



2022-2023 edition

Community guide



GET active • GET informed • GET exploring

Guelph/Eramosa will vote by mail in the 2022 Municipal Election this fall. Check out pages 20 and 21 about when to vote, how to vote and more! www.getvoting.ca

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Mayor's Message

On behalf of the Council of Guelph/Eramosa, we are pleased to bring you the 2022/2023 Guelph/Eramosa Community Guide!

We are proud of how resilient our residents and local businesses have been in the wake of the COVID-19 pandemic. This year and into next, Guelph/Eramosa is excited to be moving forward with many innovative and exciting projects, including the **Township's first fully electric vehicle**, a **playground** replacement at Cross Creek Park and a new Parks and Recreation **Master Plan**.

When the weather turns cool this fall and winter, we invite you to enjoy our state-of-the-art facility at the **Royal Distributing Athletic Performance Centre** with its walking track, sports field, fitness classes and activities happening all year-round!

The **Rockmosa Older Adult Centre** continues to offer exciting workshops and social events this year, both virtually and in-person. We are continually thankful for the support of the Ontario Seniors Active Living Centre Program grant, which helps us to grow our programs and make the Older Adult Centre more accessible to our community.


Our Guide plays an important role as a one-stop resource for residents. Inside this edition, you will learn about a **new online building permit software program**, recreation programs for all ages and many local community events. Check out the centrespread for important information regarding the upcoming **2022 Municipal Election**. This Guide also continues to promote our community partners who provide important services and opportunities.

Guelph/Eramosa Township Council and staff wish everyone a safe and enjoyable year ahead. We hope that you find the opportunity to enjoy some of the many exciting activities and attractions right here in Guelph/Eramosa!

Mayor Chris White
Guelph/Eramosa Township

GET Social, GET Connected!

The Township of Guelph/Eramosa wants to make sure that you are informed about what is happening in YOUR community! In addition to our website (www.get.on.ca) we also use a variety of social media platforms to communicate with the public. You can find us on:

 @Guelph/Eramosa Township

 @guelpheramosa

 @Guelph/Eramosa

 GET



We use these outlets to share important information so you're definitely going to want to like, follow and interact with us!



Are you a photographer? Did you happen to snap a fantastic photo of a local landscape, business or event? We are always looking to showcase our beautiful community and will always give credit where credit is due! So, if you have a photo you think should be shared, please email us at clerks@get.on.ca.

VIRTUAL COUNCIL AND COMMITTEE MEETINGS

Have you ever wanted to attend a Council meeting but couldn't make it in person? Changes to municipal law during the COVID-19 pandemic has seen the arrival of virtual meetings to Guelph/Eramosa Township - a more convenient way for you to keep informed with what is going on in your local community!





Caring for our Community

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Before March 2020 if you wanted to attend a Council meeting, the only way to do so was to show up in person. With pandemic restrictions in effect, those rules had to be changed for Council's to continue to meet and make important decisions for their communities. It took some time for municipalities across Ontario to establish their preferred delivery model for this new normal; the Township of Guelph/Eramosa has adopted the platform of Zoom for all their Council and Committee meetings. We welcome you to join in to listen to the proceedings. Attending is as easy as following the information available at the top of the meeting agenda!

Would you like to virtually attend a Council meeting? Please visit our website at www.get.on.ca and go to the Mayor and Council page and look for Agendas & Minutes or email clerks@get.on.ca for more information.

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Mayor

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519-831-8828
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Ward 2 Councillor

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Guelph, ON N1H 6J2
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corey.woods@get.on.ca

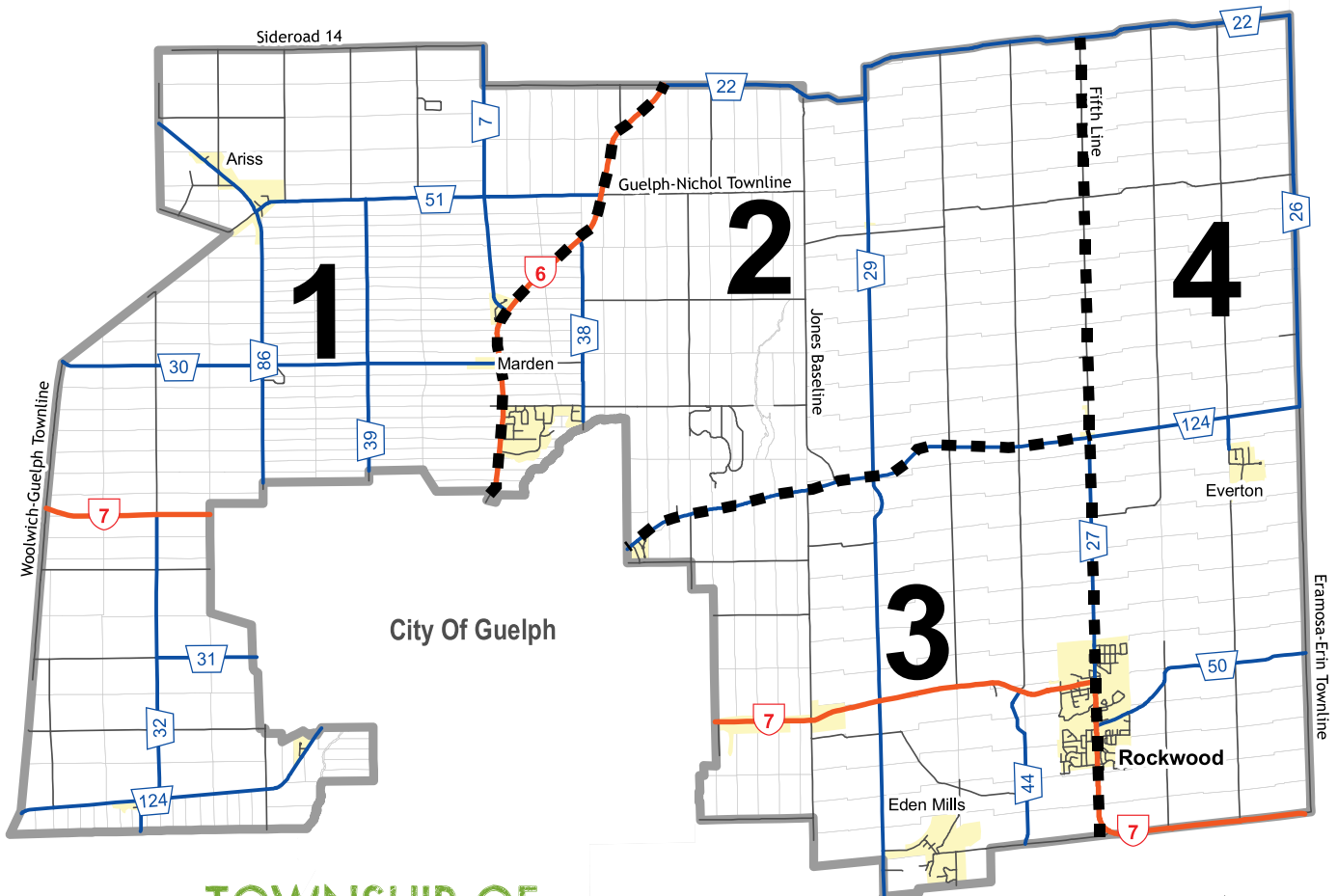
Steven A. Liebig
Ward 3 Councillor

8175 Indian Trail, R.R. #5
Rockwood, ON N0B 2K0
T: 519-766-7108
steven.liebig@get.on.ca

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Ward 4 Councillor

251 Brady Street
Rockwood, ON N0B 2K0
519-856-2127
mark.bouwmeester@get.on.ca

**For information about the
2022 Municipal Election
see pages 20 and 21.**



**TOWNSHIP OF
GUELPH/ERAMOSA**
Ward Electoral Boundaries



Guelph/Eramosa Township Department Directory

**Township of
Guelph/Eramosa**
8348 Wellington Rd. 124
P.O. Box 700
Rockwood, Ontario
N0B 2K0

Tel: 519-856-9596
Toll Free: 1-800-267-1465
Fax: 519-856-2240
www.get.on.ca
General Inquiries:
general@get.on.ca

Office Hours:
Monday to Friday from
8:30 a.m. - 4:30 p.m.
**Urgent After
Hours Service:**
519-856-9596 ext. 150

ADMINISTRATION SERVICES

Chief Administrative Officer..... ext. 105
Accessibility..... ext. 108
Birth and Death Registration..... ext. 140
Communications/Website..... ext. 125
Council Meetings ext. 125
Human Resources ext. 108
Municipal Election..... ext. 125
Civil Marriage Services..... ext. 140

ENFORCEMENT AND LICENSING

By-law Enforcement ext. 121
Property Standards..... ext. 121
Dog Licensing ext. 101
Lottery Licensing ext. 140
Marriage Licences..... ext. 140
Parking ext. 121
O.P.P. non-emergency contact..... 1-888-310-1122
Guelph Humane Society..... 519-824-3091

PLANNING SERVICES

Planning and Zoning..... ext. 112
Minor Variances ext. 112
Letters of Compliance..... ext. 112

FINANCE

Property Tax Information ext. 102 or 103
Accounts Receivable/Payable..... ext. 104
Budgets and Finance Information ext. 111
Water Billing and Meter Reading ext. 126

PUBLIC WORKS

Snow Plowing..... ext. 120
Sewer and Water ext. 122
Street Lights..... ext. 120
Toilet Rebates..... ext. 122
Roads & Ditches..... ext. 120
Boulevard Trees ext. 120
Sidewalks..... ext. 120
Signs..... ext. 120

PARKS AND RECREATION

Parks Inquiries ext. 113
Community Centres Bookings..... ext. 113
Royal Distributing Athletic
Performance Centre (RDAPC) 519-265-7905
Active 55+ Programs ext. 139
Older Adult Centre Programs..... ext. 139
Rockmosa Park Expansion..... ext. 113
Rockwood Cemetery ext. 140

BUILDING SERVICES

Building Inquiries ext. 114
Building Permits and Inspections ext. 114
Septic Inspections ext. 114

FIRE AND PROTECTION SERVICES

Emergencies..... 9-1-1
Fire Chief 519-546-7546
Rockwood Fire Station..... 519-856-9637
Open Air Burn Permit Inquiries ext. 101

REGIONAL SERVICES

County of Wellington 519-837-2600
County of Wellington Solid Waste Services
(Garbage & Recycling) 519-837-2601
County of Wellington
Social Services 519-837-2600
Grand River Conservation
Authority (GRCA)..... 519-621-2761
Wellington Dufferin Guelph
Public Health..... 1-800-265-7293
Hydro One – Power Outages 1-800-434-1235
Guelph Hydro – Power Outages
In Rockwood Only 519-822-3010
Ontario One Call
(Call Before You Dig) 1-800-400-2255

Annual Spring/Summer Road Maintenance Programs

The Township of Guelph/Eramosa’s Public Works Department performs many spring road maintenance programs. At the time of this Community Guide arriving in your mailbox, the programs that have been completed by the Public Works Department so far are: Maintenance Gravel & Shouldering (this improves gravel road surface), Dust Suppression (calcium chloride is used as a suppressant to control dust), Street Sweeping (cleans residual off the road surface from winter maintenance), Line Painting (this improves visibility at stop blocks, railway crossing and center lines), Boulevard Tree Planting (to replace dead boulevard trees and keep the Township looking healthy and vibrant), and the Sod Repair Program (repair sod damages from plows).

