

# ROCKMOSA OLDER ADULT CENTRE

## FALL 2024 NEWSLETTER



121 Rockmosa Dr, Rockwood, ON



Open Monday - Friday  
9:00AM-3:00PM



### IN THIS ISSUE:

A note from the Community Programs Coordinator P.2

Registration Information & Rockmosa Older Adult Membership P.3

Drop-In Programs P.4

Silver Screen P.5

Fall Events P.6 - 7

Fall Workshops & Drop In Updates P.8 - 9

Cooking Classes P.10

Programming Series P.11 - 12

Programming with Chartwell and Hospice Wellington P.13 - 14

September Calendar P.15

## A NOTE FROM THE COMMUNITY PROGRAMS COORDINATOR

MELISSA BIFFIS



We hope everyone is having a great summer, it has been wonderful seeing the Centre so busy even in the summer months!

If you have visited our Centre in the past couple of weeks you may have noticed some changes. Recently, the room the Rockmosa Older Adult Centre is located in has been renamed to the Sytske Drijber room, in honour of long time resident and community builder/influencer Sytske Drijber, 1920-2023. Mrs. Drijber was a driving force in the creation of the Rockmosa Older Adult Centre, her passion for the community made Rockwood a better place. I fondly remember receiving weekly phone calls and emails from Mrs. Drijber when the Centre opened and I started in my role. She continually shared ideas on ways we could better serve and engage the seniors in our community.



Please take some time to go through our Fall Newsletter, we have so much planned from Drop In Programming, Fitness Classes, Workshops, Socials and Special Events. We look forward to welcoming everyone back this Fall!

As always, please do not hesitate to reach out to Mary or myself if you have ideas for programming, would like to volunteer, or have questions about the Centre. We are here to help!

*Melissa Biffis*

**The Rockmosa Older Adult Centre and Rockmosa Community Centre will be closed: Monday September 2, Monday October 14 & December 24, 2024 to January 1, 2025.**

# REGISTRATION INFORMATION

**Please register in advance for all workshops and events. All programs 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.**

**To register for fitness classes, workshops, cooking classes or pre-register for select drop-in programs:**

**[www.get.on.ca/fitness](http://www.get.on.ca/fitness)  
519-856-9596 ext. 139  
[programming@get.on.ca](mailto:programming@get.on.ca)**

## **Rockmosa Older Adult Centre Membership**

- membership with the Rockmosa OAC is optional**
- memberships run from purchase date for one year**
- membership helps support our space and our programming**
- active membership gets you, the membership holder, discounts (\$5-\$6) off workshops, programs, events and fitness classes for the year**
- Membership discounts cannot be used for family or friends**
- You will be required to check the status of your membership, as we do not send out alerts when it expires**

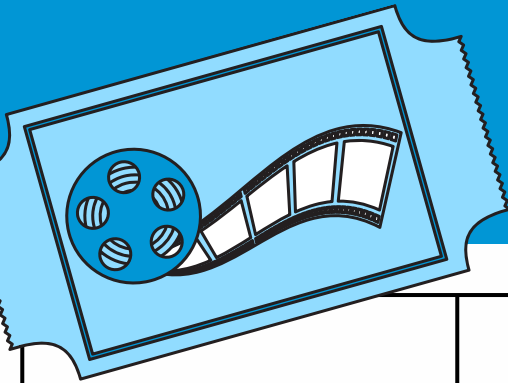
**2024 Membership Fees:  
First year \$28.00+HST  
Membership Renewal \$20.00+HST**

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2.00 for indoor	Rockwood Tennis Courts Moves inside Rockmosa Community Centre Oct. 21	1:00-3:00PM Indoor 12:00 / 1:30PM
Tuesday *Starts Sept. 17 ; no program Sept. 24	Shuffleboard \$2.00	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg	Older Adult Centre	1:00-3:00PM
Tuesday *3rd of the month	Photography Club	Older Adult Centre	7:00-9:00PM
Wednesday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Wednesday	Bid Euchre & Cribbage \$2.00	Older Adult Centre	10:00AM-12:00PM
Wednesday	Pickleball \$2.00 for indoor	Rockwood Tennis Courts Moves inside Rockmosa Community Centre Oct. 16	1:00-3:00PM Indoor 12:00 / 1:15PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday *Ends October 17	Garden Club	OAC Enabling Garden	11:30AM-12:30PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:00PM
Thursday *Starts Sept. 26	Pickleball \$4.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday *starts Sept. 6	Knitting Club	Older Adult Centre	2:00PM-3:00PM

# SILVER SCREEN

IN THE ROCKWOOD LIBRARY LEARNING ROOM  
2:00-4:00PM


FREE!



