

November 2017



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Weekly Drop-in Schedule

MONDAY

- Chess & Cribbage 10am
- Rummikub 1:15pm
(Start Date TBA)

TUESDAY

- Shuffleboard 1pm
(Rockmosa Community Centre)
- Hand Stitching 1pm
(Third Tuesday of the month)

WEDNESDAY

- Darts 1pm
- Pickleball 1pm
(Rockmosa Community Centre)
- Tone Chime Choir 3pm

THURSDAY

- Euchre 1pm

FRIDAY

- Seniors Social Luncheon 11:30am
- Pickleball 6:30pm
(Harris Mill (Ecole) Public School 207 MacLennan St.)

Rockmosa Older Adult Centre



Drop In Activities

There is a chill in the air! Why not take advantage of the warm and inviting space of the Older Adult Centre by attending one of our weekly drop in programs!

Is there an activity you would like to see added to our schedule?

Let us Know! We are always looking for new ideas.

WHY NOT TRY THESE NEW PROGRAMS?

tone chime choir

Making Music in a group is not only great for your cognitive and emotional well being but it is fun! Visit us on Wednesdays at 3pm to see how easy it is to compose and perform your favourite music using Tone Chimes.

No musical experience necessary.

HAND-STITCHING GROUP:

The Hand-Stitching group is in full swing! Working on a Christmas project? Don't do it alone. Join us on Tuesday November 21st to laugh and talk while you quilt, knit, sew, embroider or crochet. Bring your stitching and we will work and learn alongside each other!

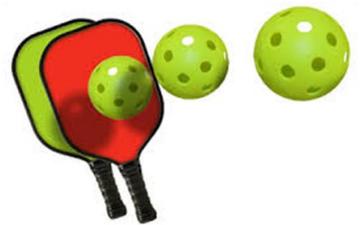


PICKLEBALL:

There is no Friday evening Pickleball this week due to the School's PD Day. We play again on Friday November 3rd at 6:30pm at Harris Mill

(Ecole) Public School (207 MacLennan Street). The drop in fee for this program is \$3/visit.

Gym also closed on Friday November 24th



ARE YOU INTERESTED?

Bridge/Duplicate Bridge and Mah Jong (American Style) players wanted!

In the new year we are looking to host an introduction to each game. Experienced and inexperienced players welcome!



Nature Activities



Wild Ontario is an environmental education program based at the University of Guelph. They use non-releasable, live birds-of-prey to teach about science and help people make connections to nature. Wild Ontario travels all over Ontario and wherever they go, they aim to **educate**, **enlighten** and **entertain**. Wild Ontario teaches biology, ecology, ornithology,

conservation and stewardship in a manner that everyone can understand and appreciate. They believe that learning about nature is fun, and they want you to have fun with them!

“The passion and enthusiasm of our people is infectious, and an encounter with our birds is unforgettable. Their stories spread the word about our impact on wildlife, and how to turn it from negative to positive. Whether it’s the beautiful, yellow eyes of an owl or the bald, wrinkly head of a vulture that captures your imagination, we know you will

have a memorable experience with us. You won’t even realize how much you’re learning!”

Please register before November 3, 2017

DATE: Wednesday, November 8th 10:00AM



Toronto Distillery District “Christmas Market” Wednesday November 22, 2017

The Bata Shoe Museum is what’s afoot today! It is one of the most interesting museums that Toronto has. The mission of the Bata Shoe Museum is to contribute to the knowledge and understanding of the role of footwear in the social and cultural life of humanity. The Museum

illustrates the living habits, the culture and the customs of people.

After the museum we are off to the fabulous Christmas Market in Toronto’s historic Distillery District. The area includes 47 buildings that were known as the Gooderham & Worts

Distillery and had been pronounced a national historic site. These buildings have been transformed through exterior and interior restoration becoming an inspired blend of Victorian Industrial architecture and 21st century design and creativity. There will be food vendors, artisans

and lots of Christmas ideas! **Lunch is on your own today** and there are lots of things to choose from.

Christmas will be in full swing with decorations everywhere.