For more information on our Spring/Summer Road Maintenance Programs, please visit the Township website at www.get.on.ca

MAILBOX POLICY

Guidelines

Guelph/Eramosa has a policy that owners are to install mailboxes at the maximum usable distance from the edge of the roadway and to ensure the mailbox is secured tightly on a sturdy post. Posts shall not consist of material stronger than a 6 inch diameter cedar post or a 2 inch diameter standard

wall steel pipe. The bottom of the box shall be 3’ 6” from the ground elevation in accordance with Canada Post regulations. The support post shall be erected at least 17 feet from the center line of the road. [Policy No: COR-0400]. **Homeowners are responsible for repairing/replacing mailboxes damaged by a snowplow if it does not meet the policy.** Let’s work together to keep your mail safe!

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WINTER OPERATIONS

Sidewalk Plowing

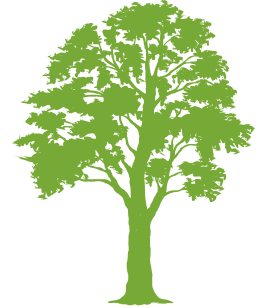
Sidewalk plowing is part of the Township’s snow removal service throughout Rockwood and Eden Mills. We work hard to clear sidewalks on our major roads and along routes to school as soon as possible after a snow fall. The remainder of the residential sidewalks are cleared shortly after. Occasionally, there can be damage to lawns along sidewalks when the ground is soft during warmer winter temperatures and frost hasn’t set into the ground, any lawn or boulevard overgrowth, and when there is a fresh blanket of snow with no existing windrows to help guide the driver. If Township equipment has damaged the lawn fronting your property, please contact our Public Works Department to be added to our Spring Sod Repair Program.



BOULEVARD TREES

Inspection/Replacement/Trimming

Public Works oversees all boulevard and rural area trees that are on municipal property. If you have concerns with a tree, an inspection will be conducted by a contracted Arborist to assess it for possible removal and replacement, which would follow throughout the summer months. The replacement tree type is chosen by the Arborist. If a tree just needs to be trimmed due to overgrowth into overhead lines, sightline issues or dead limbs, Township staff are able to remove what is needed from the tree as well.



Have any questions for Public Works Department? Contact the Department Administrator at 519-856-9596 ext. 120



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admin@pioneer-snorks.ca
www.pioneersepticolutions.ca

Snorks

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Services We Provide:



- Pump, repair, maintain septic systems
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- Install risers, lids, filters
- Pumping catch basins
- Annual maintenance of treatment systems

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 Emergency Service: 519-994-0757
admin@pioneer-snorks.ca

www.snorksepticservice.com

Municipal Drinking Water - Treatment Information You Should Know!

Did you know that the Township of Guelph/Eramosa supplies fresh clean drinking water to 2,327 homes in Rockwood and an additional 233 homes in the hamlet of Hamilton Drive?

THE SOURCE OF YOUR WATER

The Grand River watershed is the largest inland river system in Southern Ontario. There are 50 municipal drinking water systems providing water to over 900,000 people, and one system providing water to Six Nations of the Grand River. About 70 per cent of the water comes from wells, another 28 per cent from the Grand and Eramosa rivers, and about 3 per cent from the Great Lakes.

Guelph/Eramosa’s water supply comes from groundwater wells. There are four (4) wells in Rockwood and two (2) wells in the Hamilton Drive area.

Tap water in Guelph/Eramosa is monitored 24/7 to make sure it’s free from harmful contaminants.

WATER TREATMENT PROCESS

Water is lifted to the surface by pumps from deep, small-diameter wells. Water is treated with a controlled and monitored dose of chlorine. Chlorine is used to disinfect, creating healthy, safe drinking water. Minerals from the ground remain in the water.

Two of the four wells in Rockwood are classified as Provisional Groundwater. Here there is an iron sequestering process, where ultra-violet (UV) is used

as the primary disinfection, and chlorine used as the secondary disinfection process.

The remaining well pumphouse facilities in Rockwood and Hamilton Drive consist of groundwater wells with a submersible well pump, a chlorination system for primary and secondary disinfection processes with a below-grade reservoir for disinfection contact time, and a high lift pump for distribution.

Primary disinfection is achieved by the addition of sodium hypochlorite and provision of chlorine contact time in a below grade reservoir where contact time is provided for primary disinfection. A high lift pump draws water from the reservoir and pumps to the distribution system as well as the in-distribution standpipe. Chlorine residual concentrations are maintained in the distributed water to provide secondary disinfection. This sampling is done throughout the distribution system in conjunction with regular raw, treated and distribution microbiological sampling on a weekly basis. Additional chemical sampling is taken monthly, quarterly, and annually throughout the drinking water system(s).



Milne pumphouse (PH) Well 4

For more information regarding our Municipal Drinking Water System(s) please go to our website under <https://www.get.on.ca/living-here/water-services-and-utilities>



Milne PH - Treated water feed system out to the distribution



Milne PH - Electrical control room



Milne PH chlorine feed system



Milne PH Natural Gas Emergency Generator

Sewer Cleaning Program

Sewer pipes in the North and South areas of Rockwood are cleaned every two years. It takes a few hours on each street. The Township does not use chemicals; clean water is used to loosen debris and flush pipes. A high-powered vacuum then removes debris from the pipe, and the debris is then taken to a wastewater treatment plant for processing and disposal.

WHAT IS A SANITARY SEWER SYSTEM?

Rockwood has a sanitary sewer collection system which transports wastewater from homes and business to the centralized location for treatment, which is provided by the City of Guelph's Wastewater Treatment Plant. The Rockwood system has over 20 kilometers of gravity sanitary sewers, five sewage pumping stations, and one pretreatment plant which sends sewage to Guelph. The sewers within Rockwood rely on gravity to function and provide minimum flow velocity to keep the sewers clear and flowing. Over time materials such as grit, sand, gravel and greases settle out and remain in the sewers with the potential to cause backups and sewer surcharging, which can result in damage to property. Preventative maintenance in the form of sewer flushing ensures that the gravity sewers continue to flow freely, which prevents blockages, odour generation, and premature wear on mechanical components within the pumping stations.

WHAT IS SEWER FLUSHING?

Sewer flushing is a preventative maintenance process necessary to remove settled and accumulated material within the gravity sanitary sewers to eliminate the potential for sanitary sewer main surcharging.

DURING SEWER CLEANING

During this process a flushing contractor sets up equipment at manholes in the roadway to release pressurized water through the sanitary

sewer main, removing any buildup. As a result, a bubbling and/or vacuum effect may be noticed in your drains or toilets. If a resident notices this occurring, it is recommended that you close all toilet seats and cover any floor drains during the flushing period. In addition, to eliminate the potential of sewer gas migrating into the home, it is important to refill all plumbing traps by running water in your sinks and floor drains after work is completed.



During the cleaning process, air pressure is created inside the sewer pipe. Most of the time, the pressurized air escapes with no impact. In some instances, the air can only escape through the service connection between your house and the sewer system and will expel through internal plumbing vents without incident.

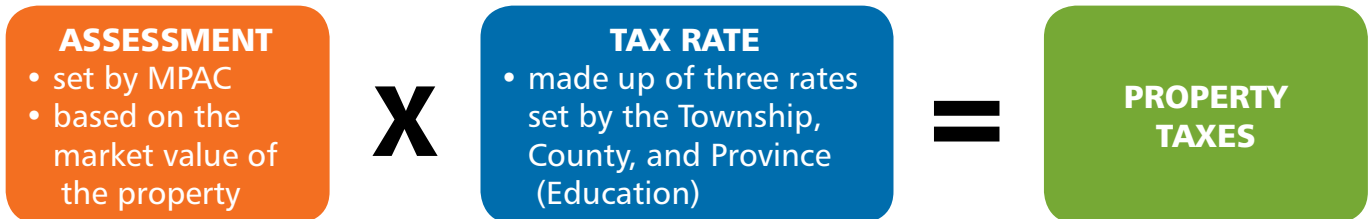
In some cases, a blocked sewer pipe or vent within a home may result in a more significant air pressure release or blowback through a toilet or floor drain. The liquid which blows back is either the flushing water used in the process, or the liquid contained within the toilet.

Unpleasant odours may also occur. Should you experience a significant blowback, it is recommended you have your plumbing checked by a certified plumber to ensure that the service connection and vent pipes are clear of debris and functioning properly.

Property Taxes

HOW ARE PROPERTY TAXES CALCULATED?

The Municipal Property Assessment Corporation (MPAC) assesses the value of all properties in Ontario to determine their market value. The Township of Guelph/Eramosa and County of Wellington set the tax rates for municipal services, and the Province of Ontario sets a rate for education. Property taxes are calculated by multiplying the tax rate by the assessed value.