<p><b>Tuesday September 10, 2024</b></p>	<p><b>“Harriet”</b></p> <p>The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.</p>
<p><b>Tuesday October 8, 2024</b></p>	<p><b>“Saving Mr. Banks”</b></p> <p>P. L. Travers, a London author who is financially broke, visits Los Angeles to meet Walt Disney, who is keen to adapt her 'Mary Poppins' for the cinema. However, his methods do not meet her approval.</p>
<p><b>Tuesday November 12, 2024</b></p>	<p><b>“War Horse”</b></p> <p>A young farm boy enlists to serve in World War I after his beloved horse is sold to the cavalry. His hopeful journey takes him out of England and onto the front lines as the war rages on.</p>
<p><b>Tuesday December 10, 2024</b></p>	<p><b>“A Christmas Carol”</b></p> <p>Ebenezer Scrooge, a miserly old moneylender is visited by three Christmas spirits on Christmas Eve. Scrooge embarks on a journey of self-redemption to mend his miserly ways</p>

 [www.get.on.ca](http://www.get.on.ca)

 [programming@get.on.ca](mailto:programming@get.on.ca)

 519-856-9596 ext. 139

## Welcome Back Fall Social!

Monday September 23, 2024

1:30-2:30PM

Rockmosa Older Adult Centre

Enabling Garden

\$5.00+HST



Let's welcome back the fall, AND enjoy the final days of summer in our Enabling Garden. Join us for a warm slice of Apple Pie and Ice cream, coffee and tea. In the event of rain, the social will be held indoors.

## Apple Cider and Trivia

Monday October 21, 2024

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST



Join us for a fresh cup of hot apple cider, sweets and some fun and friendly games of trivia.

## Euchre Tournament & Pizza Lunch

Thursday October 31, 2024

12:00-3:30PM

Rockmosa Older Adult Centre

Buy In \$8.00+HST

Join us for our 4th fun and friendly progressive style Halloween Euchre Tournament. \$8+HST buy in for your pizza lunch, which we will enjoy prior to playing. Partners will rotate, and be selected before the games begin. Please register by October 28, 2024.

**Prizes for the best costumes!**



## Hot Chocolate & BINGO

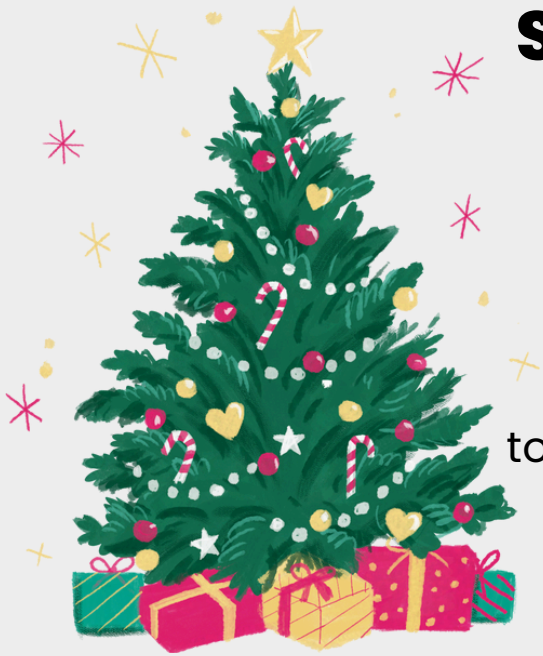
Monday November 4, 2024

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Join us for some fun and friendly games of BINGO while you enjoy a sweet cup of hot chocolate! Fun prizes to be won!



