

Rockmosa Older Adult Centre

Winter 2023 Newsletter



Location: 121 Rockmosa Dr., Rockwood, ON., inside the Rockwood Library!
Hours: Open Daily from Monday to Friday 9:00 AM to 3:00 PM

Merry Christmas and all the best of health and happiness for the New Year!



Photo by: Kari Rimmer - Rockmosa Photo Snap Club

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MERRY CHRISTMAS

From the desk of the Community Programs Coordinator!

Merry Christmas, and Happy New Year!

I hope you have a wonderful Christmas with your family and friends!

Just a reminder that there is no programming the week of December 19th. The centre will be closed Monday, December 26th, and re-open on Tuesday, January 3rd.

This winter we are offering several fitness classes, drop-in programs, cooking classes, workshops, special events, and more! Enclosed is the January calendar that can be pinned to your message board or placed on your fridge. It is a great tool to ensure you don't miss the upcoming workshops and activities!



It is important to stay active during the winter season so don't forget to register for one or more of our Active 55+ fitness classes! Details about the classes, start dates, times, and costs are available by visiting www.get.on.ca/fitness.

Just a reminder that membership to the Rockmosa Older Adult Centre has its advantages! It allows for discounts on fitness classes, cooking classes, and workshops and is a great way to support the centre!

Don't forget to follow us on Facebook [Rockmosa Older Adult Centre | Rockwood ON | Facebook](#) and "Like" our posts! Help us promote the centre by sharing our information!

We look forward to connecting with you in the new year!

Melissa Biffis

REGISTRATION INFORMATION

To register for fitness classes, workshops, cooking classes or drop-in programs, please visit our website at

www.get.on.ca/fitness

You may also call 519-856-9596 ext. 139 or email
programming@get.on.ca

Drop-in Program Schedule

Monday	Nordic Pole Walking	Rockwood Conservation Area	9:30 AM – 10:30 AM
Monday	Pickleball - \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Tuesday	Shuffleboard \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Tuesday	Mah Jongg	Rockmmosa Older Adult Centre	1:00 PM – 3:00 PM
Tuesday 1 st and 3 rd of month	Always Stitching Together	Rockmosa Older Adult Centre	1:00 PM – 3:00 PM
Tuesday 2 nd and 4 th of month	Games for the Brain	Older Adult Centre	1:00 PM – 3:00 PM
Tuesday 3 rd of month	Photography Club	Older Adult Centre	7:00 PM – 9:00 PM
Wednesday	Nordic Pole Walking	Rockwood Conservation Area	9:30 AM – 10:30 AM
Wednesday	Chess	Rockmosa Older Adult Centre	9:00 AM to 12:00 PM
Wednesday	Darts	Older Adult Centre	1:00 PM – 3:00 PM
Wednesday	Pickleball - \$2 drop-in fee	Rockmosa Community Centre	12:30 PM – 2:30 PM
Thursday	Euchre - \$2 drop-in fee	Older Adult Centre	1:00 PM – 3:30 PM
Friday	Lunch Bunch FREE!	Older Adult Centre	11:00 AM – 2:00 PM

NOTE:

Drop-in programming ends: Friday, December 16th
and

Re-starts: Monday, January 9th, 2023

Attention Aspiring Actors!

The Rockmosa Older Adult Centre in partnership with the Elora Theatre Company is hosting auditions for the performance **“Love Letters”**

About the Play

"A unique and imaginative theatre play which, in the words of the author, “needs no theatre, no lengthy rehearsal, no special set, no memorization of lines, and no commitment from its two actors beyond the night of the performance.” The piece is composed of letters exchanged over 50 years between two people who grew up together, went their separate ways, but continued to share confidences. As the actors read the letters aloud, what is created is a touching, frequently funny but always telling pair of character studies in which what is implied is as revealing and meaningful as what is actually written down."

Audition date:

**Monday, January 9th
at 1:00 PM**

Rockmosa Older Adult Centre

Performance date:

**Thursday, February 16th
at 1:00 PM**

Rockmosa Community Centre



LOVE LETTERS

BY: A.R. GURNEY

"With special permission of Dramatists Play Services"

CASTING CALL!

For the roles of Melissa Gardner and
Andrew Makepeace Ladd III

Audition date:
Monday, January 9th
1:00 PM to 3:00 PM

Rockmosa Older Adult Centre, Rockwood, ON.