\$85.00 members
\$90.00 non members
Trip is filling up!
Register by November 8, 2017

Cooking Classes

TRADITIONAL MEXICAN PARTY FOOD

November 1st 12PM

Presented by
Hendrik Varju

Mexican-Hungarian cooking instructor, Hendrik Varju, learned to cook from a very young age, spending countless hours in the kitchen with his

Mexican born mother. Hendrik believes that food ties generations together and that nothing else is more important in preserving family traditions and cultures. Join Hendrik as he teaches us how to make: The Best Guacamole You've Ever Had, served with freshly fried tortilla chips, Shrimp Ceviche with shallots,

jalapenos, green olives and avocado, and finally Enchiladas Rojas con Pollo (chicken enchiladas with red sauce) featuring red sauce with ancho and guajillo chiles.

Please register before
October 27th

\$20 Members

\$30 Non Members



Upcoming Free Workshops

Do not forget to register for our fall workshops!

SAFE WINTER DRIVING

Presented by the
Wellington County
OPP

November 14th 1PM

We can't control the weather, nor can we blame it, but we can control our driving habits. Be prepared for winter roads.

Please register
before November 7,
2017

SENIORS LUNCH (MEET AND GREET WITH SENIORS FOR SENIORS)

November 15th
11AM

You are invited to come learn about the services offered by **Seniors for Seniors**, a non-medical home-care provider with a unique approach to senior care. We employ retired and semi-retired individuals to provide care for seniors close in age through an array of services including: drop-in companions, live-in companions, driver companions, overnight assistance and more.

Come learn about the unique set of services we offer through an interactive lunch & learn session on Wednesday November 15th at 11:00 AM. We look forward to seeing you there!

Please register before
Wednesday
November 8, 2017

TO REGISTER:

Call or email

mbiffis@get.on.ca
519-856-9596 ext. 139



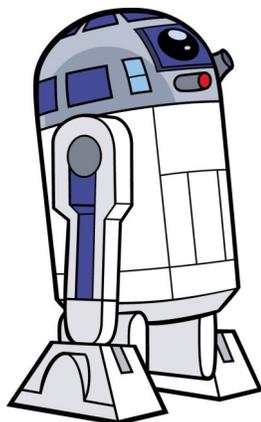
 Seniors
for Seniors™

Rockwood Library Programs



Movie Afternoon: Star Wars: The Force Awakens

Get ready for the release of the newest Star Wars film by joining us for a showing of "Star Wars: The Force Awakens". Rated PG. **Drop in.**
Saturday, November 4, 1:00 pm



Tech Talk

Come join the conversation about computers! Bring your questions and we will explore together to find the answers. It can be as simple as how to turn your device on, or more in depth with how a specific app works. **Please register.**
Monday, November 4, 1:00 pm



Postcards for Peace

Visit our postcard station at the library during Veterans' week to express messages of thanks to those who served Canada in times of war, military conflict and peace.

Monday, November 6 - Friday, November 10, during branch hours

Used Book Sale

Please ask at the desk or phone 519.856.4851 for more information.

Thursday, November 16 - Saturday, November 18, during branch hours

Carnegie Café:

Watercolour Painting

Join us for monthly adult programme on a variety of topics designed to educate, entertain, and inspire. **Please register.**
Thursday, November 23, 6:30 - 7:30 pm

Holiday Open House

Come celebrate the holidays with us at the library! Take a photo with our green screen, play with some robots, and listen to some enchanting holiday tales. **Drop in.**

Thursday, November 30, 5:30 - 7:30 pm

East Wellington Family Health Team Free Workshops

Stay Strong; Live Long – Falls

Prevention (5-week series, presented through Ontario Telemedicine Network) - **Erin Clinic**

*Wednesdays, Nov 1st to 29th, 10:00 – 11:30am

Walk - Fit -

Erin Indoor Recreation Centre,

184 Main Street, Erin

*Fridays, Nov 3rd to Jan 26th, 9:00 – 10:15am

** No class on Dec 22nd & 29th

Relaxation and Stress Management –(5 - Week Series) – **Erin Clinic**

*Wednesdays, Nov 8th – Dec 6th,

7:00 – 8:30pm

Prime Timers – Erin Legion, 12 Dundas Street East, Erin

Tuesday November 21st, 9:30 – 11:30am

Robin Smart, Alzheimer Society of Waterloo Wellington

*Brain Health: normal vs. concerning memory loss

Understanding and Managing Your Diabetes – Erin Clinic

Part One: Thursday November 23rd, 6:00 – 8:00pm

Part Two: Thursday November 30th, 6:00 – 8:00pm

Anxiety – Dial It Down – Rockwood Clinic

Tuesday December 5th, 6:30 – 8:30pm