For more information about your **property assessment** or if you believe your assessed value is inaccurate, please visit www.aboutmyproperty.ca or **contact MPAC** at 1-866-296-6722.

WHEN ARE TAX BILLS ISSUED?

The Township issues two tax bills per year.

- **Interim bills** are mailed in January with instalments due on the last working days in February and May.
- **Final bills** are mailed in June with instalments due on the last working days in August and October.

MPAC will reassess a property if there is a change in the use, additions or improvements made, or a new building is erected. When the Township receives the new assessment, it will issue a **supplementary tax bill**.

PROPERTY TAXES MADE SIMPLE

The Township offers billing and payment methods to make paying your property taxes more convenient.

- **e-Billing:** receive your tax bill in PDF format by email.
- **Pre-Authorized Payment Plan:** payments are automatically deducted from your bank account. You can choose the monthly plan or instalment due date plan.

KEEP US INFORMED

Address Changes

Please notify the municipal tax office in writing of any mailing address changes. Failure to receive a tax bill does not excuse a taxpayer from liability of penalty for late payment nor from liability interest charges for late payment. Don't forget to update your mailing address with **MPAC** too by visiting www.mpac.ca or contacting them at 1-866-296-6722.

Travelling/Temporary Change of Residence

Be sure you have arranged to receive and pay your tax bill if you will be travelling for an extended period or have a temporary change of residence. The e-Billing and Pre-Authorized Payment Plans are a perfect solution!

CONTACT US

For forms and further information, visit www.get.on.ca or contact the Tax Department at taxes@get.on.ca or 519-856-9596 ext. 102 or 103.
8348 Wellington Rd 124
PO Box 700
Rockwood ON N0B 2K0

Your Tax Dollars at Work

Tax revenue helps provide many essential and important services. For every property tax dollar paid by Guelph/Eramosa residents:

0.58¢ supports the services provided by the County of Wellington.

0.18¢ supports Education and our local school boards. The Province of Ontario sets the education rate.

0.24¢ supports the services provided by the Township of Guelph/Eramosa, including:

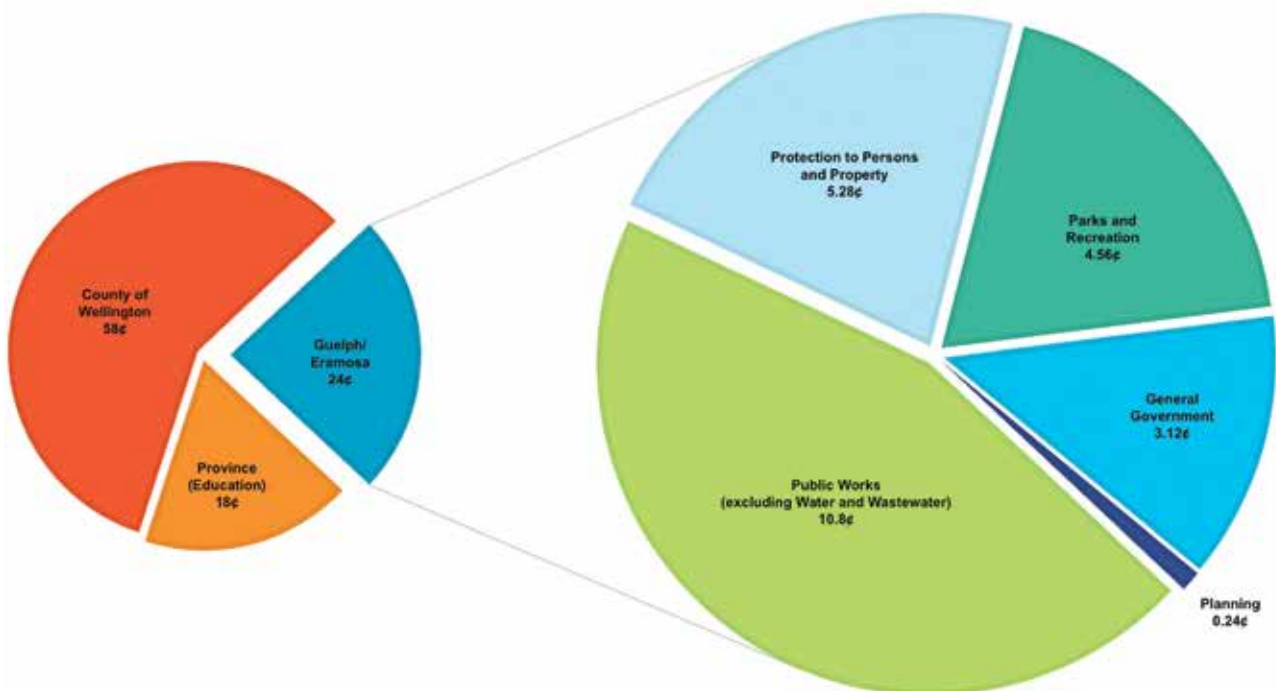
10.80¢ for Public Works to provide transportation services like Township roadways and bridge maintenance as well as infrastructure renewal. This allotment does not include Water and Wastewater services which are funded through user fees.

5.28¢ for Protection to Persons and Property to provide fire and emergency services, by-law enforcement, property standards, and canine control.

4.56¢ for Parks and Recreation to support local park spaces, trails, sports fields, outdoor ice rinks, play structures, splash pad, and community facilities.

3.12¢ for General Government and Administration to support Council and administrative services.

0.24¢ for Planning Services and to support economic development and the Heritage Committee.



New Equipment to Serve you Better!

Through the generous support of Council, the Guelph/Eramosa Fire Department is at the forefront of fire apparatus technology. In 2021, we took possession of our new Pumper 21, which is a Pierce Fire Truck sold by Commercial Truck in Woodstock. This is a custom cab-over pumper truck that offers several significant improvements and new features. The inside of the cab is significantly larger, which is an important safety feature for our firefighters.



This pumper has a 1,000 gallon water tank, which is essential when we fight fires in rural areas, where there are no hydrants. We are reliant on trucking water out to the fire scene, so having a truck with a large water tank is critical. Pumper 21 also boasts a roof mounted deck gun that can be remotely controlled by the driver. With the space inside, we are able to have a cabinet in the cab that houses all of our medical equipment. That way when we arrive on scene, we can leave the truck with our medical gear in hand, saving valuable time. We have used this truck extensively since we received it and it has been an amazing truck for us.



Our newest acquisition is an aerial truck, also built by Pierce and sold by Commercial Truck. We are scheduled to receive the aerial in September. This truck features a 110' ladder with a platform (bucket) at the end and will be similar to the one pictured above. The way that new homes and business are being constructed creates significant access challenges during an emergency. As an example, some of our new homes are 3 stories in the front, with 4 stories in the back. With the close proximity of the neighboring houses, we can't deploy our long ground ladders. The only way to access upper floors in these homes is through the use of an aerial truck. With this aerial truck, we can provide the best protection to the residents of Guelph Eramosa Township.



**TEST YOUR
SMOKE ALARMS
TODAY**
OR YOU COULD LOSE
EVERYTHING
THAT MATTERS.

Township of Guelph/Eramosa Fire Department
Mathew Williamson, Fire Prevention Officer
 mwilliamson@get.on.ca / 519-835-6724

**Office of the Fire Marshal
and Emergency Management**
 ontario.ca/firemarshal

The Guelph Humane Society



The Guelph Humane Society (GHS) has partnered with the Township of Guelph/Eramosa since 2016. GHS, now located at 190 Hanlon Creek Blvd. in Guelph, provides animal control services and enforces the animal control by-law.



These services include:

- Pick up and impoundment of dogs running at large
- Assisting with stray or injured cats
- Pick up and assistance with sick, injured or orphaned wildlife

- Pick up of deceased companion animals on public property and roadways
- By-law enforcement as per the animal control by-law

GHS will also respond to after-hours animal emergencies, such as assisting animals in distress (sick, injured or orphaned companion animals or wildlife), or dogs running at large that pose an immediate risk to public safety.

Call GHS at 519-824-3091 for assistance, 24/7 or visit www.guelphhumane.ca for more information.



IT'S THE LAW!

All dogs in Guelph/Eramosa Township are required to be licensed. As of January 1, 2020, annual dog tags must be purchased through DocuPet at www.get.docupet.com.

You can call GHS for assistance during business hours.

FARM ANIMAL & RURAL SERVICES

The Guelph Humane Society has expanded its Farm Animal & Rural Services programs. Looking to adopt a rooster or chicken? GHS can facilitate farm animal adoptions. Looking to add a spayed/neutered barn cat to your property? The GHS Working Cat Program is always looking for barns. Head to www.guelphhumane.ca/farm to learn more about these programs.

Why and when do you need a building permit?

A building permit is formal permission to begin a construction or demolition project. Building permits are necessary to ensure that construction methods meet the standards set out in the Ontario Building Code, Federal and Provincial regulations, and local by-laws. The Building Department promotes and assists with building development to ensure safe structures for our residents, businesses, and visitors.

For information regarding what work requires building permits and a comprehensive overview of permit requirements, please visit <https://www.get.on.ca/living-here/building-permits-and-inspections>. If you are unsure whether your project will require a building permit, call us at (519) 856-9596 Ext 114.

We are here to guide you through this process and take pride in assisting residents and businesses achieve their building goals in a timely and professional manner.

HOW TO APPLY FOR A BUILDING PERMIT

Guelph/Eramosa's Building Permit Application process is now Online! The Township is pleased to offer its customers the ease and convenience of applying for a building permit online using **Cloudpermit**.

New!