Call 519-856-9596 x. 139 or email
programming@get.on.ca if you are
interested in auditioning

Winter Workshops

Rockmosa Strummers Ukulele Classes

This 9-week program, led by instructor Carolyn McLeod-McCarthy, includes a lender ukulele along with various song sheets you can take home.

We will focus on the anatomy of the uke, finger positioning, and strumming. From there you will learn songs with the same chords and strumming patterns. Some music theory will be tossed into the mix to better understand how it all works together. Musical experience is NOT necessary to participate!

9 Week Session

Starts: Thursday, January 5th
10:00 AM to 11:30 AM

Rockmosa Older Adult Centre

COST:

Members: \$90 + HST

Non-members: \$95 + HST



The Joyful Caregiver Group

In partnership with Hospice Wellington, this group for Caregivers will look at 8 steps to prevent caregiver burnout. This is an opportunity to meet other caregivers, share your stories and learn ways to manage your stress. We will discuss the importance of finding life outside of your caregiving role so that the joy of life is not forgotten.

DATE: Every other Friday.

STARTS: Friday, January 13th

TIME: 2:30 PM to 4:00 PM

PLACE: Rockmosa Older Adult Centre

Mono Printing with Watercolours

Monotype printing is 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!

DATE: Monday, January 16th

TIME: 10:00 AM to 2:00 PM

PLACE: Rockmosa Older Adult Centre

COST: Members: \$40 + HST

Non-members: \$45 + HST

Supplies extra. A list is provided upon registration.

Bring a bagged lunch!



Guide to End-of-Life Planning & Support Lunch and Learn

In partnership with Hospice Wellington, this workshop will be focused on being prepared, "just in case." We will go through a case study and work our way through the guide to help navigate your end-of-life planning or help someone else be prepared.

DATE: Tuesday, January 17th

TIME: 10:30 AM to 12:00 PM

Rockmosa Older Adult Centre

Lunch is provided by Hospice Wellington.

FREE

Winter Workshops Cont'd...

Watercolours & More with Instructor Vita Keeling

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 medium combinations with watercolour.

6 Week Session

Starts: Monday, January 23rd

1:00 PM to 3:30 PM

Rockmosa Older Adult Centre

COST:

Members: \$75 + HST

Non-members: \$79.98 + HST

Supplies extra. A list will be provided upon registration.

Fraud Awareness for Seniors

Tom Cheel a former police detective, financial crime investigator, and volunteer with the Canadian Anti-Fraud Centre will be providing important information and answering questions relating to fraud that is currently targeting our seniors.

DATE: Thursday, February 2nd

TIME: 10:30 AM to 12:00 PM

PLACE: Rockmosa Older Adult Centre

Love Letters Performance

This piece is composed of letters exchanged over 50 years between two people who grew up together, went their separate ways, but continued to share confidences. As the actors read the letters aloud, what is created is a touching, frequently funny but always telling pair of character studies in which what is implied is as revealing and meaningful as what is actually written down."

DATE: Thursday, February 16th

TIME: 1:00 PM to 2:30 PM

PLACE: Rockmosa Community Centre

COST: \$20 + HST per person

Book Launch "Telling Our Stories, Sharing Our Wisdom"

Come and meet the authors. Thanks to a New Horizons grant for Seniors and the Rockwood Older Adult Centre and Rockwood Library, Eramosa Eden Centre was awarded a grant to entice seniors out of their homes to join others in writing their stories. Groups were formed, and stories were told with laughter and tears. Sixteen authors have written over thirty-five stories for your reading pleasure. Some funny, some sad, some mysterious, and some may remind you of your early days. Join us and meet the authors, sign the Guest book, and have a cup of tea and some goodies.

DATE: Saturday, March 4th

TIME: 1:00 PM to 3:00 PM

PLACE: Rockmosa Older Adult Centre



Internet, Password Safety and Identity Theft for Seniors

Tom Cheel a former police detective, financial crime investigator, and volunteer with the Canadian Anti-Fraud Centre is back to provide information on computer safety including safe passwords and computer tips, phishing scams, and ways to prevent yourself from becoming a victim of theft.

DATE: Tuesday, March 7th

TIME: 10:30 AM to 12:00 PM

PLACE: Rockmosa Older Adult Centre

Winter Workshops Cont'd...

Watercolour Collage with Vita Keeling

Experience this mixed-media painting technique. It will encourage you to loosen up your approach to painting while still focusing on designing and composing, values and colour!

