older Adult Centre	1:00-3:00PM
Tuesday 2nd & 4th of month	Games for the Brain	Older Adult Centre	1:00-3:00PM
Tuesday 3rd of the month	Photography Club	Older Adult Centre	7:00-9:00PM
Wednesday	Nordic Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Wednesday	Chess	Older Adult Centre	9:00AM-12:00PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Wednesday	Pickleball \$2 drop-in fee	Rockmosa Community Centre	12:00-1:15PM* 1:15-2:30PM*
Thursday	Euchre \$2 drop-in fee	Older Adult Centre	1:00-3:30PM
Thursday	Pickleball \$3 drop-in fee	Rockwood Centennial Public School	6:30-8:30PM
Friday	Lunch Bunch Free	Older Adult Centre	11:00AM-2:00PM

**\*NEW Monday and Wednesday Pickleball drop-in requires pre-registration**



# VOLUNTEER APPRECIATION BRUNCH

Monday April 17, 2023

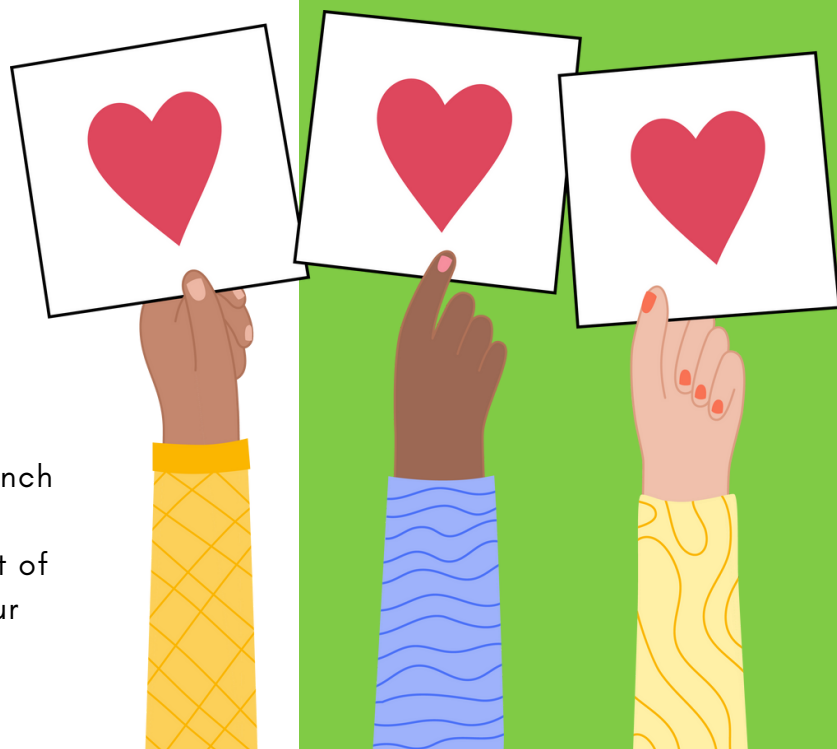
10:00AM – 12:00PM

Rockmosa Older Adult Centre

We want to celebrate you!

Our volunteers are invited to join us for brunch and entertainment as a token of our appreciation. Volunteerism is a vital aspect of our centers' success, and we want to honour your time and efforts.

Confirm attendance by emailing  
mbiffis@get.on.ca.



# PARKS AND RECREATION MASTER PLAN SENIOR INPUT SESSION

Thursday April 27, 2023

12:00-2:30PM

# Rockmosa Community Centre



Have your say! Join us for a FREE lunch and discussion. The Parks and Recreation Master Plan is a long-term planning document that provides guidance and the framework for future growth, development and service delivery for the Parks and Recreation Department. The 2023 Master Plan will help determine future needs and priorities related to park and recreation facilities and services. Community input and engagement is a vital part of the process.

Confirm attendance by emailing [mbiffis@get.on.ca](mailto:mbiffis@get.on.ca).

## TOUR AND LUNCH WITH CHARTWELL RETIREMENT RESIDENCES

Friday April 21, 2023

10:30AM - 2:00PM

Pick up and drop off at Rockmosa Older Adult Centre

Please join us on our Chartwell bus for an afternoon of fun, learning and lunch! You will be guided by our retirement living consultants during an annual open house for personalized tours, prizes, and lunch!

Please email or call Amy O'Reilly [aoreilly@chartwell.com](mailto:aoreilly@chartwell.com) 226-791-6432 to reserve your spot! Please RSVP by Monday April 17th and include any dietary restrictions.



Your Ride's On Us



## HOMEGROWN LAUNCH EVENT

A CELEBRATION OF COMMUNITY ARTISTS

**Thursday June 1, 2023**

**6:30-8:00PM**

**Rockwood Library Learning Room**

Join us for Guelph/Eramosa's 55+ Community Art Show Launch Event, and meet your local artists! Refreshments and light Hors D'oeuvres will be provided.

