

# ROCKMOSA OLDER ADULT CENTRE

## SPRING & SUMMER 2025 NEWSLETTER



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121 Rockmosa Dr, Rockwood, ON



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



April 18, 21, May 19, July 1 &  
August 4, 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)**

**SPRING 2025 REGISTRATION OPENS MARCH 3, 2025 AT 9:00AM.  
SUMMER REGISTRATION OPENS JUNE 2, 2025 AT 9:00AM.**

## **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**

### **2025 Membership Fees**

**First year \$29.00+HST**

**Membership Renewal \$21.00+HST**

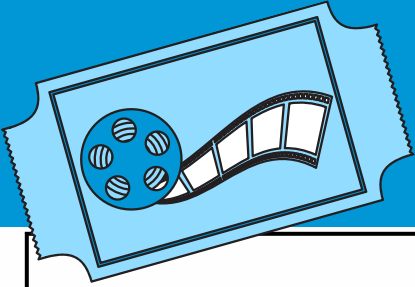
# SPRING / SUMMER 2025 DROP-IN PROGRAM SCHEDULE

Monday	Pole Walking	Rockwood Conservation Area <i>*Rotating Locations starts July 7</i>	9:30-10:30AM
Monday	Pickleball \$2.00	Rockmosa Community Centre <i>*moves outside to Rockwood Tennis Courts starting May 21</i>	12:00 / 1:30PM <i>*1:00PM May/ June *9:00AM July/ August</i>
Tuesday <i>*ends after May 13</i>	Shuffleboard \$2.00	Rockmosa Community Centre	12:30-2:30PM
Tuesday	Mah Jongg	Older Adult Centre	1:00-3:00PM
Tuesday <i>*3rd of the month</i>	Photography Club	Older Adult Centre	7:00-9:00PM
Wednesday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Wednesday	Bid Euchre \$2.00	Older Adult Centre	10:00AM-12:00PM
Wednesday	Pickleball \$2.00	Rockmosa Community Centre <i>*moves outside to Rockwood Tennis Courts starting May 21</i>	12:00 / 1:30PM <i>*1:00PM May/ June *9:00AM July/ August</i>
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:00PM
Thursday <i>*ends after May 15</i>	Pickleball \$4.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday <i>*ends after June 27</i>	Knitting & Crochet Club	Older Adult Centre	2:00PM-3:00PM

# SILVER SCREEN

## IN THE ROCKWOOD LIBRARY LEARNING ROOM

### 2:00-4:00PM



**FREE!**

<p><b>Tuesday</b> <b>April 8, 2025</b></p>	<p><b>"Downton Abbey"</b> <b>PG - 122 minutes (2019)</b> The Crawleys and their servants prepare to host King George V and Queen Mary at Downton Abbey.</p>
<p><b>Tuesday</b> <b>May 13, 2025</b></p>	<p><b>"Downton Abbey - A New Era"</b> <b>G - 124 minutes (2022)</b> The Crawleys go on a grand journey to the south of France to uncover the mystery of the Dowager Countess' newly inherited villa.</p>
<p><b>Tuesday</b> <b>June 10, 2025</b></p>	<p><b>"Beauty and the Beast"</b> <b>PG - 129 minutes (2017)</b> A brave, beautiful, and brilliant young woman is imprisoned by a beast in his castle. Despite her fears, she learns to see beyond the beast's hideous exterior and realize the gentle heart of the true prince within him.</p>
<p><b>Tuesday</b> <b>July 8, 2025</b></p>	<p><b>"Mary Poppins"</b> <b>G - 139 minutes (1964)</b> In turn of the century London, a magical nanny employs music and adventure to help two neglected children become closer to their father.</p>
<p><b>Tuesday</b> <b>August 12, 2025</b></p>	<p><b>"Ghostbusters"</b> <b>G - 105 minutes (1984)</b> Three parapsychologists forced out of their university funding set up shop as a unique ghost removal service in New York City, attracting frightened yet skeptical customers.</p>

## Needle Felting Workshop with Rose & Wool

Tuesday April 7, 2025

1:00-3:30PM

Rockmosa Older Adult Centre

\$30.00+HST Registration Fee

\$25.00+HST OAC Members



Join us for a Needle Felting Workshop with Rose and Wool! Create a unique, one-of-a-kind bookmark for yourself or a friend—your creativity is the limit! All materials are included to help you craft your very own piece of art. Don't miss out on this fun, hands-on experience!



