

June Newsletter

Hard to believe it's been a full year of working with Guelph/Eramosa Township as the Community Programs Coordinator. I have truly enjoyed my time here and have met such wonderful people. Your stories, conversations, suggestions, laughter, smiles and hugs helped to make my year one I will cherish for a very long time. I have learned a great deal from all of you, some lessons I will continue to practice such as, to eat my dessert first, that we are not stubborn, just determined, that we should delight in the little things, that prayers go a long way and that taking time to ask how you are, and giving hugs and smiles go a very long way in making a person feel welcomed and connected to a very special group of people. I'm sure our paths will cross again and knowing that I currently don't have work to go to it may be sooner than you think! 😊 I may just surprise you all and swing by for a game of euchre, rummikub, shuffleboard or pickleball over the next few months. Thank you again for everything. I will miss you.

Welcome Back Melissa!

With a warm welcome and a big hug (and a lot of paper work and projects) Melissa will be quite busy over the next few months! I know she is very much looking forward to getting back into her groove and I have no doubt she will be amazing to work with! To reach Melissa you can phone her at 519.856.9596 ext 139 or email at mbiffis@get.on.ca

Homegrown Community Art Show for 55+

Opening Reception Thursday, June 1, 5:30-7:00pm

The Rockwood Branch of the Wellington County Library and the Township of Guelph/Eramosa have partnered together to bring you a community art show! Our opening reception will be Thursday, June 1st from 5:30 – 7:30pm. Please swing by the Library to view great pieces of art from your friends and neighbours. We look forward to seeing you there!

Get your smile on to celebrate your month (June is Seniors Month)!

Over the next few weeks Melissa will be capturing on camera you and your smiles while taking part in activities that are being held at the Older Adult Centre, Rockmosa and at the RDAPC in Marden. She is looking to create a collage to celebrate June is Seniors month with you being active in our programs.

Colouring in the Garden

Adult colouring is taking off and we are curious to know if you might like to find out what all the fuss is about. If this is something that you would like to participate in please contact Melissa, she is looking at dates and times that may work well for people to come to the enabling garden to colour and listen to music

Enabling Garden

On Monday, May 29 we successfully planted lots of flowers. It was a little dirty but we had fun and it looks great! We will be looking for volunteers to help with the garden throughout the summer. If this is something that interests you please contact Melissa at 519.856.9596.

Walking Soccer

Still have the love for the game, but your body won't let you play? Well now is your time to shine! Join us every Thursday at 10am at the RDAPC. Contact dnichol@get.on.ca or call (519) 265-7905 for more details. Fee \$5/session

The Walking Group is back

Come walk with us! The walking group will begin Friday, May 12 at 1:30pm. We will meet at the Rockmosa Older Adult Centre in front of the library. For more information please contact Liz Davis at 519.853.2622 or email at lizdavis@bell.net

Shuffleboard & Pickleball – Continuing through the summer!

Shuffleboard	Rockmosa Community Centre	Tues	1 – 3pm
Pickleball	Rockmosa Community Centre	Wed	1 – 3pm

We are going to continue these events through the month of June and possibly take a small break for July and August. If you have any suggestions on these programs and increasing the participation please contact Melissa with your ideas. You can reach Melissa at 519.856.9596 or mbiffis@get.on.ca