

WISE MOBILE ACTIVE LIVING CENTRE

Activity Guide - November 2026

Important Program Update – Beginning February 2027

To better serve WISE members, and ensure everyone has the opportunity to participate, program capacities will be changing starting in February 2027.

When registering, members are encouraged to register for the programs they are most interested in attending and to access programs within their local community, whenever possible. This creates space for more members to participate and allows us to better meet the needs of our communities.

Thank you for your understanding, cooperation, and continued support. We look forward to providing meaningful programs and opportunities for all of our members in 2027!

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

seniorsprograms@muskoka.on.ca

www.muskoka.on.ca/seniors-programs

Funded in part by: **Ontario** 

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.

SmartStart - Smartphone Workshops for Older Adults

Introducing SmartStart, a welcoming, beginner-friendly workshop designed to help older adults feel more confident, comfortable, and connected when using a smartphone. Whether you are brand new to smartphones or would simply like a refresher on the basics, this 6-week program will provide practical, hands-on learning in a supportive small group environment.

SmartStart is designed in partnership with our older adult volunteer advisory committee and Literacy Society of South Muskoka to empower older adults on how to use technology in ways that support independence, communication, safety, and everyday convenience.

No advanced experience is required—just bring your smartphone, your questions, and a willingness to learn. Join us for SmartStart and take the first step toward feeling more in control of your device and more connected to the people, services, and information that matter most.

Baysville Autumn Leaves Centre

Wednesdays from 10:00 am to 12:00 pm

Starting November 11 and ending December 16, 2026

Torrance Community Centre

Thursdays from 1:00 pm to 3:00 pm

Starting November 12 and ending December 17, 2026

Registration for each series opens on Wednesday, October 14, 2026, limited spots available! Please indicate in your registration whether your device utilizes iOS (Apple iPhone) or Android (Samsung or other type of device) when registering.

This series will also be offered online and in-person in early 2027 - Stay tuned for dates in Severn Bridge and workshops over Zoom!

To register, contact us at 705-645-2100 ext. 4199 or seniorsprograms@muskoka.on.ca Page 3

Community Locations

WISE offers in person programs at select rural communities across Muskoka. Locations are listed by town/townships alphabetically, we hope to see you at a location near you!

Please register one week in advance for programs.

Aspdin Community Hall - 2626 Aspdin Road, Huntsville	
Thursday, November 19, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Scattergories
11:00 - 12:00 pm	Social Media 101 - Gravenhurst Public Library
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Aromatherapy Bracelet or Keychain
Baysville Autumn Leaves Centre - 12 University Street, Baysville	
Thursday, November 26, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Word Chains
11:00 - 12:00 pm	Smartphone Tips and Tricks - iRepair Muskoka
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Microwavable Heat Bags Craft

Beaver Ridge Estates - 1007 Racoon Rd, Gravenhurst**Wednesday, November 25, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Mini Escape Room Game - Muskoka's Missing Visitor Guide
11:00 - 12:00 pm	Social Media 101 - Gravenhurst Public Library
12:00 - 1:00 pm	Lunch - Sesame Ginger Noodle Salad with Beef
1:00 - 2:00 pm	All About Apples - Taste Testing and History

Dwight Lakeview Seniors Centre - 1004 Dwight Bay Rd, Dwight**Thursday, November 5, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Mini Escape Room Game - Muskoka's Missing Visitor Guide
11:00 - 12:00 pm	Metis Nation of Ontario 101
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	All About Apples - Taste Testing and History

MacTier Memorial Arena - 9 Haig St, MacTier**Thursday, November 19, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Word Chains
11:00 - 12:00 pm	Holiday Linocut Cards
12:00 - 12:30 pm	Lunch - Beef Stew with Potatoes and Vegetables
12:30 - 2:00 pm	Neuroplasticity Talk - Neuro Motion Wellness