## Pysanky - Ukrainian Easter Egg Decorating Social

Tuesday April 15, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Join us for a hands-on workshop exploring the art of Pysanky, traditional Ukrainian egg decorating. Participants will start with prepped white eggs and learn to apply intricate wax designs using a kistka before dyeing their creations. The class begins with a brief introduction to the history and meaning behind Pysanky, followed by step-by-step guidance in the technique. All necessary materials, including wax, dyes, and tools, will be provided—just bring a small container to safely transport your raw egg home! **Register by April 11, 2025 at 3:00PM.**

## Euchre Tournament and Pizza Lunch

Thursday May 22, 2025

12:00-3:00PM

Rockmosa Older Adult Centre

\$8.00+HST



Join us for our 5th fun and friendly progressive style 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. **Register by May 16, 2025 at 3:00PM.**



## BINGO & Ice Tea Social

Tuesday May 6, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

\$5.00+HST

Join us for some fun and friendly games of BINGO while you sip on a refreshing iced tea! Enjoy great company, exciting gameplay, and the chance to win fun prizes. A special thank you to our sponsor, Chartwell, for supporting our games this season! **Register by May 1, 2025 at 3:00PM.**

## Celebrate Seniors Month Strawberry Social

Tuesday June 24, 2025

Sitting 1: 11:00AM-12:00PM

Sitting 2: 1:00-2:00PM

Rockmosa Older Adult Centre

FREE \*pre-registration required



Join us in celebrating Seniors Month! Indulge in fresh, local strawberries with delicious cake and whipped cream, all paired with a warm cup of coffee or tea. Relax and enjoy a delightful afternoon in our welcoming center! **Pre-registration required by June 17, 2025 at 3:00PM. Please only register for one sitting.**

# SUMMER PROGRAMS SAVE THE DATES!

## Park Pop-Ups

Wednesdays

June 25, July 9, August 13 & September 10, 2025

3:30-6:30PM *\*timing subject to change dependent on location*

Locations: a variety of Parks across the Guelph/Eramosa Township

FREE

Join us for drop-in Park Pop-Ups, a fun event for all ages! Enjoy yard games, crafts, and cooling off with the fire department on hot days. Stay tuned for location details!



## Music in the Garden

Thursdays

June 19, July 17 (7:00-9:00PM) & August 14 (6:30-8:30PM), 2025

Rockmosa Older Adult Centre Enabling Garden

FREE

Thanks to Chartwell Retirement Residences, Music in the Garden is back! Bring your lawn chair and enjoy live music in our beautiful Enabling Garden. Space is limited—pre-register to stay updated. Performers TBD—stay tuned!



## Party in the Park

Thursday July 31, 2025

5:00-9:30PM

Rockmosa Park

FREE



Join us for Party in the Park, Guelph/Eramosa Township's biggest event! Enjoy handcrafted goods, street food, live entertainment, Wiener Dog Races, and free activities for all ages. Celebrate community and have a blast!



## Spicy Chicken Samosas with Chutney with Chitra

Monday April 28, 2025

6:30–8:30PM

Rockmosa Community Centre Kitchen

\$55.00+HST Registration Fee

\$50.00+HST OAC Members

Learn how to make the popular Indian appetizer, Samosas from scratch. In this class we will be making samosa pastry and a filling made with minced chicken, potatoes and spices. We will also make Sweet and Sour Tamarind Chutney and finish with an authentic Masala Chai. Please bring an apron, water bottle and containers for any possible leftovers.

## “Pack a Picnic” Cooking Class with Emily Richards

Tuesday May 13, 2025

11:00AM – 12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members

Here is a menu that is perfect to pack up and take to the park, campsite or backyard! Getting things made ahead always helps!

### MENU:

Vegetable Stuffed Baguette Bites

Grilled Potato and Sausage Salad

Smores Faux Ice Cream Sandwiches



## Hollandaise and Bearnaise Sauces & Knife Skills with Dora

Monday May 12, 2025

11:15AM – 12:15PM

Rockmosa Community Centre Kitchen

\$20.00+HST Registration Fee

\$15.00+HST OAC Members

Elevate your culinary skills with this hands-on class focused on mastering two classic French sauces—Hollandaise and Béarnaise. Learn the techniques behind emulsification, heat control, and flavor balance to create velvety, restaurant-quality sauces. Plus, sharpen your knife skills with essential chopping and cutting techniques to enhance your efficiency and confidence in the kitchen. Perfect for home cooks looking to refine their skills! Bonus: you get to eat a delicious eggs benedict! Please bring your own knives, a cutting board, and a cute apron to match. (hair must be tied back)

## Calming Creative Arts Mornings

Mondays

May 5 & June 23, 2025

11:00AM-12:00PM

Rockmosa Older Adult Centre

FREE



This program offers a serene space to unwind with a hot beverage, soothing music, soft lighting, and therapeutic coloring. Perfect for relaxing alone or with others, it creates a peaceful atmosphere to recharge and enjoy moments of tranquility. No registration required.

## Watercolours & more with Vita Keeling

Mondays

April 28 - June 9, 2025

1:00-3:30PM

Rockmosa Older Adult Centre

Registration Fee: \$79.98+HST

OAC Members Rate: \$75.00+HST



In a relaxed atmosphere and through step-by-step instruction, learn about watercolour including different painting techniques, and explore possible media combinations with watercolour. Beginners welcome, and participants will be encouraged to showcase their art at the Rockwood Branch Library for the month of June! **Supply list can be found online at [www.get.on.ca](http://www.get.on.ca)**

## Sing a Long with Mary

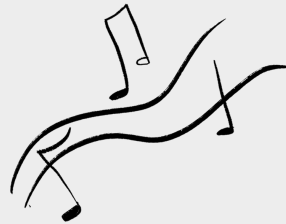
Thursdays

April 3 - May 8, 2025, 2025

10:00-11:00AM

Rockmosa Older Adult Centre

FREE



Join Mary for a fun and casual sing a long group this spring No singing experience needed, and lyrics provided - just come out and have fun!

