
RDAPC September NEWSLETTER



Our doors are officially Re-Opening: **Monday September 14, 2026 at 8:30am**

Join us for our Welcome Back Celebration as we come together to reconnect, explore, and celebrate our brand-new turf and refreshed recreation spaces!

The morning will feature a ribbon-cutting ceremony (9:00am), coffee and tea in the Learning Room, Active 55+ Soccer, Tot N Play, The Back Yard, and walking the track with all the smiling faces you haven't seen in weeks.

Whether you're returning to a favourite program, trying something new, or simply stopping by to connect with friends and neighbours, there's something for everyone to enjoy. Come see the new turf and celebrate this exciting enhancement to our community recreation spaces.

We look forward to welcoming you back for a fun-filled morning of FREE activity, connection, and celebration!

A Note from Nancy!

See you in September

As summer fades and autumn arrives, the cooler air and changing leaves offer a natural invitation to reset your health. Fall is an ideal season to build sustainable habits before winter settles in and with the new field opening at RDAPC - who could ask for anything more?

Fall is a great time to start moving. If it's been too hot to have lots of outdoor exercise this summer, the milder temperatures of fall are perfect. Now's the time to take brisk walks through colorful parks, hiking trails, or even raking leaves count as effective activity.

Consistent exercise is important as it strengthens immunity, improves mood, and helps manage the weight fluctuations that often accompany shorter days and holiday foods. I know you've heard this before - aim for at least 150 minutes of moderate movement each week. Things couldn't be easier with the plethora of exercise class options available at RDAPC.

Fall is a great time to give yourself a nutritional upgrade too. Embrace fall produce: crisp apples, roasted squash, sweet potatoes, Brussels sprouts, and pumpkins deliver fiber, vitamins A and C, and antioxidants that support immune function. Warm, nourishing meals like vegetable soups, stews, and oatmeal feel comforting while packing nutrients. Yummy! Remember to stay hydrated even as thirst cues weaken in cooler weather—herbal teas count toward your daily fluid goals - pumpkin spice anyone?

Fall is also the beginning of flu season - again. Do everything you can to proactively protect your immune system. Wash those hands; get that flu shot and eat lots of whole foods rich in zinc and vitamin D. Let's meet the fall full on with small, steady, healthy changes - more fresh produce, daily walks, better sleep, a fitness class or two. All this will compound into noticeable improvements by the time winter arrives. Get ready to lean into fall's rhythm with energy and resilience that will last well beyond the season.

Pick a favourite class or two. Try something new. Be good to yourself and see you in September...at RDAPC of course!

Fall Fitness

Registration for **Fall Fitness** is open!

With 21 fitness and wellness programs being offered this fall, there's something for everyone! Whether you're looking to introduce your little one to movement through Baby Yoga, stay active with our adult fitness classes, or enjoy one of our many Active 55+ programs, you'll find a variety of opportunities to support your health and wellness this season.

Registration is now open. Visit www.get.on.ca/rdapc to view the full list of classes and secure your spot today.

We look forward to helping you stay active this fall!

SUMMER HOURS

Monday September 14th

8:30am: OPEN, Join us for refreshments and a photo recap of our closure accomplishments.

9:00am: Ribbon Cutting Ceremony and the track and turf are officially open to the public.

Summer Hours (through thanksgiving)

Monday – Friday

7:00am – 6:00pm

Saturday & Sunday

11:00am – 5:00pm

Winter Hours (Thanksgiving – Victoria Day)

Monday – Friday

7:00am – 9:00pm

Saturday & Sunday

8:00am – 8:00pm



G.E.T. News

Rockmosa Pickleball Courts

Join us on September 16 at 10:00 a.m. at Rockmosa Park as we celebrate the new pickleball courts made possible through funding from the **Ontario Trillium Foundation**.

Special guests MPP Joseph Racinsky and Mayor/Warden Chris White will be on hand to mark this exciting investment and its lasting benefits for recreation, wellness, and community connection in Guelph/Eramosa.

 Rockmosa Park, 201 Drexler Ave,
Rockwood

 Wednesday, September 16, 10:00 a.m

G.E.T. Parks

Park Pop-Up

Join us at **Cross Creek Park** on **September 16, 2026 from 3:15–6:15 p.m.** for an afternoon of fun, creativity and community connection! Enjoy yard games, creative crafts, unstructured playtime, family activities and more.

Stop by the Elections Tent to learn about the **2026 Municipal Election**, pick up important information and grab some fun swag.
Everyone is welcome!