Cloudpermit allows applicants to apply for and check the status of their application anywhere, at any time. You can start an application and finish it later, receive email updates on the status of your permit application, and even request building inspections! With **Cloudpermit's** accessible and easy-to-use software, you:

- Benefit from a simple online applicant experience

Cloudpermit 



- Have access to Cloudpermit on any mobile device, browser, or operating system
- Can manage and track multiple permits
- Eliminate travel time and associated costs with remote access
- Won't need to worry about information loss - the platform automatically saves progress in real-time

ONLINE COMMUNICATION TOOL

Say goodbye to phone calls and emails by moving conversations online with Cloudpermit's messaging centre:

- Collaborate and invite others to join conversations
- Follow threads with time-stamped messages
- Send direct or group messages
- Better transparency and communication with every step of your application

Request, track, monitor, and receive updates on permit and inspection status

- Book inspections easily
- Stay up to date on permit and inspection status
- Receive automatic notifications on permit and inspection status updates in your inbox
- Receive automatic notifications when any action or information is required, or there are new comments in discussions
- Receive automatic notifications on expiring permits and required payments

By-Law Enforcement Services

The Township is pleased to announce that our By-law Enforcement Services Department is now staffed full-time. Complaints will be attended to Monday to Friday from 8:30 a.m. to 4:30 p.m., excluding holidays. The Township operates mainly on a complaint basis, with the exception of events that create an immediate risk to personal safety. To file a complaint with the By-law Enforcement Services Department please visit <http://www.get.on.ca/bylaw>

BY-LAW GUIDE

The Township is excited to launch the first edition of the Community By-law Guide this fall. This guide was created to provide residents with helpful tips and information about some of the most common issues found in our community, and the by-laws that regulate the Township in which we live, work, and play. We hope this guide can help build bridges in the community and provide you with information that supports your efforts to be a good neighbour.

AFTER HOURS AND WEEKEND ENFORCEMENT SERVICES

Enforcement services are only available during regular business hours. Vital Enforcement services such as Parking Enforcement, Noise Enforcement and Animal Control are available 24/7. If you require services after regular business hours, please contact:

Noise Enforcement

Ontario Provincial Police – 1-888-310-1122

Parking Enforcement

Ontario Provincial Police – 1-888-310-1122

Animal Control

Guelph-Humane Society – (519) 824-3091



County of Wellington SOLID WASTE SERVICES



Providing for today,
planning for the future.

Managing waste and diversion programmes:

- Curbside collection of materials
- Six waste facilities
- Mobile Household Hazardous Waste Depot

519.837.2601 | 1.866.899.0248
www.wellington.ca/sws

Alternate formats available upon request.



^{OM} Official Mark of The Corporation of the County of Wellington

Be Better Prepared®!

Emergencies can happen at any time and without warning and the County of Wellington's Emergency Management Division encourages you to Be Better Prepared. With a little preparation, you can respond quickly to help yourself and others. Make a plan, build a kit, and stay informed.

MAKE A PLAN

Every household in Wellington County should have an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you only about 20 minutes and you can create one online by visiting getprepared.ca and clicking "Your Emergency Plan".

Keep this document in an easy-to-find, easy-to-remember place. Photocopy this plan and keep it in your car and/or at work, and a copy close to your phone. If you completed your plan online, keep an electronic version on your computer.

BUILD A KIT

In an emergency, you will need some basic supplies. Prepared to be self-sufficient for at least 72 hours. You may have some of the items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure they are organized and easy to find. Visit getprepared.ca and click "Emergency Kits" for a checklist of items.



BE BETTER PREPARED.

Wellington County
Emergency Management

STAY INFORMED

During an emergency, you should stay tuned to local authoritative sources of information. Be sure to have a portable, battery-operated or crank radio in your emergency kit. Information can be found on:

Local radio stations

- Magic 106.1 FM
- CJOY 1460 AM

County of Wellington Social Media on Twitter or Facebook

- Twitter: @wellingtncounty
- Facebook: @wellingtoncounty

County of Wellington website: www.wellington.ca

For more information on emergency preparedness and to locate additional resources visit our website at wellington.ca/emergency

Nordic eden mills

Eden Mills Nordic Ski Club offers ski classes for children ages 5-16 on 15 km of groomed trails through fields and forest at the south end of Guelph. Classes start in January and run until the end of March. The trails can also be used by adult club members. For more information, registration, and trail conditions, go to <http://edenmillsnordic.blogspot.ca/>

TED ARNOTT, MPP
Wellington-Halton Hills

Web: www.tedarnottmpp.com
Phone: 1-800-265-2366

Community Resource Contact Information

211 ASSISTANCE FINDING RESOURCES

A free helpline that connects you to services and programs in your area.
www.211.ontario



Adult Day Program – Offering social, cognitive and physical stimulation for older adults and those with different forms of dementia. Transportation, programming, meals and snacks provided.
Francesca: 519-833-0087

WELLINGTON DUFFERIN PUBLIC HEALTH

Partners in government, public health and health care.
160 Chancellors Way, Guelph, ON.
519-822-2715
www.wdgpublichealth.ca



New to You Thrift Store – Deals on books, name brand clothes, accessories and more!
143 Dennis Street, Rockwood, ON.
519-856-2113

EAST WELLINGTON COMMUNITY SERVICES

Food Bank – Guelph/Eramosa
143 Dennis Street, Rockwood, ON.
519-856-2113



Transportation – For Eligible Adults – Serving Guelph/Eramosa Township and the Town of Erin. Transportation to appointments, pick up prescriptions, groceries, etc. Wheelchair-accessible van is available. Two business days' notice is required.
Hours: 8:30 a.m. to 4:00 p.m.
Krista 519-856-2113

Outreach Services – Assist with accessing supportive housing, completing and submitting rent geared to income applications, rent bank and rent subsidy programs. System navigation relating to health care, social services, legal/justice, government benefits and more.

System navigation relating to health care, social services, legal/justice, government benefits and more.
Amanda: 226-971-2352
Julia: 226-979-7308

Volunteer Opportunities – We have a variety of positions available for individuals wishing to connect and give back to their community.
Barb: 519-856-2113
www.eastwellingtoncommunityservices.com

EAST WELLINGTON FAMILY HEALTH TEAM

Workshops available to patients and community members such as: mental health (must be a patient and requires doctor's referral), diabetes and pre-diabetes, anxiety, better sleep, CBT for anxiety and depression, cooking classes, heart health, relaxation, stress management and more.

To register for workshops, please visit www.ewfht.ca or call 519-833-7576 ext. 362



COMMUNITY SUPPORT PROJECTS

2022 Municipal Election

www.getvoting.ca

Vote By Mail



Election Day: October 24, 2022

Guelph/Eramosa Township is using Vote by Mail for the 2022 Municipal Election. Instead of having poll locations, a Voter Kit is mailed to each voter on the Voters' List. Voters can return their completed kits either through the mail or they can be hand-delivered to Voter Kit Return Stations. All ballots will be counted on October 24, 2022.



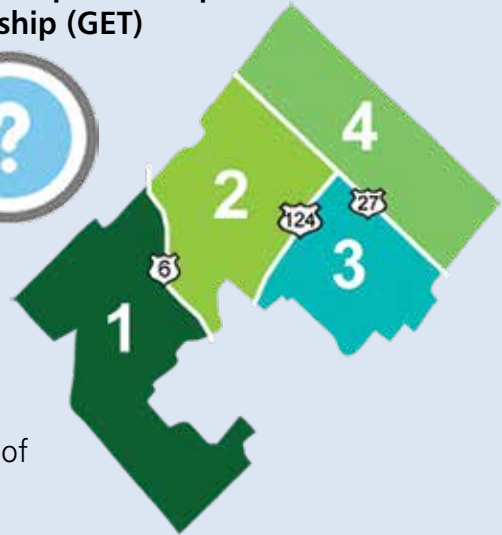
AM I ELIGIBLE TO VOTE?

Eligible voters must be:

- 18 years or older,
- A Canadian citizen
- Tenants or property owners (or spouses of) in Guelph/Eramosa

WHAT WARD DO I BELONG TO?

Ward Map for Guelph/Eramosa Township (GET)



Wellington County Wards:

- County Ward 7 is made up of GET Ward 1 and the Township of Puslinch
- County Ward 8 is made up of GET Wards 2, 3 and 4



WHAT ARE THE ELECTED POSITIONS?

Each voter may vote once for each of the following offices:

- **Mayor**
- **Township Councillor** (representing the voter's Township Ward)
- **County Councillor** (representing the voter's County Ward)
- **School Trustee** (representing the voter's school support)

WHO ARE THE CANDIDATES?

Be sure to check the Candidates' List at getvoting.ca or on the bulletin board at the Municipal Office. **All Candidates**



Night debates:

September 21, 2022 at 7:00 p.m. at Rockmosa Community Centre
Hosted by the Rockwood Lions Club

September 29, 2022 at 7:00 p.m. at Marden Community Centre
Hosted by the Guelph Township Horticultural Society

Watch for your Voter Kit in the mail!

Voter Kits will be mailed to eligible voters during the week of **September 26, 2022**. Voters can complete a Voter Kit and return it in the **mail to the Municipal Office by October 13, 2022**.

Voter Kit Return Stations (see listing below) are also available to voters who do not wish to mail their Voter Kit back, miss the **October 13th** deadline or eligible voters who did not receive a kit.

G&T VOTING 2022

How to Vote by Mail

- 1 Detach and sign the declaration form. Place it in the yellow return envelope. Don't seal the envelope yet.
- 2 Complete the ballot. Place the completed ballot in the white ballot secrecy envelope and seal the white secrecy envelope.
- 3 Place the white secrecy envelope into the yellow return envelope. Your signed declaration should already be inside the yellow return envelope.
- 4 Make sure that the return address is visible in the window of the yellow return envelope. Seal the yellow envelope.
- 5 Mail your pre-paid yellow envelope by **October 13, 2022** OR hand deliver your yellow return envelope to the Municipal Office or to other specified Ballot Return Stations.

Please use black marker or pen to complete the ballot!

Please DO NOT RECYCLE your ballot. If you do not wish to vote, shred it.
Your ballot is your responsibility. Please treat it with care.

VOTER KIT RETURN STATION SCHEDULE

September 29-October 20, 2022 8:00am-4:30pm Monday-Friday	Guelph/Eramosa Municipal Office
Monday, October 17, 2022 9:00am-8:00pm	Royal Distributing Athletic Performance Centre
Tuesday, October 18, 2022 4:00pm-8:00pm	Rockwood Older Adult Centre and Library
Wednesday, October 19, 2022 4:00pm-8:00pm	Marden Community Centre and Library
Thursday, October 20, 2022 4:00pm-8:00pm	Rockwood Older Adult Centre and Library
Friday, October 21, 2022 8:30am-7:00pm	Guelph/Eramosa Municipal Office
Saturday, October 22, 2022 10:00am-4:00pm	Marden Community Centre and Library
Saturday, October 22, 2022 10:00am-4:00pm	Rockwood Older Adult Centre and Library
Monday, October 24, 2022 (VOTING DAY) 8:30am-8:00pm	Guelph/Eramosa Municipal Office

I DIDN'T RECEIVE A VOTER KIT IN THE MAIL, CAN I STILL VOTE?