Supplies required:

- A variety of coloured tissue paper.
- Watercolour paper: Size 9"x12" 140 lbs.
- A craft bristle brush for gluing.
- Pencil and eraser
- Watercolour brushes #6, #10.
- Watercolour Paints (small set of tube paints).
- Pallet to place and mix your paints.
- Container for water and paper towels.
- Sketchbook.

DATE: Saturday, March 18th

TIME: 1:00 PM to 4:00 PM

PLACE: Rockmosa Older Adult Centre

COST: Members: \$30 +HST

Non-members: \$35 +HST

New Workshop Series!

Rockmosa Glee Club with Carolyn McLeod-McCarthy

Do you like to sing along to the radio, in the car, or in the shower? If you answered yes, then join the Rockmosa Glee Club!

This program will be led by trained musician and vocalist Carolyn McLeod McCarthy. Some of you may know her from the Ukulele program!

All supplies and music are provided!

Session starts:

Wednesday, March 1st to Wednesday, April 5th

TIME: 4:30 PM to 5:30 PM

COST: \$60 + HST



Cooking Classes

Huevos Rancheros with Chef Hendrik Varju

Enjoy a Mexican-style brunch with Chef Enrique Varju.

Menu:

Freshly fried tortilla chips with two types of freshly made salsas. Huevos rancheros", which means ranch-style eggs served on two lightly fried corn tortillas and garnished with chorizo, cilantro, and queso fresco (cheese). This is one of the best known dishes in Mexico, aside from tacos, and will become one of your all-time favourite things to make and eat for brunch with your family!

DATE: Tuesday, January 24th

TIME: 10:00 AM to 12:00 PM

Rockmosa Older Adult Centre

COST: Members: \$35 + HST

Non-members: \$40 + HST

Lifestyle Cooking with Suzie! Gut Health & Digestion!

This lesson will include gut healing, digestion with warm energy foods, (herbs, spices, teas, and blood-enhancing meals), and how these give your system an extra boost for the winter season. We will be sampling spicy teas, healing bone broths, and warm energy mini meals and explain how to incorporate these into your daily winter routines.

DATE: Tuesday, January 24th

TIME: 7:00 PM to 8:00 PM

Rockmosa Older Adult Centre

COST: Members: \$35 + HST

Non-members: \$40 + HST

Cooking Classes Cont'd...

Indian Cooking – Spicy Samosas!

Join Chitra Saravanan owner and instructor at the Krisha Indian Cooking School and learn how to make the always popular Indian appetizer, Samosa from scratch. In this class, you will make a samosa pastry, a pastry made of flour and spices, and a chicken samosa filling made with minced chicken, potatoes, and peas. To accompany the samosas, you will be learning to make Sweet and Sour Tamarind Chutney. We will finish the class with some aromatic masala chai.

Please bring containers for possible leftovers.

DATE: Monday, February 13th

TIME: 6:30 PM to 8:30 PM

PLACE: Rockmosa Community Centre

COST: \$55 + HST



Celebrate Valentines' Day with Chef Emily Richards!

Get cooking together and celebrate Valentine's Day for two! Chef Emily Richards will share a wonderful menu that you can create together and then enjoy the fruits of your labour!

Menu:

- Rosemary Cauliflower Soup
- Mushrooms Stuffed Pork Tenderloin with Butternut Squash Puree
- Hazelnut Chocolate Pots de Crème

DATE: Tuesday, February 14th

TIME: 11:00 AM to 12:00 PM

PLACE: Rockmosa Older Adult Centre

COST: Members: \$30 + HST

Non-members: \$35 + HST

Weeknight Meals with Chef Emily Richards!

Join Chef Emily and get dinner on the table for the family by using minimal ingredients while shopping on a budget!

Menu:

- Shredded beef tacos
- 5 ingredient lasagna
- Turkey chili-horseradish salmon burgers
- A sweet treat to tuck into lunches!

DATE: Tuesday, February 28th

TIME: 6:30 PM to 7:30 PM

PLACE: Rockmosa Older Adult Centre

COST: Members: \$30 + HST

Non-members: \$35 + HST

Silver Screen Afternoon

Rockwood Library Learning Room

FREE!



