

WISE MOBILE ACTIVE LIVING CENTRE

Activity Guide - July and August 2026

Summer can be an enjoyable season in Muskoka. Stay safe with these helpful hints:

- **Stay cool:** Avoid midday heat; use fans or AC. Watch for signs and symptoms of **Heat Exhaustion** and **Heat Stroke**.
- **Hydrate:** Drink water often, even if you're not thirsty.
- **Sun protection:** Use SPF 30+, wear hats, and stay in shade.
- **Medications:** Some increase heat sensitivity—check with your doctor.
- **Be active safely:** Exercise in cooler hours and take breaks.
- **Avoid bugs:** Use repellent and cover up outdoors.
- **Stay connected:** Keep in touch with family or neighbors.

Trying to beat the heat, enjoy a WISE Without Walls telephone program from the cool and comfort of your own home, visit page 4 for a list of programs and dates.

705-645-2100 ext. 4199 OR (Toll Free) 1-800-461-4215 ext. 4199
seniorsprograms@muskoka.on.ca
www.muskoka.on.ca/seniors-programs

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WISE Mobile Active Living Centre



We offer a variety of programs to help older adults stay active, connected, and engaged. Programs are available in-person, online, and by telephone. All programs are free, and everyone 55+ is welcome.

How to Join:

1. Become a member
2. Register for the programs of interest, one week in advance.
3. Stay Connected by subscribing to emails and program reminder calls.

Need help? Contact our team by calling 705-645-2100 ext. 4199 or emailing us at seniorsprograms@muskoka.on.ca.

Birthday Club

Join our Birthday Club and receive a birthday card through postal mail from one of our amazing volunteers in our Care Card Committee. Contact us to sign up today.

Accessibility

Accessibility varies by location. If you have specific accessibility needs or questions about a location, please call 705-645-2100 ext. 4199. We can help you find a program location that meets your needs.

Program Feedback

We want to hear from you! Fill out the Program Feedback Form online to share your thoughts on any programs you've attended. Feedback helps us improve our participant-driven programming across Muskoka.

Weather Cancellations

Programs may be delayed or cancelled during severe weather. If a program is cancelled, we will contact registered participants by automated phone call and, when possible, by email. Always use your own discretion when attending programs and drive according to conditions.

Summer Picnics

WISE is excited to host Summer Picnics at select locations across Muskoka!

Come enjoy outdoor games, prizes, and lunch! Lunch will be a Apple/Pecan Salad with Chicken that can be made dairy, gluten free, or vegan upon request at registration.

It's a great chance to relax, connect, and enjoy the beautiful outdoors. Join a location near you!

DATE	LOCATION
Tuesday, July 7, 2026 11:00 am - 1:00 pm	Vankoughnet Village Square 1198 Vankoughnet Road, Vankoughnet
Wednesday, July 15, 2026 11:00 am - 1:00 pm	Hanna Park Bailey Street, Port Carling
Wednesday, July 22, 2026 11:00 am - 1:00 pm	Fish Hatchery Park Fish Hatchery Rd, Utterson
Thursday, July 23, 2026 11:00 am - 1:00 pm	Baxter Ward Community Centre 279 Honey Harbour Road, Port Severn
Thursday, August 6, 2026 11:00 am - 1:00 pm	Dwight Beach Dwight Beach Road, Dwight
Tuesday, August 18, 2026 11:00 am - 1:00 pm	Severn Bridge Fairgrounds 1153 Southwood Rd, Severn Bridge

WISE Without Walls (Telephone Program)

WISE Without Walls offers a variety of health talks, general interest topics, games, and information to keep you engaged and part of an exclusive community of individuals. Please contact us to register or visit the WISE Without Walls Program Guide on our website.

Games Day Monday, July 6, 2026	11:00 - 11:45 am	Ocean Trivia - Celebrating Shark Week
Wellness Wednesday Wednesday, July 8, 2026	1:00 - 2:00 pm	Primary Healthcare 101 - Algonquin Family Health Team
Artfully Aging Thursday, July 9, 2026	1:00 - 2:30 pm	Painted Bird Silhouettes Register by: June 26th
Games Day Monday, July 20, 2026	11:00 - 11:45 am	Categories
Wellness Wednesday Wednesday, July 22, 2026	1:00 - 2:00 pm	Mindfulness and Meditation - The Centre for Mindfulness in Muskoka
Anything Goes Thursday, July 23, 2026	1:00 - 2:00 pm	Managing Your Legacy, Obituary Writing- Reynolds Funeral Home
Wellness Wednesday Wednesday, August 5, 2026	1:00 - 2:00 pm	Deaf Access Simcoe Muskoka
Artfully Aging Thursday, August 13, 2026	1:00 - 2:30 pm	Embroidered Corner Bookmark Register by: July 23rd
Games Day Monday, August 17, 2026	11:00 - 11:45 am	Wheel of Fortune
Anything Goes Wednesday, August 19, 2026	1:00 - 2:00 pm	Organization Spotlight - Acne and Rosacea Society of Canada
Anything Goes Thursday, August 27, 2026	1:00 - 2:00 pm	Behind the Scenes: Remarkably Bright Creatures

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SUMMER BINGO

**HAVE AN
ICE
CREAM**

**SUMMER
PICNIC**

**GO FOR
A SWIM**

**READ A
BOOK**

**VISIT A
PARK**

**VISIT A
FARMERS
MARKET**

**GO FOR A
WALK**

**TRY A
NEW
RECIPE**

**WATCH A
SUNRISE/
SUNSET**

**TOES IN
THE
SAND**

**CALL
A
FRIEND**

**ENJOY
BBQ**



**TO GO
THE
BEACH**

**ENJOY A
SUMMER
SALAD**

**LISTEN TO
THE BIRDS**

**LISTEN
TO
MUSIC**

**ENJOY
A
DAY
TRIP**

**GROW A
GARDEN/
PLANT**

**GROW A
GARDEN**

**PLAY A
GAME
OUTSIDE**

**MEET UP
WITH A
FRIEND**

**WATCH A
SPORTS
GAME**

**FEEL THE
SUN ON
YOUR
FACE**

**ATTEND A
WWW
TELEPHONE
PROGRAM**

SUMMER BINGO

Play WISE Summer BINGO and get a chance to WIN a 50.00 gift card! A fun way to stay active, connected and enjoy the outdoors.

HOW TO PLAY:

1. Through July and August, each time you complete an activity or square, mark it off.
2. Each line (BINGO) gets you a chance to WIN and an entry for the prize. There is 12 chances to enter! (across, down and horizontally).
3. Email a photo of your BINGO Card to seniorsprograms@muskoka.on.ca or call in your BINGO Card to 705-645-2100 ext. 4199.
4. Winner will receive a 50.00 gift card. Winner will be drawn and notified the week of September 7.

Good luck to all players!

Silver Sneakers

Join the Silver Sneaker Walking Challenge, a self-directed walking challenge for summer designed to keep you active and moving! This summer we will imagine flying overseas to Scotland to trek some of the most iconic trails on the Isle of Skye. The Isle of Skye, located off Scotland's northwest coast, is the largest island in the Inner Hebrides, renowned for its dramatic landscapes, the jagged Cuillin mountains, and coastal scenery. Join us as we take a closer look at the breathtaking landscapes and sample some cultural treasures along the way. New this season, along with your chance at winning a \$50 gift card for each month you complete, we have added a social challenge to Silver Sneakers. Walking with a friend/family member/neighbour at least once a week will enter you a chance to win a fun Scottish themed prize in September.

Register today to get a copy of the walking challenge and begin your virtual walking journey of the Isle of Skye!