

WISE MOBILE ACTIVE LIVING CENTRE

Activity Guide - October 2026

Ready to feel more confident using your smartphone? WISE is bringing some great learning opportunities to a community near you this upcoming Fall and Winter! SmartStart: Smartphone Skills for Older Adults offers an immersive workshop series to our communities across Muskoka with the goal of touching on smartphone topics that matter most. Education workshops are beginner-friendly 6-week courses designed to help older adults build everyday smartphone skills in a supportive small group setting.

No advanced experience is needed—just bring your smartphone, your questions, and a willingness to learn. More info and how you can register can be found on page 3 of this month's Activity Guide.

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 South Muskoka Literacy Society 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.

Raymond Community Centre

Wednesdays from 10:00 am to 12:00 pm

Starting September 30 and ending November 4, 2026

Vankoughnet Village Square

Thursdays from 1:00 pm to 3:00 pm

Starting October 1 and ending November 5, 2026

Registration for each series opens on Wednesday, September 16, 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 at the following locations in late 2026, early 2027 - Stay tuned for dates in Torrance, Baysville, and Severn Bridge!

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, October 15, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Jeopardy!
11:00 - 12:00 pm	Smartphone Fraud Prevention & Safety - OPP
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Spooktacular Ghost Taper Candles
Baysville Autumn Leaves Centre - 12 University Street, Baysville	
Thursday, October 22, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Intro to Book Borrow & Brain Games
11:00 - 12:00 pm	Decoupage Pumpkins
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Recognizing Fraud - Kelly-Anne Clark, Senior Financial Advisor

Beaver Ridge Estates - 1007 Racoon Rd, Gravenhurst	
Wednesday, October 28, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	What's That Slang Game
11:00 - 12:00 pm	Smartphone Fraud Prevention & Safety - OPP
12:00 - 1:00 pm	Lunch - Harvest Chicken Bowl
1:00 - 2:00 pm	DIY Stress Balls for Hand Dexterity
Dwight Lakeview Seniors Centre - 1004 Dwight Bay Rd, Dwight	
Thursday, October 1, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	What's That Slang Game
11:00 - 12:00 pm	Dementia 101 - Alzheimer Society of Muskoka
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	DIY Stress Balls for Hand Dexterity
MacTier Memorial Arena - 9 Haig St, MacTier	
Thursday, October 15, 2026	
10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Intro to Book Borrow & Brain Games
11:00 - 12:00 pm	Decoupage Pumpkins
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Reptiles - Muskoka Conservancy

Milford Bay Community Centre - 1020 Beaumaris Rd, Milford Bay

Wednesday, October 7, 2026

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Jeopardy!
11:00 - 11:30 am	Spooktacular Ghost Taper Candles
11:30 - 12:30 pm	Lunch - Chicken Parm over Pasta
12:30 - 2:00 pm	Neuroplasticity Talk - Neuro Motion Wellness

Port Severn: Baxter Ward Community Centre - 279 Honey Harbour Road

Thursday, October 22, 2026

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Jeopardy!
11:00 - 12:00 pm	Social Media 101 - Gravenhurst Public Library
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Spooktacular Ghost Taper Candles

Port Sydney Community Hall - 607 Muskoka Rd 10, Port Sydney

Wednesday, October 14, 2026

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 12:00 pm	Neuroplasticity Talk - Neuro Motion Wellness
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Tissue Paper Stained Glass

Raymond Community Centre - 2013 Highway 141, Raymond**Thursday, October 1, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Jeopardy!
11:00 - 12:00 pm	AshMuskoka Project - Friends of Muskoka Watershed
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Spooktacular Ghost Taper Candles

Severn Bridge Community Hall - 1035 Southwood Rd., Severn Bridge**Tuesday, October 20, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	What's That Slang Game
11:00 - 12:00 pm	Climate Strategies & How You Can Help - District of Muskoka
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	DIY Stress Balls for Hand Dexterity

Torrance Community Centre - 1030 Torrance Rd., Torrance**Tuesday, October 27, 2026**

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	Intro to Book Borrow & Brain Games
11:00 - 12:00 pm	Decoupage Pumpkins
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	Recognizing Fraud - Kelly-Anne Clark, Senior Financial Advisor

Vankoughnet Village Square - 1198 Vankoughnet Rd, Bracebridge

Tuesday, October 13, 2026

10:00 - 10:30 am	Coffee/Tea Social
10:30 - 11:00 am	What's That Slang Game
11:00 - 12:00 pm	DIY Stress Balls for Hand Dexterity
12:00 - 1:00 pm	Lunch - Chicken Parm over Pasta
1:00 - 2:00 pm	CPR/AED - Muskoka First Aid

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., October 5 11:00 - 11:45 am	Games Day	Wordiply: Use a starter base word ex: ERA to create the longest words possible that contain this base word somewhere within the new word ex: LITERATURE, GENERATIONAL
Wed., October 7 1:00 - 2:00 pm	Wellness Wednesday	Self Compassion- Sandy Ikster: Let's chat about self-compassion! Learn how to reduce self-criticism and increase self-kindness. Participants will learn practices that support emotional balance and resilience. The world could always use more kindness!
Thurs., October 8 1:00 - 2:30 pm	Artfully Aging*	Thanksgiving Garland: Celebrate the fall season with a Thanksgiving inspired garland. *Register by: Sept 24th
Mon., October 19 11:00 - 11:45 am	Games Day	Shiritori (Word Chain): Players take turns saying a word. Each new word must start with the last letter of the word spoken right before it.
Wed., October 21 1:00 - 2:00 pm	Wellness Wednesday	All About Dentures - Bracebridge Denture Clinic: In honour of Denturist Awareness Month, let's take a look at dentures, when to get them, how to care for them, and some tips and tricks so you get the most from your dentures.
Fri., October 23 1:00 - 2:00 pm	Anything Goes	Summers with Miss Elizabeth - Lori Knowles: This October for Women's History Month we will be joined by local author Lori Knowles who will share with us her historical journey while writing her novel. We will explore themes of women's history in Muskoka.