

ROCKMOSA OLDER ADULT CENTRE

WINTER 2025 NEWSLETTER



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121 Rockmosa Dr, Rockwood, ON



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



Wednesday January 1, 2025
Monday February 17, 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
519-856-9596 ext. 139
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**

2025 Membership Fees (*tentative*)

First year \$29.00+HST

Membership Renewal \$21.00+HST

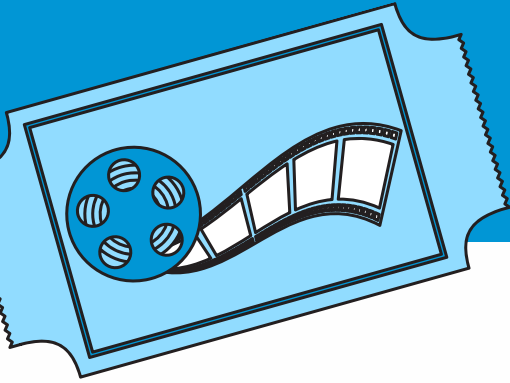
WINTER 2025 DROP-IN PROGRAM SCHEDULE

Monday	Pole Walking	Rockwood Conservation Area	9:30-10:30AM
Monday	Pickleball \$2.00	Rockmosa Community Centre	12:00 / 1:30PM
Tuesday	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 \$2.00	Older Adult Centre	10:00AM-12:00PM
Wednesday	Pickleball \$2.00	Rockmosa Community Centre	12:00 / 1:15PM
Wednesday	Darts	Older Adult Centre	1:00-3:00PM
Thursday	Euchre \$2.00	Older Adult Centre	1:00-3:00PM
Thursday	Pickleball \$4.00	Rockwood Centennial School	6:30-8:30PM
Friday	Lunch Bunch \$5.00	Older Adult Centre	11:00AM-2:00PM
Friday	Knitting & Crochet Club	Older Adult Centre	2:00PM-3:00PM

SILVER SCREEN

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


FREE!



<p>Tuesday January 14, 2025</p>	<p>"Jungle Cruise" PG - 127 minutes (2021)</p> <p>Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.</p>
<p>Tuesday February 11, 2025</p>	<p>"Little Women" G - 135 minutes (2020)</p> <p>19th century Massachusetts. While the March sisters - Jo, Meg, Amy, and Beth - enter the threshold of womanhood, they go through many ups and downs in life and endeavor to make important decisions that can affect their future.</p>
<p>Tuesday March 11, 2025</p>	<p>"The Booksellers" G - 99 minutes (2020)</p> <p>A documentary giving a behind-the-scenes look at the New York rare book world.</p>

 www.get.on.ca

 programming@get.on.ca

 519-856-9596 ext. 139

"From One Heart to Another: Valentine's Cards Social for Seniors, by Seniors

Tuesday February 11, 2025

10:30AM - 12:00PM

Rockmosa Older Adult Centre

\$5.00+HST



Our group will come together to craft simple, heartfelt Valentine's cards for residents in local long-term care facilities. Through creativity and kindness, we can share warmth and brighten the day of those who may feel isolated. Please register by Tuesday February 4, 2025 at 3:00PM.



Tea 101 High Tea Social

Tuesday February 25, 2025

12:00-1:00PM

Rockmosa Older Adult Centre

\$25.00+HST Registration Fee

\$20.00+HST OAC Members

Discover the world of tea with Monarch Tea Co. founder and Certified Tea Sommelier Katie. This hour-long workshop includes 4-5 gourmet tea samples, a tasting wheel, and tips on "sipping like a sommelier" to explore tea's unique flavors. Enjoy tea trivia, sweet treats served high tea style, and hands-on learning in a fun, relaxed setting! Register by Tuesday February 18, 2025 at 3:00PM.

Luck of the Irish Escape Room Social

Monday March 17, 2025

10:30AM-12:00PM

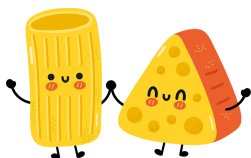
Rockmosa Older Adult Centre

\$5.00+HST



Join us for a festive St. Patrick's Day social, complete with themed refreshments! Guests will team up to solve puzzles in a fun, St. Paddy's-themed escape room, adding a spark of adventure to the celebration. It's the perfect chance to enjoy good company, tasty treats, and a bit of Irish-inspired fun! Register by Monday March 10, 2025 at 3:00PM.

MARCH BREAK INTERGENERATIONAL PROGRAMS!



Grandparent & Me Mac & Cheese Cooking Class with Dora!

