



WISE Mobile Active Living Centre Seniors Programs and Services

Activity Guide - November

National Fall Prevention Month is in November. According to the World Health Organization, about a third of older adults fall each year.

Our bodies naturally change with age and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on a person, resulting in injury, chronic pain, and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities. The good news is that there are actions you can take to prevent falls:

- Do exercises regularly to maintain or improve balance, strength and mobility.
- Monitor your health with regular check ups including vision, hearing and medications.
- Take your time, don't rush out of bed or out the door.
- Consider comfortable, supportive footwear and use prescribed assistive devices.
- Set your household up for success by ensuring regularly used items are within reach and remove clutter or area rugs that could be a trip hazard.

Find more tips, videos and information at <https://parachute.ca/en/injury-topic/fall-prevention-for-seniors/>

705-645-2100 ext. 4199 OR (Toll Free) 1-800-461-4215 ext. 4199

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www.muskoka.on.ca/seniorsprograms

Funded in part by: **Ontario** 

WISE Mobile Active Living Centre



WISE Mobile Active Living Centre offers programs for older adults 55+ across Muskoka. We offer a variety of program topics including: art, culture, financial, technology, fitness, health education, general interest topics, games, activities, and much more! WISE Mobile Active Living Centre offers in-person and virtual programs. To become a member of the WISE Mobile Active Living Centre and access the wide variety of programs available, please visit the website or contact us.

Our programs are funded in part by the Government of Ontario and The District Municipality of Muskoka. Programs are free of charge and a donation box is available at each program location if participants wish to contribute.



WISE Mobile Active Living Centre is an active and good standing member with the Older Adults Centres' Association of Ontario (OACAO).

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Join our WISE Mobile Active Living Centre today and get connected to a wide variety of social and recreational programs near you!

Keep Connected

With the WISE Mobile Active Living Centre we have a variety of ways to get the latest program information. Subscribe to receive monthly **automated telephone calls** for regular programming locations. By selecting a location you will receive a call one week in advance with the program date, time, activities, topics, and guest speakers. Individuals can subscribe to our **email distribution** list to receive a monthly email notification that highlights special programming and latest Activity Guide. Contact us to Keep Connected!

Birthday Club

What a better way to celebrate your special day than to receive a beautiful birthday card made just for you! Join our **Birthday Club** and receive a birthday card through postal mail from our of our amazing volunteers in our Care Card Committee. Contact us to sign up today.

Evening Caregiver Education Sessions

Are you or someone you know a caregiver in Muskoka?

Will you or someone you know be a caregiver in the future?

The Evening Caregiver Education Sessions are designed for anyone experiencing, or thought to experience, a caregiving role such as family members, seniors, young adults, partners/spouse, or neighbors that are feeling the impacts of caregiving.

Join an **Evening Caregiver Education Session** in a community near you. Each session will be lead by the Ontario Caregiver Organization as they share local services and resources, and give helpful tips on navigation and advocacy. All ages are welcome to attend. These events will feature a Painting Class with Nancy Hunter for your care receiver to enjoy during the caregiver presentation. Each session will offer a **FREE** dinner and dessert catered by Moon River Lookout Restaurant. Support with transportation to these sessions is available and can be provided on a case-by-case basis. There will be three sessions offered across Muskoka:

Port Carling Community Centre - Monday, October 7, 2024

Gravenhurst Centennial Centre - Wednesday, October 30, 2024

Huntsville Summit Centre - Thursday, November 28, 2024

Each session will be held in the evening from 5:30 p.m. to 8:30 p.m.

Please contact Seniors Programs to register and indicate any dietary restrictions or transportation requests. Additional information, including the evenings schedule, meal and topics will be available by September 15th on the Seniors Programs website.

Funded in part by New Horizons for Seniors Program (NHSP) funding, Federal Government of Canada.

Community Locations

WISE Mobile Active Living Centre offers free programs for older adults 55+. We aim to offer a variety of health education, fitness, art and culture, general interest topics, and games and activities to each community. We provide self directed activities, facilitated programs, and lunch. Please contact us to register for programs. Locations are listed by town/townships alphabetically, we hope to see you at a location near you!