Milford Bay Community Centre - 1020 Beaumaris Rd, Milford Bay**Wednesday, November 4, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Muskoka Lakes Library
11:00 - 12:00 pm	Social Media 101 - Gravenhurst Public Library
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Aromatherapy Bracelet or Keychain

Port Severn: Baxter Ward Community Centre - 279 Honey Harbour Road**Thursday, November 26, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Scattergories
11:00 - 12:00 pm	Smartphone Fraud Prevention & Safety - OPP
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Aromatherapy Bracelet or Keychain

Port Sydney Community Hall - 607 Muskoka Rd 10, Port Sydney**Wednesday, November 11, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Word Chains
11:00 - 12:00 pm	The Memory Project - Remembrance Day
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Linocut Holiday Cards

Raymond Community Centre - 2013 Highway 141, Raymond**Thursday, November 5, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Muskoka Lakes Library
11:00 - 12:00 pm	Smartphone Fraud Prevention & Safety - OPP
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Aromatherapy Bracelet or Keychain

Severn Bridge Community Hall - 1035 Southwood Rd., Severn Bridge**Tuesday, November 17, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Mini Escape Room Game - Muskoka's Missing Visitor Guide
11:00 - 12:00 pm	Smartphone Tips and Tricks - iRepair Muskoka
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	All About Apples - Taste Testing and History

Torrance Community Centre 1030 Torrance Rd., Torrance**Tuesday, November 24, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Muskoka Lakes Library
11:00 - 12:00 pm	Smartphone Fraud Prevention & Safety - OPP
12:00 - 1:00 pm	Lunch - Beef Stew with Potatoes and Vegetables
1:00 - 2:00 pm	Microwavable Heat Bags Craft

Vankoughnet Village Square - 1198 Vankoughnet Rd, Bracebridge

Tuesday, November 10, 2026

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Mini Escape Room Game - Muskoka's Missing Visitor Guide
11:00 - 12:00 pm	All About Apples - Taste Testing and History
12:00 - 12:30 pm	Lunch - Beef Stew with Potatoes and Vegetables
12:30 - 2:00 pm	Neuroplasticity Talk - Neuro Motion Wellness

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.

Mon., November 2 11:00 – 11:45 am	Games Day	Tribond Trivia: Challenge your logic, vocabulary, and creative thinking by identifying the common link between three seemingly unrelated clues. Players score points by correctly discovering what the three items have in common!
Wed., November 4 1:00 – 2:00 pm	Wellness Wednesdays	Sleep Is Your Superpower - Ted Talk: Join us as we listen to Dr. Matt Walker speak on 'Sleep Is Your Superpower' on Ted Talks. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code, as well as some helpful tips for getting some shut-eye. Afterwards we'll reflect and explore practical strategies for improving sleep habits.
Thurs., November 12 1:00 – 2:30 pm	Artfully Aging	Holiday Ribbon Ornament: Use artfully placed pieces of ribbon to create a holiday inspired tree on a wooden ornament. Register by: Oct 29th
Mon., November 16 11:00 – 11:45 am	Games Day	Who Am I?: Players take turns asking yes-or-no questions to figure out the famous person or character. By using these clues players narrow down the possibilities until they correctly identify who I am!
Wed., November 18 1:00 – 2:00 pm	Wellness Wednesdays	Crohn's and Colitis 101- Crohn's and Colitis Canada: In honour of Crohn's and Colitis Awareness Month in Canada, we will be joined by the Learning Department at Crohn's and Colitis Canada and they will talk about how many Canadians are impacted by Crohn's and Colitis.
Fri., November 27 1:00 – 2:00 pm	Anything Goes	Timeless Play: Revisit the cherished toys of your youth, from classic wooden blocks to the iconic mid-century favorites that define our childhoods. Lara Ripley, Design Manager at Gund Toys will explore how the toy industry has transformed across generations, adapting to shifting technology and the changing views on the importance of play. Together we'll reflect on how our connections to toys evolve as we age, discovering that the power of imagination never truly fades.