## Senior's Christmas Luncheon

### SAVE THE DATE!

Thursday December 5, 2024

12:00-2:00PM

Rockmosa Community Centre

Join us for lunch and entertainment to celebrate the holiday season! A special thank you to Chartwell for sponsoring the entertainment!

*More details, including cost and registration information will be available in October.*

## Cookies & Carols

Thursday December 19, 2024

10:30AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Sing along to some of your favourite songs of the season and decorate some delicious cookies!



## Estate Planning is More than Just a Will with RBC



Tuesday September 17, 2024

10:00–11:30AM

Rockmosa Older Adult Centre

FREE

*\*to register please email [sandra.rizzo-gallant@rbc.com](mailto:sandra.rizzo-gallant@rbc.com)*

Discover ways to set up your will to reduce taxes and fees and to help ensure that the needs of your financial dependents are met.

## Autumn Wreaths with Monika

Tuesday October 1, 2024

10:30–11:30AM

Rockmosa Older Adult Centre

Registration Fee \$30.00+HST

OAC Members Fee \$25.00+HST



In this workshop, we'll combine all the best parts of autumn into a beautiful wreath for your door! We'll use a selection of seed heads, dried flowers and a combination of fresh and dried foliage and autumn toned ribbons to form a beautiful piece of living art.

**Please register by September 25, 2024.**



## Christmas Centerpiece with Monika

Monday December 2, 2024

10:30–11:30AM

Rockmosa Older Adult Centre

Registration Fee \$25.00+HST

OAC Members Fee \$20.00+HST

In this workshop we'll be using fresh greens, pine cones, and other natural elements to build a beautiful centerpiece for your Holiday table. A few special picks will be available for you to add a little sparkle and shine to your arrangements as well.

**Please register by November 27, 2024.**



## Coffee and Conversation



Join us for coffee and conversation with local professionals and organizations.

Mondays, 10:30-11:30AM  
Rockmosa Older Adult Centre  
FREE

September 23	Tri City Bee Rescue
October 7	Wellington County Emergency Management Department
November 18	Sara Novak "Decluttering and Preparing for a Move"
December 9	Rockwood Branch Library "Cell Phone Tips and Tricks"

## DROP IN UPDATES



Due to low attendance, we will be removing Gentle Pole Walking on Tuesdays from our schedule. Should interest increase, we will plan to offer this as a volunteer led program.



Please note, Pole Walking will start at 9:00AM on Mondays when we are offering Coffee and Conversation.



Pickleball will be from 1:00-3:00PM on Mondays and Wednesdays, on the Rockwood Tennis Courts, starting September 4, 2024.

## Fall Favourites with Chef Emily Richards

Monday September 16, 2024

11:00AM-12:30PM

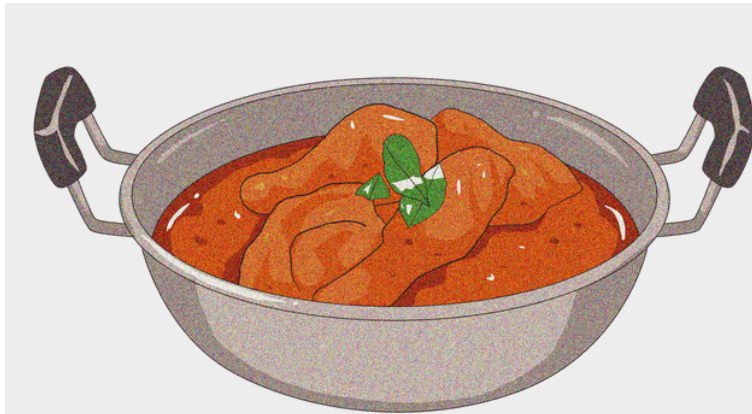
Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

### Menu:

French Onion and Mushroom Soup, Butternut Squash, Bacon and Vegetable Pizza and Roasted Cauliflower Pasta with Parmesan Hazelnut Crunch.