Contact [programming@get.on.ca](mailto:programming@get.on.ca) for registration form and information.



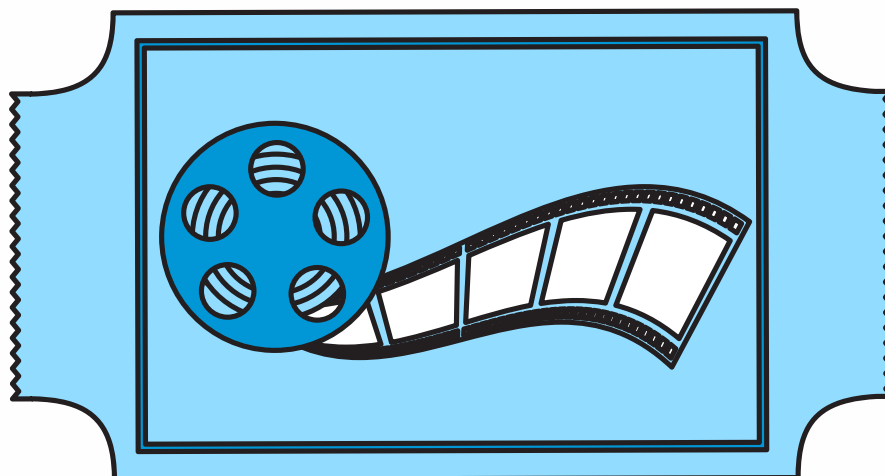
# SILVER SCREEN

## IN THE ROCKWOOD LIBRARY LEARNING ROOM

### 2:00-4:00PM


**FREE! NO REGISTRATION REQUIRED!**

<b>Tuesday April 11, 2023</b>	<b>"The Bookshop"</b> England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop.
<b>Tuesday May 9, 2023</b>	<b>"A Beautiful Day in the Neighbourhood"</b> Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.
<b>Tuesday June 13, 2023</b>	<b>"Judy"</b> Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.



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

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

 519-856-9596 ext. 139





# MUSIC IN THE GARDEN

## ROCKMOSA ENABLING GARDEN

THURSDAYS IN THE SUMMER  
SPONSERED BY CHARTWELL RETIREMENT RESIDENCES



**Thursday June 22, 2023**  
**7:00-9:00PM**  
**Fiddlestix**

Join us as we welcome back the FiddleStix for our inaugural Music in the Garden performance for the summer of 2023. Fiddlestix is one of the top Canadian bands due to their signature sound, instrumental layering, multiple lead vocal tradeoffs, and incredible four-part harmonies, flexing genres and blending styles seamlessly. You don't want to miss this!

**FREE! NO REGISTRATION REQUIRED!**

# SPRING WORKSHOPS AND EVENTS



## PHYSICAL ACTIVITY FOR HEALTH & QUALITY OF LIFE

**Monday April 3, 2023**

**10:00-11:00AM**

**Rockmosa Older Adult Centre**

**FREE**

Physical activity can contribute to prevention of different conditions, including high blood pressure, stroke, diabetes, obesity, cancer and can also improve mental health, quality of life, and delay the onset of dementia. In this workshop, Marcel Doré MD will attempt to answer some of your questions (How much should I exercise? What kind of exercise should I do? How intense does the exercise need to be? What if I don't like to exercise? to hopefully guide you to selecting activities that can help improve your health and quality of life.

## STOP FAKE TECH - CHARITY SCAMS

**Thursday April 6, 2023**

**10:30-11:30AM**

**Rockmosa Older Adult Centre**

**FREE**

Join Tom Cheel, a former police detective, as he provides information on fake charity scams that are created by fraudsters as a result of natural and man-made disasters. This presentation also involves COVID related scams.



## ROCKWOOD STRUMMERS SPRING SESSION

**Thursdays, April 20 - June 8, 2023**

**10:00-11:30AM**

**Rockmosa Older Adult Centre**

**\$70 +HST Members ; \$74.96 +HST Non-Members**

Led by instructor Carolyn McLeod-McCarthy, 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! 7 weeks will be instructional and the 8th and final week we will have a small concert to celebrate all that we have learned!

# SPRING WORKSHOPS AND EVENTS



## COOKING CLASS

### SPRING BRUNCH with EMILY RICHARDS

**Tuesday April 18, 2023**

**11:00AM - 12:00PM**

**Rockmosa Older Adult Centre**

**\$30 +HST Members ; \$35 +HST Non-Members**

Let's Spring into Brunch! Menu includes: Roasted Red Pepper and Mozzarella Caprese Tart with Spring Greens, Asparagus Frittata and Sweet Almond Marzipan Buns. Come taste the flavours and be inspired for springtime fun!