Absolutely! Bring Identification to one of our Voter Kit Return Stations to confirm your eligibility.

WHERE DO I FIND MORE INFORMATION?

- getvoting.ca
- Elections Bulletin Board at the Municipal Office
- 519-856-9596 ext. 125
- clerks@get.on.ca

Rockmosa Community Centre

110 Rockmosa Drive, Rockwood, ON, N0B 2K0

Located in the heart of Rockwood, the Rockmosa Community Centre is the perfect venue to host a wide variety of events ranging anywhere from family reunions and birthday parties to elegant weddings. With a maximum capacity of 300 people, this hall is the perfect space to host your next large event! The Rockmosa Community Centre features:

- 300-person capacity
- 3,600 ft² open concept room
- Raised performance stage
- Projector, screen & wireless microphone
- Podium
- Fully stocked catering kitchen
- Ample parking
- Air conditioning
- 8 Foot rectangular tables
- 300 cushioned chairs
- Bar
- Fully accessible



Marden Community Centre

7368 Wellington Road 30, Guelph, ON, N1H 6J2

Located on the outskirts of Guelph, the Marden Community Centre is the perfect venue for smaller weddings and showers, business meetings, and family get togethers.

- 100-person capacity
- 1,438 ft²
- Fully stocked kitchenette
- Podium
- Sound system & wireless microphone
- 8 foot rectangular tables
- 5 foot round tables
- 100 cushioned chairs
- Ample parking
- Air conditioning
- Bar
- Fully accessible
- Enabling Garden*
- Pavilions*

* Extra fees will apply for these spaces.



For more information or to book, please contact **519-856-9596 ext. 113** or

Rockmosa Older Adults Centre

121 Rockmosa Drive, Rockwood, ON, N0B 2K0

Located in the heart of Rockwood in Rockmosa Park, the Older Adults Centre is the ideal space for intimate get-togethers or small meetings. This beautiful facility features:

- 30-40 people capacity
- Fully Stocked Kitchenette
- Television
- Gas Fireplace for added ambience
- 6 Foot Rectangular tables
- 5 Foot Circular Tables
- 8 Card Tables
- Chairs
- Availability limited to weeknights after 5:00 p.m. and weekends



Royal Distributing Athletic Performance Centre (RDAPC)

7384 Wellington Road 30, Guelph, ON, N1H 6J2

Surrounded by 64 acres of parkland, this state-of-the-art indoor facility features an artificial turf sports field, rubberized perimeter walking track, a coaching/learning room, and a large spectator viewing area.

This fantastic Centre features:

- 56,000 ft² facility
- Staff always on site
- 210' x 120' Full turf sports field
- 210-meter 4-lane IAAF Certified Polyurethane Walking Track (Please note: all track users must change into clean indoor shoes inside of the facility.)
- Men's and women's changerooms with lockers and showers
- 2 lockable team changerooms with showers
- Fitness Classes
- Drop-In Programs



email parks@get.on.ca. We look forward to hosting your next event.

Rentals - Available for single use rentals, as well as weekly rentals for a full season. Rent the track or field for your teams off season training, or use it as a meeting place for socializing with like minded friends. Please contact rdapc@get.on.ca for details and check out our open times on the Township website www.get.on.ca/rdapc

Birthday Parties - Enjoy your special day with an hour of field time and use of our party room before and after for socialization! Add in our Tot N Play toys or the HUGE inflatable soccer target to make the special day even more memorable!

"The track enables us to maintain a regular exercise schedule throughout the entire year in a setting that minimizes the risk of falling. We cannot emphasize enough the positive impact the track has been to our social and physical wellbeing."
~ Paul and Susan

Track - Guelph/Eramosa Township is so lucky to have our very own 200+ metre rubberized track for community use. Track memberships are free for Guelph/Eramosa residents and the track is a usable space for ALL ages and abilities. Strollers, walking poles, walkers, and wheelchairs are all welcome. The surface gives a cushioned feel on the body making it ideal for those with hip, back and knee problems. The track is also great for rehabilitating, getting exercise, or just meeting friends for a social stroll.

**TRACK IS NOW OPEN
at 7:00AM YEAR ROUND!!**

Follow us on



@rdapc

To create an account for all programming visit
www.get.on.ca/living-here/fitnessrec

CONTACT US AT: 519-265-7905 • rdapc@get.on.ca • www.get.on.ca/rdapc



Royal Distributing Athletic Performance Centre Drop In Activities

DAY	ACTIVITY	CATEGORY	TIME	COST
Monday	Tot N Play	Ages 1 - 5	8:30am - 12:00pm	\$5/Child
Monday	Walking Soccer	All Ages	9:30am - 11:00am	\$6/Time
Monday	Golf Driving	All Ages	1:00pm - 4:00pm	\$8/Bucket
Tuesday	Tot N Play	Ages 1 - 5	8:30am - 12:00pm	\$5/Child
Tuesday	Remote Control Flying	All Ages	11:30am - 1:00pm	\$6/Time
Wednesday	Tot N Play	All Ages	8:30am - 12:00pm	\$5/Child
Wednesday	Active 55 Soccer	55+	9:30am - 11:00am	\$6/Time
Wednesday	Remote Control Flying	All Ages	11:30am - 1:00pm	\$6/Time
Thursday	Tot N Play	Ages 1 - 5	8:30am - 12:00pm	\$5/Child
Friday	Tot N play	Ages 1 - 5	8:30am - 12:00pm	\$5/Child
Friday	Walking Soccer	All Ages	9:30am - 11:00am	\$6/Time
Friday	Golf Driving	All Ages	1:00pm - 4:00pm	\$8/Bucket

Visit our website www.get.on.ca/rdapc to stay up to date on schedule changes and new programming.

TOT 'N' PLAY

Preschool age outdoor play on the inside! Enjoy the open space of a park on our indoor field through the Winter months and on those rainy days. Socialize, meet new friends and play with our hula hoops, mazes, balance blocks, ride on cars and more.

"As residents of the Township we feel privileged to have such a great opportunity to remain physically fit in such a great environment at our fingertips."
~ Dave and Pauline

WALKING SOCCER

Does your body tell you to slow down but your mind doesn't want to? Come out for some walking soccer. Same beautiful game but running is a foul!

GOLF DRIVING

Keep the swing smooth through the off season or drop in and prepare to get back outside for the coming season. Soft flite balls simulate actual ball flite and are ideal for indoor play.

REMOTE CONTROL FLYING

Come in out of the elements to fly in the colder months and meet some fellow enthusiasts. Battery Operated only.

ACTIVE 55 SOCCER

Still up for a run about? Active 55 Soccer offers the opportunity to come out for some drop in soccer at your own pace. Walk, jog, run for that ball! All abilities welcome. The desire to have a good time is all you need.

"The RDAPC is such a great place to enjoy many activities, so come on out and participate with me!"
~ Rick

All RDAPC Drop in Programs require a change of indoor shoes. Outdoor footwear is not permitted in the superstructure.

COURSE #	CATEGORY	CLASS	INSTRUCTOR	DAY	TIME	LOCATION	START DATE	# OF CLASSES	SEE
2282	Youth	Stroller Fit	Megan	Monday	9:30 a.m.	RDAPC	Sept. 26	10	\$73+HST
2280	Youth	Baby Yoga	Lisa N	Monday	9:30 a.m.	MCC	Oct. 17	10	\$73+HST
2281	Youth	Tot Yoga	Lisa N	Monday	10:30 a.m.	MCC	Oct. 17	10	\$73+HST
2262	12+	DDPY	Lisa	Monday	7:00 p.m.	MCC	Sept. 12	10	\$73+HST
2225	18+	Challenge your Balance	Carly	Tuesday	5:00 p.m.	RCC	Sept. 27	10	\$73+HST
2220	18+	Soft Flow	Carly	Tuesday	6:00 p.m.	RCC	Sept. 27	10	\$73+HST
2229	18+	Sweat with Grace	Carly	Tuesday	7:00 p.m.	RCC	Sept. 27	10	\$73+HST
2259	12+	DDPY	Marcel	Tuesday	4:00 p.m.	RDAPC	Sept. 13	10	\$73+HST
2260	12+	DDPY Rebuild	Marcel	Tuesday	5:00 p.m.	RDAPC	Sept. 13	10	\$73+HST
2261	12+	DDPY	Marcel	Tuesday	6:00 p.m.	RDAPC	Sept. 13	10	\$73+HST
2221	12+	DDPY Rebuild	Marcel	Wednesday	3:00 p.m.	RCC	Sept. 14	10	\$73+HST
2224	12+	DDPY	Marcel	Wednesday	4:00 p.m.	RCC	Sept. 14	10	\$73+HST
2263	12+	DDPY	Marcel	Thursday	4:00 p.m.	RDAPC	Sept. 15	10	\$73+HST
2265	12+	DDPY Rebuild	Marcel	Thursday	5:00 p.m.	RDAPC	Sept. 15	10	\$73+HST
2264	12+	DDPY	Marcel	Thursday	6:00 p.m.	RDAPC	Sept. 15	10	\$73+HST
2223	18+	Soft Flow	Carly	Thursday	5:00 p.m.	RCC	Sept. 29	10	\$73+HST
2219	18+	Sweat with Grace	Carly	Thursday	6:00 p.m.	RCC	Sept. 29	10	\$73+HST
2222	18+	Stretch Refresh	Carly	Thursday	7:00 p.m.	RCC	Sept. 29	10	\$73+HST

RCC – Rockmosa Community Centre, 110 Rockmosa Drive, Rockwood, ON • **MCC** – Marden Community Centre, 7368 Wellington Road 30, Guelph, ON
RDAPC – Royal Distributing Athletic Performance Centre, 7384 Wellington County Rd 30, Guelph, ON

Register for programs at:



www.get.on.ca/fitness



programming@get.on.ca (RCC Classes)
rdapc@get.on.ca (RDAPC & MCC Classes)



519-265-7905 (RDAPC & MCC Classes)
 519-856-9596 ext. 139 (RCC Classes)

Practice all 4 types of exercise for the most benefit to your everyday life.