## Community Drumming with Mary

Thursdays

May 22 - June 19, 2025

10:00AM - 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.

## Rockmosa Strummers Ukulele Group with Carolyn McLead-McCarthy

Thursdays

April 10 - June 12, 2025

7:00-8:50PM

Open to adults 18+

Rockmosa Older Adult Centre

Registration Fee: \$75.00+HST

OAC Member Fee: \$70.00+HST



This program includes a lender ukulele and song sheets, focusing on uke anatomy, finger positioning, strumming, and learning songs with similar chords and patterns. Open to all skill levels (18+). Beginner skills will be taught from 7:00 to 7:50 PM, followed by a 10-minute break, and then more advanced instruction from 8:00 to 8:50 PM.



## Coffee and Conversation



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

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

April 14, 2025	Service Canada EI Benefits Estimator and What to do When Someone Dies
May 12, 2025	"For the Love of Gardening" with Jo-Ann Morrison
June 16, 2025	Online Auctions with David Moore from Rapid Sell

## Advanced Care Planning with Hospice Wellington

Tuesday April 22, 2025  
10:00AM-11:30AM

Rockmosa Older Adult Centre  
FREE

Join Hospice Wellington to learn about Advance Care Planning and how to choose a Substitute Decision-Maker (SDM) or Power of Attorney (POA) to ensure your healthcare wishes are known.



## Monoprinting Workshop with Vita Keeling

Monday June 23, 2025  
1:00 - 4:30PM

Rockmosa Older Adult Centre  
Registration Fee: \$45.00+HST  
OAC Member Fee: \$40.00+HST

Monoprinting is an exciting creative method of making one-off prints that require NO Printing Press. Non-toxic, water-based medium is a creative, fun art form that gives exciting results! Come join local artist Vita Keeling where she will demonstrate the process and lead participants through from design to execution of their own creation!

## Music Therapy Group with Hospice Wellington

Last Monday of the month  
April 28, May 26 & June 30, 2025  
10:00AM-11:30AM

Rockmosa Older Adult Centre  
FREE

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.



## Fit Minds with Chartwell











Tuesdays  
May 20 - June 10, 2025  
11:30AM-12:30PM

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.

# SPRING 2025 ACTIVE 55+ FITNESS Schedule

## Rockmosa Community Centre

Mondays 9:00-9:50 AM	 Bands and Bells Progressive	April 7 - June 23, 2025
Mondays 10:00-10:50 AM	 Bands and Bells Gentle	April 7 - June 23, 2025
Tuesdays 9:00-10:00 AM	 Rejuvenating Yoga Gentle	April 8 - June 10, 2025
Tuesdays 10:10-11:10 AM	 Yoga All Levels	April 8 - June 10, 2025
Wednesdays 9:00-9:50AM	 Bands, Balls & Bells	April 9 - June 11, 2025
Wednesdays 10:00-10:50 AM	 Fit Hits the Fan!	April 9 - June 11, 2025
Wednesdays 3:00-3:40 PM	 DDPY Rebuild	April 9 - June 4 2025
Wednesdays 4:00-4:50 PM	 DDPY	April 9 - June 4, 2025
Thursdays 9:00-10:00 AM	 Rejuvenating Yoga Gentle	April 10 - June 12, 2025
Thursdays 10:10-11:10 AM	 Energizing Yoga Progressive	April 10 - June 12, 2025
Fridays 9:00-9:50 AM	 Low Impact Cardio and Muscle	April 11 - June 20, 2025
Fridays 10:10-11:10 AM	 Friday Fusion	April 11 - June 20, 2025

All classes take place at 110 Rockmosa Drive, Rockwood ON. 10 week sessions  
Register for classes online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)

# SPRING 2025 ADULT FITNESS Schedule

## Rockmosa Community Centre

<b>Tuesdays 6:00-6:50PM</b>	<b>Full Body Fitness</b>	<b>April 15 - June 17, 2025</b>
<b>Tuesdays 7:00-7:50 PM</b>	<b>Flow with Grace Yoga</b>	<b>April 15 - June 17, 2025</b>
<b>Wednesdays 3:00-3:40 PM</b>	<b>DDPY Rebuild</b>	<b>April 9 - June 11, 2025</b>
<b>Wednesdays 4:00-4:50 PM</b>	<b>DDPY</b>	<b>April 9 - June 11, 2025</b>
<b>Thursdays 6:00-6:50PM</b>	<b>Flow with Grace Yoga</b>	<b>April 17 - June 19, 2025</b>
<b>Thursdays 7:00-7:50PM</b>	<b>Gentle Flow Yoga</b>	<b>April 17 - June 19, 2025</b>



**Classes are for adults, 18+.**  
**All classes take place at 110 Rockmosa Drive, Rockwood ON**  
**Register for classes online at [www.get.on.ca/fitness](http://www.get.on.ca/fitness)**