## WATERCOLOUR and MORE SPRING SESSION

**Mondays, April 17 - May 29 2023**

**1:00 - 3:30PM**

**Rockmosa Older Adult Centre**

**\$75 +HST Members ; \$79.98 +HST Non-Members**

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 technique, and explore possible media combinations with watercolour. We will explore working from photos to a finished interpretive painting as well as working from a still life. Demonstrations will complement instruction and supportive personal critique. Supply list can be found online.



## GARDEN CLUB SPRING PLANNING MEETING

**Tuesday April 25, 2023**

**10:00-11:30AM**

**Rockmosa Older Adult Centre**

**With coffee and treats!**

Calling all green thumbs! Join us for a meeting to plan the selection, planting, and maintenance of the 2023 Enabling Garden at the OAC. Joining the Garden Club allows you to meet other gardening enthusiasts and be involved in this nurturing spring and summer project.



# SPRING WORKSHOPS AND EVENTS



## COOKING CLASS

### HUEVOS RANCHEROS with ENRIQUE VARJU

**Wednesday May 3, 2023**

**10:00AM - 12:00PM**

**Rockmosa Older Adult Centre**

**\$30 +HST Members ; \$35 +HST Non-Members**

Enjoy a Mexican style brunch in celebration of Cinco de Mayo! Menu will include: authentic Mexican hot chocolate to warm you up, freshly fried tortilla chips with red and green salsa, and "huevos rancheros", two over easy eggs served on two lightly fried corn tortillas, garnished with chorizo, cilantro, queso fresco (cheese). This is one of the best-known dishes in Mexico, and will become one of your all time favourite things to make and eat for brunch with your family. Volunteer with this program to receive your registration free of charge!

## SPRING ORGANIZING with HEIDI KACHEL

**Tuesday May 16, 2023**

**10:00 - 11:30AM**

**Rockmosa Older Adult Centre**

**FREE**

Spring cleaning can be frustrating when you have too much stuff! Heidi Kachel, Professional Organizer with Harmonious Spaces is going to inspire you to tackle the clutter and organize your space. Bring a notepad and pen as Heidi will be sharing tips for each area of the home. There are many ways of doing things - you set the rules!!



## PLANTING WEEK in the ENABLING GARDEN

**May 23 - 26, 2023**

**Rockmosa Enabling Garden**

We will make a trip to a local greenhouse to pick out our required plants, and spend the week in the garden. Joining the Garden Club allows you to meet other gardening enthusiasts and be involved in this nurturing spring and summer project. Specific dates and times to be determined in the Garden Club meeting in April.

# SPRING WORKSHOPS AND EVENTS



## MONOTYPE PRINTING with WATERCOLOURS

**Tuesday May 23, 2023**

**9:00AM-12:30PM**

**Rockmosa Older Adult Centre**

**\$40 +HST Members ; \$45 +HST Non-Members**

Join Vita Keeling and enjoy the experience of creating Monotype Prints, a simple technique where images are created by pressing paper against a painted printing surface. This non-toxic, water-based medium is a dynamic art form that gives exciting results! Supply list can be found online.

## COOKING CLASS FAVOURITE INDIAN DISHES with CHITRA

**Monday June 5, 2023**

**6:30-8:30PM**

**Rockmosa Community Centre**

**\$55 +HST**

Learn how to cook all-time favourite Indian dishes like appetizer Vegetable Bhaji, Garlic Chicken Curry, and Daal Makhani (creamy lentil curry). These curries will be accompanied by aromatic Basmati rice. Bring an apron, water bottle and containers for any possible leftovers.



## ONTARIO'S NEW MINOR AILMENTS PROGRAM with JILL KRON

**Tuesday May 30, 2023**

**10:00 - 11:00AM**

**Rockmosa Older Adult Centre**

Join local Pharmacist Jill Kron to discuss Ontario's new Minor Ailments Program. Learn more about which 13 minor illnesses or conditions your pharmacist can assess and write you a prescription for, and learn more about important ways your pharmacist can contribute to your health and safety.



# SPRING WORKSHOPS AND EVENTS



## **EUCHRE TOURNAMENT and PIZZA LUNCH**

**Thursday June 15, 2023**

**10:00AM-1:00PM**

**Rockmosa Older Adult Centre**

**\$5**

Join us for a fun and friendly progressive style Euchre Tournament. \$5 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.



## **ARTFUL AGING and LUNCH IN THE ENABLING GARDEN**

**Monday June 19, 2023**

**11:30AM - 1:00PM**

**Rockmosa Enabling Garden**

**FREE**

Join Chartwell at the Rockmosa Enabling Garden to engage with your creative side, and witness how creative arts can help support healthy aging. Participants will be guided through a project of Tree Canopy Acrylic painting. Light lunch will follow.