ENDURANCE

So you can play your favourite sports, dance the night away.



STRENGTH

So you can boost your immune system and keep your bones strong.



BALANCE

So you can improve your coordination and build better posture.



FLEXIBILITY

So you can prevent injuries and back pain.

Stroller Fit RDAPC

This 50-minute class is baby/stroller friendly and will focus on multiple aspects of fitness including cardio, strengthening, balance, core and toning. The first half of the class will take place on the track with your stroller where there will be intervals of light cardio and strengthening exercises. The second half of the class will be held on the indoor field and will focus on core and body weight training- bring a yoga mat if desired! Every class will end with stretching and cool down. Everyone is encouraged to work out at your own pace and modifications will be available for all exercises!

Baby Yoga MCC

(newborn to almost crawler, with one adult)
 Explore dozens of yoga poses designed specifically to be enriching to your baby and to support developmental movement discoveries. Each class is filled with calming, nurturing ways to enhance bonding, aid baby's digestion and improve sleep patterns. Babies will enjoy yoga while on their backs, tummies or held in loving arms. For parents, this class is a special opportunity to meet other parents, get support and learn about baby's emerging personality. Most of the yoga we do in this class is for baby but, for parents, we always find time for some breathing and relaxation practice.

Tot Yoga  **MCC**

(able crawler to 24 months, with one adult)
 These classes are creative, fun-loving and active. Watch tots become more confident as they are encouraged and supported in their physical explorations. Your tot will playfully practice yoga poses with your assistance, while sitting, standing, walking, and jumping. This is a faster-paced yoga class because of the tots' newfound mobility and curiosity. Parents will still find time for quiet breathing and relaxation practice.

DDPY Rebuild  **RDAPC & RCC**

DDPY Rebuild Chair Force is a unique program designed specifically for individuals who may have limited mobility due to age, injury, or some other condition. No matter what your limitations may be, Rebuild will meet you where you are at. DDPY Rebuild is a workout that is done completely sitting in a chair, with the purpose of helping individuals gain strength, flexibility, and most of all mobility. This is a good starting point if you struggle with balance or have trouble standing for long periods of time.



DDPY  **MCC, RDAPC & RCC**

DDPY combines the very best of yoga, traditional fitness, sports therapy, and dynamic resistance to create one of the most effective fitness plans in existence today. DDPY is suitable for everyone wanting to perform at an optimum level and want to see life changing results while improving their activity and quality of life.

Challenge your Balance  **RCC**

This class is a slower moving balanced focused vinyasa. We will flow through our balance poses incorporating flexibility, strength and of course, balance. Opening the chest, hips and hamstrings throughout this practice. Standing and seated poses will be incorporated in this class. Modifications will be available if needed.

Soft Flow  **RCC**

This class offers a variety of movements in a more calming style of yoga. Using gentle stretches to mindfully ease into your poses as we start on our mats and then make our way up for some softer flowing standing poses.

*Recommended for: new or beginner yogis or individuals who want a lower impact flow.

Sweat with Grace  **RCC**

This class is exactly how the name sounds. Incorporating strength, balance and flexibility. We will flow through our poses with grace, allowing us to connect with the breath creating some heat within. Modifications and advancements will be offered if needed.

Stretch Refresh  **RCC**

This class is a yin style of yoga. We move from stretch to stretch throughout the class. Holding our stretches for about 3-5 minutes each, allowing us to deepen our connective tissues. This class is a slow paced non-flow yoga done on our mats. Blocks are needed and straps are recommended (can also bring a bolster or thick blankets).

COURSE #	CLASS	INSTRUCTOR	DAY	TIME	LOCATION	START DATE	# OF CLASSES	OAC MEMBER FEE	FEE
2216	Healthy Aging Exercise	Glen	Monday	9:00 a.m.	RCC	Sept. 26	10	\$67.80+HST	\$73+HST
2214	ABS, Core, and More	Glen	Monday	10:00 a.m.	RCC	Sept. 26	10	\$67.80+HST	\$73+HST
2212	Rejuvenating Yoga (Gentle)	Rebecca	Tuesday	9:00 a.m.	RCC	Sept. 27	10	\$67.80+HST	\$73+HST
2210	Energizing Yoga (Progressive)	Rebecca	Tuesday	10:10 a.m.	RCC	Sept. 27	10	\$67.80+HST	\$73+HST
2270	Use It Lose It Tone It Up	Janette	Tuesday	9:00 a.m.	RDAPC	Oct. 4	10	\$67.80+HST	\$73+HST
2271	Music N Motion	Janette	Tuesday	10:00 a.m.	RDAPC	Oct. 4	10	\$67.80+HST	\$73+HST
2213	Fit Hits the Fan (Progressive)	Margaret	Wednesday	9:00 a.m.	RCC	Sept. 28	10	\$67.80+HST	\$73+HST
2217	Fit Hits the Fan (Gentle)	Margaret	Wednesday	10:00 a.m.	RCC	Sept. 28	10	\$67.80+HST	\$73+HST
2272	Benefits of Bone Fitness	Nancy	Wednesday	1:00 p.m.	RDAPC	Oct. 5	10	\$67.80+HST	\$73+HST
2273	Walking Pole Dancing!	Nancy	Wednesday	2:00 p.m.	RDAPC	Oct. 5	10	\$67.80+HST	\$73+HST
2274	Use It Lose It Tone It Up	Nancy	Thursday	9:00 a.m.	RDAPC	Oct. 6	10	\$67.80+HST	\$73+HST
2275	Music N Motion	Nancy	Thursday	10:00 a.m.	RDAPC	Oct. 6	10	\$67.80+HST	\$73+HST
2278	Rejuvenating Yoga (Gentle)	Rebecca	Thursday	9:00 a.m.	RCC	Sept. 29	10	\$67.80+HST	\$73+HST
2279	Energizing Yoga (Progressive)	Rebecca	Thursday	10:10 a.m.	RCC	Sept. 29	10	\$67.80+HST	\$73+HST
2276	Healthy Aging Energy for Life	Glen	Thursday	1:00 p.m.	RDAPC	Oct. 6	10	\$67.80+HST	\$73+HST
2277	ABS, Core, & More	Glen	Thursday	2:00 p.m.	RDAPC	Oct. 6	10	\$67.80+HST	\$73+HST
2213	Bands and Bells (Progressive)	Margaret	Friday	9:00 a.m.	RCC	Sept. 30	10	\$67.80+HST	\$73+HST
2211	Bands and Bells (Gentle)	Margaret	Friday	10:00 a.m.	RCC	Sept. 30	10	\$67.80+HST	\$73+HST

RCC – Rockmosa Community Centre, 110 Rockmosa Drive, Rockwood, ON

RDAPC – Royal Distributing Athletic Performance Centre, 7384 Wellington County Rd 30, Guelph, ON

Register for programs at:



www.get.on.ca/fitness



programming@get.on.ca (RCC Classes)
rdapc@get.on.ca (RDAPC & MCC Classes)



519-265-7905 (RDAPC & MCC Classes)
 519-856-9596 ext. 139 (RCC Classes)

Practicing all 4 types of exercise provides the most benefit to your everyday life.



ENDURANCE

So you can climb steps, dance the night away.



STRENGTH

So you can lift groceries, carry grandchildren.



BALANCE

So you can prevent falls and related injuries.



FLEXIBILITY

So you can drive, get dressed.

The Benefits of Bone Fitness    **RDAPC**

Come and enjoy an active training program for health and exercise with BoneFit™. Nancy is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance and posture. Be brave! Join us for the health of it. All exercises can be modified so anyone can participate.

Use It Lose It Tone It Up    **RDAPC**

A complete workout incorporating the latest evidence-based medical research from the Canadian Center for Activity and Aging. Our CCAA-certified fitness instructor will take you through a 50 minute workout to boost your cardio, enhance your strength, stretch and tone those muscles in a safe, friendly, non-competitive atmosphere. Classes include great music, a lot of laughs and fun. Do something good for yourself!

Music 'N' Motion    **RDAPC**

Time to get moving! You get a little bit of everything with this class. A fun 50 minutes with all the components of a healthy exercise routine. This class is a great stress-reliever and the perfect way to get some movement into your life. Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! Class can be done in a chair or standing.

Walking Pole Dancing    **RDAPC** *New!*

It's not what you think! Bring your Urban/Activator Poles to class as we exercise to the beat WITH OUR WALKING POLES for 30 minutes followed by 20 minutes of walking the track instructed, motivated and encouraged by our Certified Urban Pole Walking Instructor. All you need are your poles and a desire to have a great time! Looking forward to creating a healthy atmosphere and optimizing your pole workouts!

Healthy Aging Exercise     **RDAPC & RCC**

A co-ed class focused on improving cardiovascular fitness, building functional muscle strength, flexibility, and balance. Learn how to train safely and effectively using weights, a chair, and your body weight. Individuals of all skills are encouraged to attend. Join us in a friendly, non-competitive atmosphere.

ABS, Core, & More    **RDAPC & RCC**

This co-ed class will work on improving the overall strength of your upper body, abdominals, buttocks, and legs. During this challenging, fun-to-music class, you will be using your own body weight, bands, tubing, and other exercise equipment, followed by a stretching/flexibility and balance. Join us in a safe, friendly, non-competitive atmosphere.

Rejuvenating Yoga (gentle)    **RCC**

This gentle practice encourages participants to explore poses while increasing their balance, flexibility, and strength.

Energizing Yoga (progressive)    **RCC**

This class will build on the postures from the gentler practice. Beginner to more advanced variations will be given. A flexible body is a more youthful body!

Fit Hits the Fan    **RCC**

(gentle and progressive classes)

This class consists of cardiovascular, balance and strength interval components in five-minute increments. The components alternate - cardio, balance, strength - for the duration of the fifty-minute class. Most of the class is spent standing.

