

AUGUST 2017



Rockmosa Older Adult Centre



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Weekly Drop-in Schedule

MONDAY

- Chess & Cribbage 10am
- Rummikub 1:15pm (Returns September)

TUESDAY

- Shuffleboard 1pm (Returns September)

WEDNESDAY

- Darts 1pm (Returns September)
- Pickleball 1pm (Returns September)

THURSDAY

- Euchre 1pm (Returns September)

FRIDAY

- Seniors Social Luncheon 11:30am
- Walking 1:30pm

Music in the Garden—TONIGHT!

Join us, rain or shine, **TONIGHT 7PM** at the Rockmosa Older Adult Centre (Enabling Garden) to enjoy the lively music of a Caribbean Two Person Steel Drum Band.

East Wellington Community Services will be offering free transportation for those in need.

Space is limited so book early.
519-856-2113



Guitarist Bob MacLean will be joining us on **Wednesday August 30th at 6:00pm** to play a lively and engaging Canadiana repertoire.

This is a FREE event! Refreshments and a light snack will be provided. Bring your lawn chair!

Skatepark Grand Opening and Ribbon Cutting

August 3rd 5pm—11pm

STEVE MARTIN



Come and celebrate this Canada 150 project! Lots to do and see for all ages including live music by The Practically Hip, food truck vendors, beer garden, skate team demonstration, and much more!

Finish the night with an outdoor viewing of Cheaper by the Dozen 2 sponsored by tammysellsrockwood.com Can you spot the scenes filmed in the Rockwood Conservation Area?

Seniors Information and Active Living Fair September 12th 11am to 3pm



The Rockmosa Older Adult Centre is excited to host a Seniors Information and Active Living Fair on Tuesday September 12th.

The fair will be held jointly at the Rockmosa Community Centre and the Older Adult Centre. The Community Centre will host a **Pickleball demonstration** at **8:30 am** followed by

exhibitor information booths, shuffleboard demonstrations and a **healthy eating presentation** from **11am to 3pm**.

There will be a number of educational seminars at the Older Adult Centre including ***Aging Safely in the New Millennium*** **11:30am**, ***Protect your Money*** **12:30pm**

and ***Fire Safety for Seniors*** **1:30pm**.

This is a free event, open to all ages. Giveaways, grab bags and healthy snacks will be provided.

This event is sponsored jointly by The Older Adults Centres' Association of Ontario and the Ministry of Seniors Affairs.

Creative Drop-in Groups

Thank you to those who attended our creative programming consultation meetings. Your experience, thoughts and suggestions are greatly appreciated!

Our next step is to use your suggestions and

ideas to create programming that meets the goals of the grant we received and the desires of our Older Adult population.

Stay tuned for announcements on the exciting programs we

will be offering this Fall. Thanks for your support!



Upcoming Free Workshops

We are working on our Fall and Winter Workshop schedule.

Currently we have two booked for the Fall and are working on a third.

The scheduled workshops are as follows:

Speaking of Bones
October 3rd 1PM

What is Osteoporosis? What are the risk factors, how is it diagnosed and what can you do to maintain healthy bones?

Please Register

Dementia: The Elephant in the Room
October 24th 1PM

Talking about dementia can be a troublesome task. Let's talk about the elephant in the room. Handouts provided, and questions invited.

Please Register



Canada 150 Project at Eden Mills Community Hall

The Eramosa Eden Retreat Centre on Indian Trail has received a Canada 150 grant to create and present a theatre project called *Canada's Seniors: Our Roots, Our Future*, about the importance of those 55+ in Canada's past, present and future.

The creation group for this project is called Our Voices, and we meet weekly on Wednesday afternoons to talk about

story and scene ideas, which are turned into scenes by a playwright. You don't need to attend every week, and you can participate without being an actor in the final show, if you choose. Here are the coordinates for the meetings:

Wednesdays - now to October 1:30 - 3:30 pm

@ Eramosa Eden

8178 Indian Trail, near Eden Mills (veer left going into the

driveway, and to the three-storey building)

If you are 55+ and would like further information, please contact Catherine Frid by email at catherine.frid@gmail.com, or by telephone at

519-856-0380. If you're interested in seeing what we're doing, we'd love to welcome you!

Rockwood Library Programs



Tech Talk

**Tuesday August 22
3:00 PM**

Come join the conversation about computers! Bring your questions and we will explore together to

find the answers. Please register.

Carnegie Café: In Stitches

**Thursday August 24
6:30 PM**

Come and explore our new sewing machines!

No experience necessary as we make a small project for you to take home. Please register.

Learn all about Computers and Social Media from the Experts

Coming to Rockmosa Older Adult Centre: An Intergenerational Social Media Program to help seniors develop their knowledge and skills for using computers, cell phones, Facebook, Twitter and other forms of social media. There will be group information and

demonstration sessions on a wide range of topics: computers, cell phones, Facebook, Twitter, Skype, safety, and protection online, etc. Bring your cell phone, iPad or lap-top (or use one at the Centre) and come with your questions. Also, you will be partnered with a youth mentor

who will work with you, one-on-one, to answer your specific questions and teach you how to do what you want to do with your computer and/or cell phone. The regular days for this starting in Sept. will be Tues. 4-6 and Thurs. from 4:30 to 6:30. Come to the introductory/information session at the Older

Adult Centre on Thurs. Aug. 10 at 4:00 pm and/or Tues. Aug. 15 at 10 am. This program is being offered by the Word and World Centre for Reflection and Response in partnership with the Rockmosa Older Adult Centre. It is funded through a New Horizons Grant for Seniors.