Monday March 10, 2025

10:00AM-11:00AM

Rockmosa Older Adult Centre

\$27.00+HST Registration Fee

\$22.00+HST OAC Members

**registration is for 1 adult + 1 child*



Drop-In Card & Board Games for all ages

Wednesday March 12, 2025

10:00AM-12:00PM

Rockmosa Older Adult Centre

FREE



Intergenerational Community Drumming

Thursday March, 13 2025

10:00AM-11:15PM

Rockmosa Older Adult Centre

FREE

Bolognese Sauce & Chopping Skills with Dora

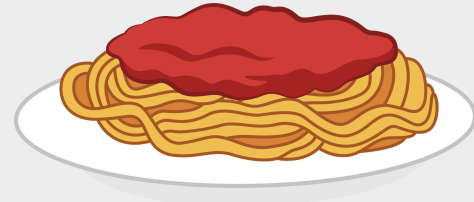
Monday January 13 2025

10:00AM - 12:00PM

Rockmosa Community Centre Kitchen

\$35.00+HST Registration Fee

\$30.00+HST OAC Members



Master the art of preparing a rich, flavourful Bolognese sauce while honing your knife skills! This hands-on class will teach you essential chopping techniques to boost your confidence in the kitchen, along with step-by-step guidance to create this classic Italian favourite. Perfect for home cooks of all levels. Bonus: you get to eat and/or take home what you created! Please bring your own knives, a cutting board, and a cute apron to match. (hair must be tied back)

Budget Friendly Meals with Emily Richards

Monday February 3, 2025

11:00AM - 12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members



Sometimes you have a pantry full of ingredients to use up and other times you are planning from the grocery store flyers. Either way let's talk about budgeting meals and enjoy some budget friendly meals!

Menu:

Coconut Curry Rice

Chickpea Soup

Turkey Chili

Double Dinner Pulled Pork

Sunrise Menu with Emily Richards

Tuesday March 4, 2025

11:00AM - 12:30PM

Rockmosa Older Adult Centre

\$38.00+HST Registration Fee

\$33.00+HST OAC Members



Wake up and enjoy some tasty breakfast and brunch recipes that can be made last minute or the night before. Sometimes having a little something in the fridge is the way to go in the morning, so all you have to do is heat it and head out of the house.

Menu:

Maple Apple Ricotta Bake

Huevos Rancheros

Spanish Chorizo Tortilla



Have an idea for an event, workshop or series? We always love to hear from you! Send your suggestions to programming@get.on.ca

Watersulable Oils with Vita Keeling

Mondays

January 6 – February 10, 2025

1:00–3:30PM

Rockmosa Older Adult Centre

Registration Fee: \$79.98+HST

OAC Members Rate: \$75.00+HST

An introduction to water mixable oils that can be mixed with water or natural drying oils – no mess! We start simple...getting used to the paint...develop brush control...loosen up...begin colour mixing (with just six colours). Supply list can be found online at www.get.on.ca.



Watercolours & more with Vita Keeling

Mondays

February 24 – March 31, 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. Supply list can be found online at www.get.on.ca

Sing a Long with Mary

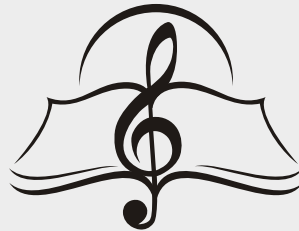
Thursdays

January 9 – February 6, 2025

10:00–11:00AM

Rockmosa Older Adult Centre

FREE



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

Community Drumming with Mary

Thursdays

February 27 – March 27, 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

January 16 – March 20, 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

January 20, 2025	VON - Meals on Wheels and Other Services
February 10, 2025	Dr. Vettivelu from Dr. Parthipan & Associates - Your Vision and Ocular Health
March 24, 2025	Bob Love - Ghost Stories from Rockwood & Eden Mills

Navigating Your Supports with Hospice Wellington

Tuesday January 14, 2025

10:30AM–12:00PM

Rockmosa Older Adult Centre

FREE



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.



Beat the Winter Blues – Indoor Planter Workshop

Tuesday January 28, 2025

10:30 – 11:30AM

Rockmosa Older Adult Centre

Registration Fee: \$30.00+HST

OAC Member Fee: \$25.00+HST

Join us in creating a lush, easy to care for indoor planter that'll bring some life to your space during the darker days of winter. We'll learn some interesting history about some of our favourite houseplants along the way. Please bring your gardening gloves!

Music Therapy Group with Hospice Wellington

Last Monday of the month

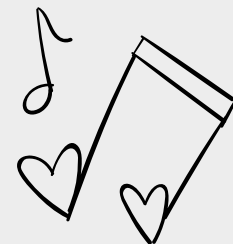
January 27, February 24 & March 31, 2025

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.