The gentle class is ideal for beginners or those who enjoy a more relaxed pace.

The progressive class is ideal for those comfortable with a faster pace of exercise.

Bands and Bells    **RCC**

(gentle and progressive classes)

This class begins with a cardio component, followed by a balance and strength segment and winds down with flexibility / stretching exercises. The instructor will adapt exercises to accommodate all fitness levels; this class is suited for people who enjoy a little bit of everything!

The gentle class is ideal for beginners or those who enjoy a more relaxed pace.

The progressive class is ideal for those comfortable with a faster pace of exercise.

Older Adult Centre Drop-In Activities

Monday	Nordic Pole Walking	Rockwood Conservation Area	9:30 a.m. – 10:30 a.m.
Monday	Pickleball	Rockmosa Community Centre	12:30 p.m. – 2:30 p.m.
Tuesday	Shuffleboard	Rockmosa Community Centre	12:30 pm – 2:30 p.m.
Tuesday 1st and 3rd of month	Always Stitching Together	Older Adult Centre	1:00 p.m. – 3:00 p.m.
Tuesday 2nd and 4th of month	Games for the Brain Mah Jongg	Older Adult Centre	1:00 p.m. – 3:00 p.m.
Tuesday 3rd of each month	Photography Club	Older Adult Centre	7:30 a.m. – 9:30 p.m.
Wednesday	Chess	Older Adult Centre	9:00 a.m. – 12:00 p.m.
Wednesday	Nordic Pole Walking	Rockwood Conservation Area	9:30 a.m. – 10:30 a.m.
Wednesday	Pickleball	Rockmosa Community Centre	12:30 p.m. – 2:30 p.m.
Wednesday	Darts	Older Adults Centre	1:00 p.m. – 3:00 p.m.
Thursday 2nd and 4th of month	Walk and Talk	Older Adult Centre	10:30 a.m. – 12:00 p.m.
Thursday 1st of month	Pickleball for Beginners	Rockmosa Community Centre	12:30 p.m. – 2:30 p.m.
Thursday 2nd, 3rd and 4th of month	Pickleball	Rockmosa Community Centre	12:30 p.m. – 2:30 p.m.
Thursday	Euchre	Older Adult Centre	1:00 p.m. – 3:30 p.m.

The majority of our drop-in activities break from the end of June and start again in September.

Visit our website www.get.on.ca to stay up to date on start dates, schedule changes and new programming.

WORKSHOPS

The Rockmosa Older Adult Centre offers a variety of educational and special interest workshops throughout the year. Workshops are a great way to contribute to lifelong learning, they help you develop new skills, find resources within the community, and meet others with the same interests. Please register in advance for all workshops. 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 or sign up for our monthly newsletter!

To sign up for the newsletter email Programming@get.on.ca or call 519-856-9596 ext. 139.

ART WORKSHOPS

Watercolour and More with Vita Keeling

Fall Session Starting Monday, September 26th

1:00 – 3:30 p.m. 6 weeks

\$75.00 + HST member,

\$79.98 +HST non-member

Winter Session Starting Monday, January 23rd

1:00 – 3:30 p.m. 6 weeks

\$75.00 + HST member,

\$79.98 +HST non-member

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. We will explore working from photos to a finished interpretive painting, as well as working from a still life.

Monoprinting (Watercolour) with Vita Keeling

Saturday October 29th 10:00 a.m. – 2:00 p.m.

\$40.00 + HST member

\$45.00 + HST non-member

Enjoy the experience of creating MONOTYPE PRINTS. By the end of the 20th century this unique printmaking process became popular. Artists such as Picasso, Degas Gauguin produced extraordinary body of works in this medium.

MONOTYPE PRINTMAKING is a simple technique where images are created by pressing paper against a painted printing surface. NON-TOXIC, WATER-BASED MEDIUM is a dynamic art form that gives exciting results!

Watercolour Tissue Collage with Vita Keeling

Saturday March 18th 1:00 – 4:00 p.m.

\$30.00 + HST member

\$35.00 + HST non-member

Let's tear paper, add shapes and paint! 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. By experimenting with collage, you will be nurturing your freedom of expression.



MUSIC WORKSHOPS

Learn to Play the Ukulele!

Starting Thursday October 6th 10:00 a.m. – 12:00 p.m. 6 weeks

\$65 +HST member, \$70 +HST non-member

Carolyn McLeod-McCarthy is the head of organizing and music leadership at Creative Spark Workshops. Carolyn has been playing ukulele for over 9 years and was an inaugural member of the Royal City Ukulele Ensemble in Guelph for 4 years. During this 6-week program, a lender ukulele will be provided along with various song sheets you can take home.

Week one 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. By week 6, you'll wonder why you haven't learned to play the ukulele sooner! Musical experience is NOT necessary to participate!

COOKING CLASSES

About our Chef: Emily Richards

Professional Home Economist, Cookbook Author, Media Spokesperson, Television Host

Emily has a Bachelor of Science in Home Economics specializing in Food and Nutrition. She is a Cookbook Author and develops and tests recipes for magazines, cookbooks, food companies and grocery stores. Emily loves sharing recipes and working with all aspects of food. From the farmers that grow it to the consumers who cook it and the chefs that inspire menus we want to dive into. Emily continues to share recipes through photos and words to help get people in their kitchens cooking!

Classes

One Pot Meals with Chef Emily Richards

Tuesday October 25th 11:00 a.m. – 12:00 p.m.

\$30 +HST Member, \$35 +HST Non-Member

Boneless Chicken Cacciatore and Harissa Sheetpan
Salmon with Broccoli and Tomatoes
Slow Cooker Sausage Lentil Ragù
Creamy London Fog Rice Pudding

Holiday Entertaining with Chef Emily Richards

Open to all ages!

Tuesday November 29th 6:30 – 7:30 p.m.

\$30 +HST Member, \$35 +HST Non-Member

French Onion Dip
Smoked Maple Turkey Breast done in the Instant Pot
Garlicky Green Beans
Dairy-Free Chocolate Ginger Snack Cake

Celebrate Valentines Day with Chef Emily Richards

Tuesday February 14th 11:00 a.m. – 12:00 p.m.

\$30 Member, \$35 Non-Member

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

Weeknight Meals with Chef Emily Richards

Open to all ages!

Tuesday February 28th 6:30 – 7:30 p.m.

\$30 +HST Member, \$35 +HST Non-Member

Shredded Beef Tacos
5 Ingredient Lasagna
Turkey Chili
Horseradish Salmon Burgers



Lifestyle Cooking with Suzie

Fall Cleanse

Open to all ages!

Tuesday October 25th 7:00 – 8:00 p.m.

\$20 +HST Member, \$25 +HST Non-Member

In this class, we will discuss the importance of Fall cleansing and its benefits for the winter months coming. Strengthening our immunity through a gentle weekly cleansing of herbs, teas, meditation, and elimination of toxins. This will bring an abundance of positivity to the mind and body working together for immunity strength. We will be offering samples of cleaning teas, foods, and recipes to use at home for your cleanse.

Warm Energy Healing Foods for the Winter Season

Open to all ages!

Tuesday January 24th 7:00 – 8:00 p.m.

\$20 +HST Member, \$25 +HST Non-Member

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 explaining how to incorporate this into your daily winter routines.

WORKSHOPS WITH HOSPICE WELLINGTON

Grounding in nature workshop presented by Hospice Wellington

Horticultural Wellness Workshop

Friday, September 30th from 11:00 a.m. to 12:00 p.m.

Free

An exciting field of research is reminding us that we are healthier in so many ways when we are connecting with nature regularly. Often, as with exercise, we struggle to prioritize this time. This

workshop, hosted by Hospice Wellington and led by a Registered Horticultural Therapist with the Guelph Enabling Garden in Riverside Park, will help us ground to nature using each of our senses.

Songs of our Lives - Weaving the Tapestry presented by Hospice Wellington

Tuesday, October 18th from 10:30 to 11:30 a.m.

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 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 learn how music can help enhance our wellbeing.

"Music is Life itself." - Louis Armstrong

"Music is a world within itself, with a language we all understand." - Stevie Wonder

Coping with the Holidays presented by Hospice Wellington

Tuesday, November 22nd from 10:30 to 11:30 a.m.

Free

The holidays can be difficult when grieving the loss of a loved one. This workshop will provide practical and supportive information to help the bereaved through the highs and lows of the holiday season.

For more information and to register please contact programming@get.on.ca or 519-856-9596 ext. 139



Photo credit: Shari Lovell Photography

Eden Mills Writers' Festival

September 9-11, 2022

This nationally-acclaimed and widely-respected literary event takes place on the banks of the Eramosa River in the village of Eden Mills. Audiences of several thousand "come for the words" each year to enjoy readings and to visit Publishers' Way where publishers, booksellers, magazine producers and non-profit groups come to showcase their wares.

www.edenmillswritersfestival.ca

Strom's Harvest Fun Area

September 21 to October 28, 2022

Enjoy lots of fall family fun at Strom's Farm, located at 5089 Wellington Road 32 in Guelph/Eramosa. The Harvest Fun Area includes corn maze, straw maze, wagon rides, puppet show and pumpkin chuckin'!

Strom's Moonlight Corn Maze

Experience the thrill of Strom's Corn Maze at Night! Bring your flashlight and enjoy a fun, fall night under the stars! Strom's Farm is located at 5089 Wellington Road 32 in Guelph/Eramosa.

Taste Real Fall Rural Romp

September 24, 2022

Celebrate the Fall Harvest by touring over a dozen Wellington County farms and markets on this self-guided tour. Enjoy the hearty eating of real food, the fall harvest and fresh-from-the-farm taste real delights that can be stored and enjoyed all winter long.

www.tastereal.ca



Domestic & exotic meats
Made from scratch baking

FRESH FROM THE FARM

Fruits & vegetables
Home grown sweet corn & pumpkins

MOSBOROUGH
COUNTRY MARKET

Dickieson Family

5284 Wellington Rd #32 at Speedvale Ave. W., Guelph ON
phone 519-763-5224 email info@mosboroughmarket.ca
www.mosboroughmarket.ca

Fit To Be Tried
In Home Personal Fitness Training

Canadian BoneFit Certified
Functional Aging Specialist
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Margaret Iutzi
BA, CPTN-CPT (M)

(519) 831-3221
iutzime@gmail.com

We Shall Remember

Every year Guelph/Eramosa acknowledges the courage and sacrifice of those who served their country during times of war, military conflict and peace.