Tuesday, January 10 th , 2023	2:00 PM to 4:00 PM	Her Majesty Mrs. Brown
Tuesday, February 14, 2023	2:00 PM to 4:00 PM	And So, It Goes
Tuesday, March 14 th , 2023	2:00 PM to 4:00 PM	Phantom of the Opera

Her Majesty Mrs. Brown: After the death of her beloved husband, Prince Albert, Queen Victoria (Judi Dench) withdraws from public life, so the court appoints a former servant of the prince, John Brown (Billy Connolly), to help her recover from her grief. Brown's unorthodox ways and disdain for protocol draw the queen out of her shell, and the brash Scot becomes her sole confidant. However, their growing closeness causes a stir, as scandalous rumors begin circulating about the exact nature of their relationship.

And So It Goes: Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton), but he learns how to open his heart eventually.

Phantom of the Opera: From his hideout beneath a 19th century Paris opera house, the brooding Phantom (Gerard Butler) schemes to get closer to vocalist Christine Daae (Emmy Rossum). The Phantom, wearing a mask to hide a congenital disfigurement, strong-arms management into giving the budding starlet key roles, but Christine instead falls for arts benefactor Raoul (Patrick Wilson). Terrified at the notion of her absence, the Phantom enacts a plan to keep Christine by his side, while Raoul tries to foil the scheme.

No registration is necessary!



Winter Fitness

Registration Now Open!

10 Week Session
January to March

Rockmosa Community Centre
121 Rockmosa Dr., Rockwood, ON.



ACTIVE
55+



519-856-9596 x. 139



programming@get.on.ca



www.get.on.ca

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Centre Closed	3 Centre Re-Opens	4	5 10:00 AM- Rockmosa Strummers (OAC)	6	7
8	9 9:30 AM- Pole Walking(RCA) 12:30 PM- Pickleball (RCC) 1:00 PM- Auditions for Love Letters (OAC)	10 1:00 PM- Games for the Brain (OAC) 12:30 PM- Shuffleboard(RCC) 1:00 PM- Mah Jongg (OAC) 2:00 PM- Silver Screen(RL)	11 9:00 AM – Chess (OAC) 9:30 AM- Pole Walking (RCA) 12:30 PM- Pickleball (RCC) 1:00 PM- Darts (OAC)	12 10:00 AM- Rockmosa Strummers (OAC) 1:00 PM- Euchre(OAC) 6:30 PM- Pickleball(RPS)	13 11:00 AM- Lunch Bunch(OAC) 2:30 PM- Grief Support Group	14
15	16 9:30 AM- Pole Walking(RCA) 10:00 AM- Mono-Printing (OAC) 12:30 PM- Pickleball(RCC)	17 10:30 AM- Guide to End of Life Planning Lunch and Learn(OAC) 12:30 PM Shuffleboard(RCC) 1:00 PM Mah Jongg (OAC) 1:00 PM-Always Stitching Together (OAC)	18 9:00 AM- Chess(OAC) 9:30 AM- Pole Walking(RCA) 12:30 PM- Pickleball(RCC) 1:00 PM- Darts(OAC)	19 10:00 AM- Rockmosa Strummers (OAC) 1:00 PM- Euchre(OAC) 6:30 PM- Pickleball(RPS)	20 11:00 AM- Lunch Bunch(OAC)	21
22	23 9:30 AM- Pole Walking(RCA) 12:30 PM- Pickleball(RCC) 1:00 PM- Watercolours & More (OAC)	24 10:00 AM- Huevos Rancheros with Hendrik Varju(OAC) 12:30 PM- Shuffleboard(RCC) 1:00 PM- Games for the Brain(OAC) 1:00 PM- Mah Jongg(OAC) 7:00 PM- Lifestyle Cooking (OAC)	25 9:00 AM- Chess(OAC) 9:30 AM- Pole Walking(RCA) 12:30 PM- Pickleball(RCC) 1:00 PM- Darts(OAC)	26 10:00 AM- Songs of Our Lives (OAC) 1:00 PM- Euchre(OAC) 6:30 PM- Pickleball(RPS)	27 11:00 AM- Lunch Bunch(OAC) 2:30 PM- Grief Support Group	28
29	30 9:30 AM- Pole Walking(RCA) 1:00 PM- Watercolours & More (OAC) 12:30 PM – Pickleball(RCC)	31 12:30 PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC)	Program Location Legend: OAC: Rockmosa Older Adult Centre RCC: Rockmosa Community Centre RCA: Rockwood Conservation Area RPS: Rockwood Centennial Public School RL: Rockwood Library			