Artful Aging with Chartwell

Tuesdays

January 21, February 18, and March 18, 2025

10:00–11:30AM

Rockmosa Older Adult Centre

FREE



Join Chartwell to engage with your creative side and witness how creative arts can help support healthy aging. Participants will be guided through a seasonal acrylic painting project.

WINTER 2025 FITNESS Schedule

Rockmosa Community Centre

Mondays 9:00-9:50 AM	ACTIVE 55+	Bands and Bells Progressive	January 13 - March 24, 2025
Mondays 10:00-10:50 AM	ACTIVE 55+	Bands and Bells Gentle	January 13 - March 24, 2025
Tuesdays 9:00-10:00 AM	ACTIVE 55+	Rejuvenating Yoga Gentle	January 14 - March 18, 2025
Tuesdays 10:10-11:10 AM	ACTIVE 55+	Yoga All Levels	January 14 - March 18, 2025
Tuesdays 6:00-6:50 PM	18+	Flow with Grace Yoga	January 14 - March 18, 2025
Tuesdays 7:00-7:50 PM	18+	Gentle Flow Yoga	January 14 - March 18, 2025
Wednesdays 9:00-9:50 AM	ACTIVE 55+	Fit Hits the Fan! Gentle	January 15 - March 19, 2025
Wednesdays 10:00-10:50 AM	ACTIVE 55+	Fit Hits the Fan! Progressive	January 15 - March 19, 2025
Wednesdays 3:00-3:40 PM	18+	DDPY Rebuild	February 5 - March 26, 2025
Wednesdays 4:00-4:50 PM	18+	DDPY	February 5 - March 26, 2025
Thursdays 9:00-10:00 AM	ACTIVE 55+	Rejuvenating Yoga Gentle	January 16 - March 27, 2025
Thursdays 10:10-11:10 AM	ACTIVE 55+	Energizing Yoga Progressive	January 16 - March 27, 2025
Fridays 9:00-9:50 AM	ACTIVE 55+	Low Impact Cardio and Muscle	January 17 - March 21, 2025
Fridays 10:10-11:10 AM	ACTIVE 55+	Friday Fusion	January 17 - March 21, 2025

WINTER 2025 FITNESS

Class Descriptions



Bands and Bells (Gentle and Progressive options) with Margaret Iutzi ^{ACTIVE 55+}

This class begins with a cardio component, followed by a balance and strength segment and winds down with flexibility / stretching exercises. This class is suited for people who enjoy a little bit of everything!

Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, light dumbbells, resistance bands, yoga/exercise mat, and water bottle.

Yoga (Gentle, Progressive and All Levels options) with Rebecca Boyington ^{ACTIVE 55+}

This class will unite your breath with your body offering a variety of poses accessible to all levels of yoga practitioners. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Options and modifications are offered so the pose can work for you.

Required: Comfortable clothing, a yoga mat, yoga block (if preferred) and water bottle.

Fit Hits the Fan (Gentle and Progressive options) with Margaret Iutzi ^{ACTIVE 55+}

This class consists of cardiovascular, balance and strength interval components in five-minute increments. The components alternate - cardio, balance, strength - for the duration of the fifty-minute class. Most of the class is spent standing.

Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, light dumbbells, resistance bands, and water bottle.

Low Impact Cardio and Muscle with Kathi Rodd ^{ACTIVE 55+}

This all-levels class provides 20 minutes of continuous cardio followed by 20 minutes of muscle conditioning, core work and balance. We'll finish off with a stretch for a complete total body workout.

Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, weights, yoga or exercise mat and water bottle. Resistance bands recommended.

Friday Fusion with Kathi Rodd ^{ACTIVE 55+}

This fusion class blends the flexibility and balance of yoga with posture focused exercises to enhance movement, build core strength and stability. This class is suitable for people who are comfortable getting down to the floor.

Required: Comfortable indoor athletic shoes (mandatory for safety), comfortable clothing, a yoga mat, yoga blocks and water.

DDPY Rebuild with Marcel Dore ¹⁸⁺

A unique program designed specifically for those 55 years and older and those who struggle with limited mobility. Through a progressive series of workouts, you'll build arms, legs, and core strength, increase flexibility, and decrease pain. This workout is the perfect starting point if you're injured or just haven't been active for a while or having trouble with balance or standing for long periods of time. You will start on a chair, then on your feet using a chair to assist you with balance.

Required: Yoga mat, sweat towel, water bottle.