## Classic Indian Dishes with Chitra Saravanan

Monday October 21, 2024

6:30-8:00PM

Rockmosa Community Centre

Registration Fee: \$55.00+HST

OAC Members: \$50.00+HST

### Menu:

Paneer pakoras - Appetizers made with grated paneer chickpea flour, and spices

Chicken vindaloo - tangy spicy and delicious curry

Bombay aloo - simple curry made with sliced onion, potatoes and spices

These curries will be served with some Aromatic basmati rice

Recipe handouts will be given in the class and a sample of food cooked in the class will be shared as well. Bring containers for possible left overs. Open to ages 13+.

## Holiday Favourites with Chef Emily Richards

Tuesday November 26, 2024

11:00AM-12:30PM

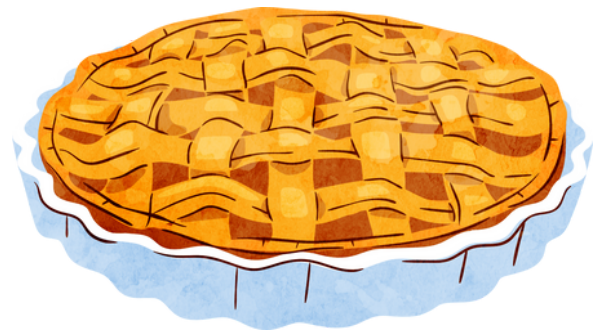
Rockmosa Older Adult Centre

Registration Fee: \$38.00+HST

OAC Members: \$33.00+HST

### Menu:

Minestrone with Roasted Chestnuts and White Beans, Holiday Tourtiere and Deluxe Hazelnut Shortbread Bars.



## Sing a Long with Mary

Thursdays

September 19 – October 10, 2024

10:00–11:00AM

Rockmosa Older Adult Centre

FREE



Join Mary for a fun and casual sing a long group this fall. Group singing is a great way to support your mental health as it regulates your breathing, increases your 'feel good' hormones, gives you a time to play, and brings you together as a group. No singing experience needed – just come out and have fun!

## Rockmosa Strummers Ukulele Group with Carolyn McLeod-McCarthy



Thursdays

September 19 – November 28, 2024 *\*no class October 31\**

7:00–8:30PM

Rockmosa Older Adult Centre

Registration Fee: \$75.00+HST

OAC Member Fee: \$70.00+HST

*This class requires a minimum of 10 registrations to run.*

This program includes a lender ukulele and song sheets. Focus will be on the anatomy of the uke, finger positioning, strumming, learning songs with the same chords and strumming patterns. Musical experience is NOT necessary to participate in the fun group, and all levels are welcome in this class that will show beginner to intermediate skills. **Open to 18+!**

## Community Drumming with Mary

Thursday

October 24 – November 28, 2024

10:00–11:15AM

Rockmosa Older Adult Centre

FREE



Join Mary and enjoy group Djembe drumming. Learn the basic skills of drumming on a Djembe and explore how group music making can build community. Djembes available to loan for free for the program.

## Watercolours & More with Vita Keeling

Mondays

October 28 - December 2, 2024

1:00PM-3:30PM

Rockmosa Older Adult Centre

Registration Fee: \$79.98+HST

OAC Members Rate: \$75.00+HST



Discover the beauty of Watercolour Painting. 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.

**Supply list can be found online at [www.get.on.ca](http://www.get.on.ca)**



## Christmas Card Making with Karen & Teresa

Tuesday

November 12, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

\$10.00+HST

Personalize your Christmas Greetings with a hand made card. Various designs will be demonstrated, and each participant will be able to create and take home two cards. **Please register by November 6.**

# PROGRAMS WITH



**CHARTwell**  
retirement residences

## Fit Minds

Tuesdays

2:00–3:00PM

October 22 – November 12, 2024

Rockmosa Older Adult Centre

**FREE**



Join Chartwell Retirement Residences for Fit Minds®. This program is an opportunity for participants to engage in stimulating social activities that improve their brain health. By participating in games and activities, seniors can boost their mental processes while still having fun.

# PROGRAMS WITH



## Navigating Your Supports

Tuesday October 15, 2024

10:30–11:30AM

Rockmosa Older Adult Centre

**FREE**

Register online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)



This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for, and give you tools to map out these support systems in a clear way.