Dwight Community Centre - 1014 Dwight Beach Road	
Tuesday, November 5, 2024	
10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Brain Games
11:00 - 12:00 p.m.	Wahta Mohawk's Journey of 1881 - Kaniehtakeron Richard Hay
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Holiday Card Making

MacTier Memorial Arena - 9 Haig Street	
Thursday, November 21, 2024	
10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Wheel of Fortune
11:00 - 12:00 p.m.	Wildfire Education - Ken Cox, MNR
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Make your own Garland

Milford Bay Community Centre - 1020 Beaumaris Road

Wednesday, November 6, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Game: Scattergories
11:00 - 12:00 p.m.	Muskoka Ash Program - Norman Yan PhD FRSC, Friends of the Muskoka Watershed
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	DIY: Sugar Scrub

Baxter Ward Community Centre - 275 Honey Harbour Rd., Port Severn

Thursday, November 28, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Game: Scattergories
11:00 - 12:00 p.m.	Make Your Money Last - Edward Jones Financial
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	DIY: Sugar Scrub

Port Sydney Community Hall - 607 Muskoka Road 10

Wednesday, November 13, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Brain Games
11:00 - 12:00 p.m.	Holiday Card Making
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Healthy Feet - VON Healthy Aging Series

Raymond Community Centre - 2013 Highway 141

Thursday, November 7, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Game: Scattergories
11:00 - 12:00 p.m.	DIY: Sugar Scrub
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Optimizing Digestion - Alison Dumont, Holistic Nutritionist

Ryde Community Co-op - 1624 Barkway Road, Gravenhurst

Wednesday, November 27, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Wheel of Fortune
11:00 - 12:00 p.m.	Make your own Garland
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Motion as Medicine - Ashley Duquette RMT

Severn Bridge Community Hall - 1035 Southwood Road

Tuesday, November 19, 2024

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Brain Games
11:00 - 12:00 p.m.	Holiday Card Making
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Info Session - Ontario Health at Home

Torrance Community Centre - 1030 Torrance Road**Tuesday, November 26, 2024**

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Wheel of Fortune
11:00 - 12:00 p.m.	Make Your Money Last - Edward Jones Financial
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Pelvic Health Unplugged - Sue Kelly

Vankoughnet Village Square - 1198 Vankoughnet Road, Bracebridge**Tuesday, November 12, 2024**

10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Brain Games
11:00 - 12:00 p.m.	Holiday Card Making
12:00 - 1:00 p.m.	Lunch - Shepherds Pie with Sweet Potatoes (Moon River)
1:00 - 2:00 p.m.	Hearing Health - Hear Well Be Well

Housing Locations

WISE Mobile Active Living Centre offers free programs for older adults 55+. Our social housing program locations are available for residents within the building. Please contact us to register.

100 Oakwood Heights, Bracebridge (third floor)	
Tuesday, November 12, 2024	
1:00 - 1:15 p.m.	Coffee/ Tea Social
1:15 - 2:00 p.m.	Make your own Garland
2:00 - 3:00 p.m.	Cecil's Stories - Robert Graham, Storyteller
3:00 p.m.	Meal Takeaway - Teriyaki Skillet Jar with Beef

McVittie Place, Muskoka Room - 102 Pine Street, Bracebridge	
Tuesday, November 19, 2024	
1:00 - 1:15 p.m.	Coffee/ Tea Social
1:15 - 2:15 p.m.	Pelvic Floor Health - Physio Works Muskoka
2:15 - 3:00 p.m.	Jeopardy
3:00 p.m.	Meal Takeaway - Teriyaki Skillet Jar with Beef

175 Lofty Pines Drive, Gravenhurst	
Wednesday, November 20, 2024	
1:00 - 1:15 p.m.	Coffee/ Tea Social
1:15 - 2:15 p.m.	Brain Games
2:15 - 3:00 p.m.	Clay Creations
3:00 p.m.	Meal Takeaway - Teriyaki Skillet Jar with Beef

Loaner Programs

The Loaner Programs allow older adults to stay connected and active at home. Our laptops are used for various reasons: brain games, virtual programs, social media - the possibilities are endless. Borrow a set of Urban Poles and Snowshoes and take advantage of all outdoor activities Muskoka has to offer. FitBits are available for loan and can assist in tracking physical activity, water intake, eating habits while monitoring heart rates, BPM, and sleep patterns. Please note that all loaners are pending availability and the duration of loaning equipment will be based on program needs and priorities. To discuss our Loaner Programs in further detail, please contact Seniors Programs for more information.

Inclement Weather

The WISE Mobile Active Living Centre travels to communities across Muskoka. In the event that a program is cancelled due to inclement weather, we will contact those participants that have registered for the program or event. Individuals will receive an automated telephone call noting the cancellation and may receive an email. Inclement weather can include, but not limited to: heavy rain, freezing rain, risk of thunderstorms, significant snowfall, icy or dangerous driving conditions, extreme heat, and predicted weather warnings. Our programs are mostly located in rural areas, please note that we often base the decisions on the bus cancellations in the area in which the program takes place.

Our first priority is the health and safety of our participants/members and volunteers. Please always use your own discretion when attending our programs and drive according to road conditions.