DDPY with Marcel Dore ¹⁸⁺

DDPY workouts are uniquely designed to strengthen muscles, ligaments, and tendons while stabilizing core muscles, increasing flexibility, agility, and balance. You'll get a great cardio workout with minimal joint impact, and you'll do it at your pace. Our instructors are trained to help you work out at your own level.

Required: Yoga mat, sweat towel, water bottle, and heart rate monitor.

Flow with Grace Yoga with Carly Smith ¹⁸⁺

We will flow through our poses with grace, allowing us to connect with the breath creating some heat within. This class will involve getting up and down off the floor throughout the practice. Modifications and advancements will be offered if needed.

Required: Comfortable clothing, a yoga mat, yoga block and straps (recommended), and water bottle.

Gentle Flow Yoga with Carly Smith ¹⁸⁺

This class offers a variety of movements in a more calming style of yoga. Using gentle stretches to mindfully ease into your poses as we start on our mats and then make our way up for some softer flowing standing poses. Recommended for: new or beginner yogis or individuals who want a lower impact flow.

Required: Comfortable clothing, a yoga mat, yoga block and straps (recommended), and water bottle.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program Location Legend:</p> <p>OAC: Rockmosa Older Adult Centre</p> <p>RCC: Rockmosa Community Centre</p> <p>RCA: Rockwood Conservation Area</p> <p>RPS: Rockwood Centennial Public School</p> <p>RL: Rockwood Library</p>			1	2	3	4
			CLOSED	1:00 PM Euchre(OAC)	11:00 AM Lunch Bunch (OAC)	
5	6	7	8	9	10	11
9:30 AM Pole Walking (RCA) 12:00 / 1:30PM Pickleball (RCC) 1:00PM Watersoluable Oils Painting (OAC)	12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC)		9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre (OAC) 12:00 / 1:15 PM Pickleball (RCC) 1:00 PM Darts (OAC)	10:00 AM Sing-a-Long with Mary (OAC) 1:00 PM Euchre(OAC) 6:30PM Pickleball (RPS)	11:00 AM Lunch Bunch (OAC) 2:00PM Knitting & Crochet Group (OAC)	
12	13	14	15	16	17	18
9:30 AM Pole Walking (RCA) 10:00AM Bolognese and Chopping Skills Cooking Class (OAC) 12:00 / 1:30 Pickleball (RCC) 1:00PM Watersoluable Oils Painting (OAC)	10:30 AM Navigating your Supports Workshop with Hospice Wellington (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC) 2:00PM Silver Screen "Jungle Cruise" (RL)		9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre (OAC) 12:00 / 1:15 PM Pickleball (RCC) 1:00 PM Darts (OAC)	10:00 AM Sing-a-Long with Mary (OAC) 1:00PM Euchre(OAC) 6:30PM Pickleball (RPS) 7:00PM Rockmosa Strummers Ukulele (OAC)	11:00 AM Lunch Bunch (OAC) 2:00PM Knitting & Crochet Group (OAC)	
19	20	21	22	23	24	25
9:00 AM Pole Walking (RCA) 10:30 AM Coffee & Conversation "VON Services" (OAC) 12:00 / 1:30 Pickleball (RCC) 1:00PM	10:00 AM Artful Aging with Chartwell (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC) 7:00 PM Photography Club (OAC)		9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre (OAC) 12:00 / 1:15 PM Pickleball (RCC) 1:00 PM Darts (OAC)	10:00 AM Sing-a-Long with Mary (OAC) 1:00 PM Euchre(OAC) 6:30PM Pickleball (RPS) 7:00PM Rockmosa Strummers Ukulele (OAC)	11:00 AM Lunch Bunch (OAC) 2:00PM Knitting & Crochet Group (OAC)	
26	27	28	29	30	31	
9:30 AM Pole Walking (RCA) 10:00AM Music Therapy with Hospice Wellington (OAC) 12:00 / 1:30 Pickleball (RCC) 1:00PM Watersoluable Oils Painting (OAC)	10:30 AM Beat the Winter Blue Houseplant Planter Workshop (OAC) 12:30PM Shuffleboard (RCC) 1:00 PM Mah Jongg (OAC)		9:30 AM Pole Walking (RCA) 10:00 AM Bid Euchre (OAC) 12:00 / 1:15 PM Pickleball (RCC) 1:00 PM Darts (OAC)	10:00 AM Sing-a-Long with Mary (OAC) 1:00 PM Euchre (OAC) 6:30PM Pickleball (RPS) 7:00PM Rockmosa Strummers Ukulele (OAC)	11:00 AM Lunch Bunch (OAC) 2:00PM Knitting & Crochet Group (OAC)	