## **STRAWBERRY SOCIAL**

**Tuesday June 27, 2023**

**10:00AM-12:00PM**

**Rockmosa Enabling Garden**

**FREE**

Let's celebrate Seniors Month! Enjoy fresh local strawberries, cake and whipping cream with Coffee and Tea in the Enabling Garden. We will play some games and enjoy the company of others in our beautiful garden.






# SPRING FITNESS

## 10 WEEK SESSION

### APRIL - JUNE, 2023

 Rockmosa Community Centre  
121 Rockmosa Dr., Rockwood ON

 519-856-9596 ex.139



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

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



# REGISTRATION NOW OPEN

# APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>9:30 AM</b> Pole Walking (RCA) <b>10:00 AM</b> <b>Physical Activity for Health and Quality of Life</b> <b>12:00 / 1:30 PM</b> Pickleball (RCC) <b>1:00 PM</b> <b>Fit Minds with Chartwell (OAC)</b>	<b>3</b> <b>12:30 PM</b> Shuffleboard(RCC) <b>1:00 PM</b> Mah Jongg (OAC)	<b>4</b> <b>9:00AM</b> Chess (OAC) <b>9:30 AM</b> Pole Walking (RCA) <b>12:00 / 1:15 PM</b> Pickleball (RCC) <b>1:00 PM</b> Darts (OAC)	<b>5</b> <b>10:30 AM</b> <b>Stop Fake Tech – Charity Scams</b> <b>1:00 PM</b> Euchre(OAC) <b>6:30 PM</b> Pickleball(RPS)	<b>7</b> <b>GOOD FRIDAY</b>	<b>8</b>
9	<b>EASTER MONDAY</b>	<b>10</b> <b>12:30 PM</b> Shuffleboard(RCC) <b>1:00 PM</b> Mah Jongg (OAC) <b>1:00 PM</b> Games for the brain (OAC) <b>2:00 PM</b> <b>Silver Screen "The Bookshop" (Rockwood Library Learning Room)</b>	<b>11</b> <b>9:00 AM</b> Chess(OAC) <b>9:30 AM</b> Pole Walking(RCA) <b>12:00 / 1:15 PM</b> Pickleball(RCC) <b>1:00 PM</b> Darts(OAC)	<b>12</b> <b>10:00 AM</b> <b>Rockmosa Strummers (OAC)</b> <b>1:00PM</b> Euchre(OAC) <b>6:30 PM</b> Pickleball(RPS)	<b>13</b> <b>11:00 AM</b> Lunch Bunch(OAC)	<b>15</b>
16	<b>9:30 AM</b> Pole Walking(RCA) <b>10:00 AM</b> <b>Volunteer Appreciation Brunch (OAC)</b> <b>12:00 / 1:30 PM</b> Pickleball(RCC) <b>1:00 PM</b> <b>Watercolours</b>	<b>17</b> <b>10:30 AM</b> <b>Spring Brunch Cooking Class – Emily Richards (OAC)</b> <b>12:30 PM</b> Shuffleboard(RCC) <b>1:00 PM</b> Mah Jongg(OAC) <b>7:00 PM</b> Photography Club (OAC)	<b>18</b> <b>9:00 AM</b> Chess(OAC) <b>9:30 AM</b> Pole Walking(RCA) <b>12:00 / 1:15 PM</b> Pickleball(RCC) <b>1:00 PM</b> Darts(OAC)	<b>19</b> <b>10:00 AM</b> <b>Rockmosa Strummers (OAC)</b> <b>1:00 PM</b> Euchre(OAC) <b>6:30 PM-</b> Pickleball(RPS)	<b>20</b> <b>11:00 AM</b> Lunch Bunch(OAC)	<b>22</b>
23	<b>9:30 AM</b> Pole Walking(RCA) <b>12:00 / 1:30 PM</b> Pickleball(RCC) <b>1:00 PM</b> <b>Watercolours</b>	<b>24</b> <b>10:00 AM</b> <b>Garden Club Meeting (OAC)</b> <b>12:30 PM</b> Shuffleboard (RCC) <b>1:00 PM</b> Games for the Brain <b>1:00 PM</b> Mah Jongg (OAC)	<b>25</b> <b>9:00 AM</b> Chess(OAC) <b>9:30 AM</b> Pole Walking(RCA) <b>12:00 / 1:15 PM</b> Pickleball(RCC) <b>1:00 PM</b> Darts(OAC)	<b>26</b> <b>10:00 AM</b> <b>Rockmosa Strummers (OAC)</b> <b>12:00-2:30 PM</b> <b>Parks &amp; Rec Master Plan Senior Input Lunch (RCC)</b> <b>1:00 PM</b> Euchre(OAC) <b>6:30 PM</b> Pickleball(RPS)	<b>27</b> <b>11:00 AM</b> Lunch Bunch(OAC)	<b>29</b>
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			