# PROGRAMS WITH Hospice Wellington™



## Caregiver Coffee Conversations

Tuesdays

September 10, 24, October 8, 22, November 5, 19,

December 3, 17, 2024

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE

Register by calling 519-836-3921 ext 228 or emailing [info@hospicewellington.org](mailto:info@hospicewellington.org)

In partnership with Rockmosa Older Adult Centre, this group is for Caregivers caring for a loved one with a life limiting illness. It's an opportunity to meet other caregivers, learn ways to manage your stress, share their experiences, hear how others have met similar challenges and identify strategies for self-care. We will also have guest speakers and music therapy at different times through to December.

## Music Therapy Group

### Songs of Our Lives ; Weaving the Tapestry

Last Monday of the Month

September 30, October 28, November 25 & December 16, 2024

10:00-11:30AM

Rockmosa Older Adult Centre

FREE

Register online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)

Join Certified Music Therapist Catherine for a music therapy group. Music offers a wonderful way of stepping through our lives, and of coming alongside one another as we explore memories and the feelings they evoke.



# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>CLOSED LABOUR DAY</b>	3 1:00 PM Mah Jongg (OAC)	4 9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre & Cribbage (OAC) 1:00-3:00PM Pickleball (RTC) 1:00 PM Darts (OAC)	5 11:30 AM Garden Club (REG) 1:00 PM Euchre(OAC)	6 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	7
8	9 9:30 AM Pole Walking (RCA) 1:00-3:00PM Pickleball (RTC)	10 10:00 AM Caregiver Coffee Conversations – Hospice Wellington (OAC) 1:00 PM Mah Jongg (OAC) 2:00PM Silver Screen “Harriet” (RL)	11 9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre & Cribbage (OAC) 1:00-3:00PM Pickleball (RTC) 1:00 PM Darts (OAC) 3:30 PM Park Pop Up Cross Creek	12 11:30 AM Garden Club (REG) 1:00 PM Euchre(OAC)	13 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	14
15	16 9:30 AM Pole Walking (RCA) 11:00 AM Fall Favorites Cooking Class (OAC) 1:00-3:00 PM Pickleball (RTC)	17 10:00 AM Estate Planning Workshop with RBC (OAC) 12:30 PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC) 7:00 PM Photography Club (OAC)	18 9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre & Cribbage (OAC) 1:00-3:00PM Pickleball (RTC) 1:00 PM Darts (OAC)	19 10:00 AM Sing-along with Mary (OAC) 11:30 AM Garden Club (REG) 1:00PM Euchre(OAC) 7:00 PM Rockmosa Strummers Ukulele (OAC)	20 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	21
22	23 9:00 AM Pole Walking 10:30 AM Coffee and Conversation “Tri City Bee Rescue” (OAC) 1:30 PM Apple Pie Social (REG) 1:00-3:00PM Pickleball (RTC)	24 10:00 AM Caregiver Coffee Conversations – Hospice Wellington (OAC) 1:00 PM Mah Jongg (OAC)	25 9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre & Cribbage (OAC) 1:00-3:00PM Pickleball (RTC) 1:00 PM Darts (OAC)	26 10:00 AM Sing-along with Mary (OAC) 11:30 AM Garden Club (REG) 1:00 PM Euchre(OAC) 6:30PM Pickleball (RPS) 7:00 PM Rockmosa Strummers Ukulele (OAC)	27 11:00 AM Lunch Bunch (OAC) 2:00PM Knitting Group (OAC)	28
29	30 9:30 AM Pole Walking (RCA) 10:00AM Music Therapy with Hospice Wellington (OAC) 1:00-3:00PM Pickleball (RTC)			<p><b>Program Location Legend:</b></p> <p><b>OAC:</b> Rockmosa Older Adult Centre</p> <p><b>RCC:</b> Rockmosa Community Centre</p> <p><b>RCA:</b> Rockwood Conservation Area</p> <p><b>RPS:</b> Rockwood Centennial Public School</p> <p><b>RL:</b> Rockwood Library</p> <p><b>RTC:</b> Rockwood Tennis Courts</p> <p><b>REG:</b> Rockmosa Enabling Garden</p>		