November 5, 2022

On Saturday November 5th, 2022 in partnership with the Royal Canadian Legion Branch 234 Guelph and Branch 197 Acton, 121 Red Arrow RCAC Squadron and 1882 Wellington Rifles ACC, the Township will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood. The service commences at 10:50 a.m.

Rockwood Farmers Parade of Lights

December 8, 2022 at 7:00pm

Bundle up and enjoy a special night with family and friends in downtown Rockwood! This unique evening Christmas parade is brought to you by the farmers of Rockwood community. Each year farmers decorate their farm equipment and machinery with hundreds of beautiful lights. This unique holiday spectacle is a sight to behold for kids of all ages!

www.rockwoodfarmersparade.org



Marathons

For over 20 years the triathlon races at Guelph Lake Conservation Area have been a popular stop on the triathlon circuit. With a variety of distances and categories available, there is a race for beginners, experts and everyone in between. Thousands of people with different stories, goals and abilities from across Ontario compete in this fun, family friendly event annually. We would like to thank the residents of the Township of Guelph/Eramosa for their continued support!

Then and Now

Can you imagine a time when school wasn't compulsory, and education was regarded as being secondary to lending a hand on the farm? Imagine attending a school with no electricity or plumbing, where drinking water had to be brought from a neighbouring farm. Imagine school in the winter, where the heat of a lone wood stove kept everyone warm, and the washroom facilities consisted of an outhouse on the other side of the schoolyard! What would it be like to have classmates of all ages, all taught by the same teacher? This is not at all what we picture when we think of our modern school experience, but this was absolutely the reality of the rural pioneer education system - the one room schoolhouse.



S.S. #5 – 1957 Class photo; Teacher Jean Laidlaw Fletcher

Interested to find out more about this fascinating time in our history? You're in luck! In 2021 during the Covid-19 pandemic, a group of mainly former students wrote a book about Guelph Township's one room schools of the past. This 180 page book dedicates a chapter to the history of each of the schools as well as some information on early education, principals, school fairs and reunions. The book includes many class photos with pupil and teacher names, colour photos of each of the schools with exact locations and an invitation for readers to take a self-driving tour and see the schools.

These Guelph Township Public Schools have a fascinating history. The majority of them are located in country settings and were built between 1864 and 1891. It was a special time in the history of education when one teacher effectively taught 8 grades in a one room setting, older children helped younger children with their lessons and rural communities experienced happy times which developed into warm and lasting memories. These close bonds led to several successful reunions and this book entitled, "The Nine Public Schools of Guelph Township", was inspired by Marion Campbell from whose archival material much of the history derived. Several of Marion's sketches appear in the book along with personal stories which enrich the content.



S.S. #1 (S.S. = School Section)

Those interested in acquiring a book can e-transfer payment to Anne Grinwis at agrinwis@in.on.ca or call Anne at (519) 822-2789. Cheques may also be sent to her at 6 Ryan Avenue, Guelph, ON N1E 2G5, payable to GUELPH TOWNSHIP SCHOOLS.

Price is \$25 for local pick up in Guelph area or \$45 to include mailing costs.

Thank you to our Township Volunteers!

Volunteers are a vital human resource. They contribute to the overall sustainability of our community and to the effective delivery of Department programs, services, committees, and events.

What do our Volunteers do?

Rockmosa Older Adult Centre

Drop-in program convenors, workshop facilitators, special events committee, enabling garden, Centre ambassadors.

Outdoor Ice Rink Community Builders

Construct and regularly maintain outdoor ice rinks, including flooding, patching of ruts and holes, inspecting, and posting conditions daily.

Special Events

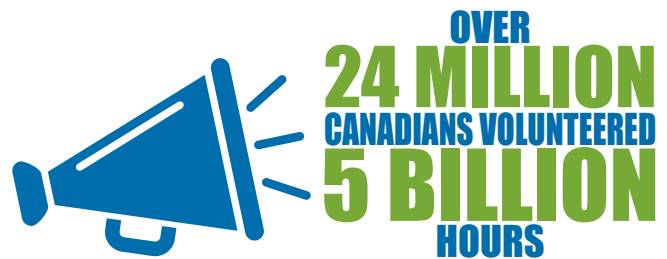
Crowd control and line management, programming/activity support, set-up/take-down assistance.

Heritage Committee

Advises and assists Council on matters related to the conservation of properties of historical or architectural value, consults with property owners regarding designation or conservation projects, and provides information to support civic interest in heritage conservation.

Make an impact in your community! Whether it is volunteering once a month, once a year or weekly, volunteer on your schedule, not ours!

Visit <https://www.get.on.ca/living-here/volunteer-with-us> for information on opportunities available and how to apply for volunteer roles!



Why Volunteer with Us?



Meet new people in your community



Find a fulfilling way to spend your time



Gain life and job experience



Give back to the community



Learn new skills

Did you Know?

In 2018, over **24 million people volunteered** formally (i.e., for an organization), informally (on their own), or both formally and informally, accounting for 79% of Canadians aged 15 and older. They dedicated approximately **5 billion hours to volunteer activities**, equivalent to over 2.5 million full-time year-round jobs.

Among all generations iGens (born in 1996 and later) were the most likely to engage in formal volunteering, at 52%, but Matures (born 1918 to 1945) contributed the most average hours (222 hours) to formal volunteering activities.

Statistics Canada 2018

GET Community Contacts

Sports

Ariss Valley Golf Course519-824-1551
 Eden Mills Nordic edenmillsnordic.blogspot.com
 Guelph Lakes Golf Course.....519-822-4222
 Guelph Nordic Ski club..... www.guelphnordic.com
 Rockwood FCwww.rockwoodfc.com
 Rockwood Lacrosse..... www.rlxlacrosse.ca
 Rockwood Tennis Club ... www.rockwoodtennis.com

Art/Culture/Club

Dance Classes tammyeckerman@icloud.com
 Scouts/Beavers/Cubs..... www.scouts.ca
 Girl Guide/Brownies www.girlguides.ca
 Rockwood Karate.....519-826-6111
 4H Ontario.....www.4-hontario.ca
 Order of the Bear www.orderofthebear.com

Camps

Camp Brebeuf http://cyo.on.ca/brebeuf
 Rockwood Summer Camp
rockwoodsummercamp@gmail.com
 Rockwood FCwww.rockwoodfc.com
 Rockwood Lacrosse..... www.rlxlacrosse.ca

Outdoor Rinks

http://get.on.ca/living-here/outdoor_rink
 Cross Creek Park....78 Cross Creek Boulevard, Guelph
 Lloyd Dyer Park..... 209 Balaclava Street, Rockwood
 Max Storey Park 162 Dunbar Street, Rockwood
 Valentino Park..... 121 Fountain Street, Rockwood
 Memorial Park..... 19 Memorial Street, Eden Mills
 David Masson 201 Landrex Boulevard, Rockwood

Community Shared Garden

Ignatius Jesuit Centre
 [https://ignatiusguelph.ca/ignatius-farm/
 community-shared-agriculture/](https://ignatiusguelph.ca/ignatius-farm/community-shared-agriculture/)
 Valentino Park..... 121 Fountain Street, Rockwood

Community Resources

East Wellington Community Services ..519-833-9696
 Wellington County Library - Rockwood Branch
519-856-4851
 Wellington County Library - Marden Branch
519-763-7445

Schools/Childcare

Harris Mill – English/French Immersion JK – Gr. 5
519-856-0306
 Sacred Heart Catholic Elementary JK – Gr. 8
519-856-1157
 Rockwood Centennial JK- Gr. 8
519-856-9556
 Rockwood Nursery School519-856-4486
 Eramosa Public School519-856-9529

If you would like to have your organization featured in next year's guide, or if your contact information has changed, please contact clerks@get.on.ca or 519-856-9596 ext 140.

FREE EVENTS

COME TRY RINGETTE PREDATORS BRING YOUR FRIENDS!

Saturday, September 10 @ 10:15am

Saturday, September 17 @ 10:15am

Tuesday, September 20 @ 6:00pm

Tuesday, September 27 @ 6:00pm

West End Community Centre

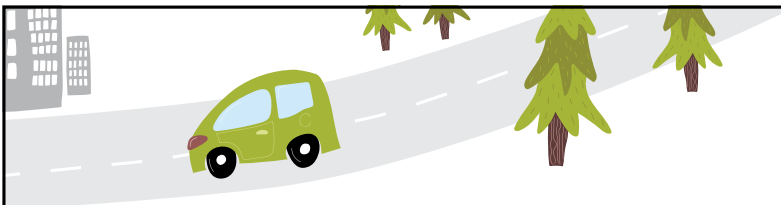
Questions?

admin@guelphringette.ca

guelphringette.ca



Bring: Skates, helmet and gloves!



Wellington County's Rural Transit Service

Operating Monday to Friday, 6:00 am to
7:00 pm, book a ride to or from any address
in Wellington County and Guelph.

Visit www.ridewell.ca/book, get the app,
or call 1.833.900.RIDE (7433) to register.



Ontario 

www.ridewell.ca



Alternate formats available upon request.

^{OM}Official Mark of The Corporation of
the County of Wellington.

A young girl with blonde hair in a high ponytail, wearing a colorful, patterned leotard, stands on a blue mat in a gymnasium. She is smiling and looking down at an adult woman who is kneeling and supporting her. The woman is wearing a red t-shirt with white stripes on the sleeves and black leggings. The background shows a gymnasium with blue mats and wooden beams.

saultos

GUELPH'S GYMNASTICS
COMMUNITY

GYMNASTICS
CLASSES

BIRTHDAY PARTIES

ACTIVITY CAMPS

@GUELPHSAULTOS

WWW.GUELPHSAULTOS.CA