

## WISE MOBILE ACTIVE LIVING CENTRE

### Activity Guide - September 2026

**WISE is excited to expand into three new rural communities this fall!**

Our goal is to bring programs closer to home, making it easier for you to connect with neighbours, build new friendships, and learn about local resources in your community.

Reminder: Please register at least one week before your program's start date to reserve your spot.

We hope to see you at a location near you!

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

[seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca)

[www.muskoka.on.ca/seniors-programs](http://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](mailto: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.

# 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.**

| <b>Aspdin Community Hall - 2626 Aspdin Road, Huntsville</b>             |                                    |
|-------------------------------------------------------------------------|------------------------------------|
| <b>Thursday, September 17, 2026</b>                                     |                                    |
| 10:00 - 10:30 am                                                        | Coffee/Tea Social                  |
| 10:30 - 11:00 am                                                        | Brain Games - Fall Edition         |
| 11:00 - 12:00 pm                                                        | Hearing Health - Hear Well Be Well |
| 12:00 - 1:00 pm                                                         | Lunch - Cabbage Rolls              |
| 1:00 - 2:00 pm                                                          | Leaf Clay Diffuser                 |
|                                                                         |                                    |
| <b>Baysville Autumn Leaves Centre - 12 University Street, Baysville</b> |                                    |
| <b>Thursday, September 24, 2026</b>                                     |                                    |
| 10:00 - 10:30 am                                                        | Coffee/Tea Social                  |
| 10:30 - 11:00 am                                                        | Scattegories                       |
| 11:00 - 12:00 pm                                                        | Watercolor Postcards               |
| 12:00 - 1:00 pm                                                         | Lunch - Cabbage Rolls              |
| 1:00 - 2:00 pm                                                          | Amphibians - Muskoka Conservancy   |

**Beaver Ridge Estates - 1007 Racoon Rd, Gravenhurst****Wednesday, September 23, 2026**

|                  |                                           |
|------------------|-------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                         |
| 10:30 - 11:00 am | Word Chain Brain Game                     |
| 11:00 - 12:00 pm | Managing Your Arthritis—Arthritis Society |
| 12:00 - 1:00 pm  | Lunch - Sesame Chicken Crunch Salad       |
| 1:00 - 2:00 pm   | Craft - Mini 2027 Desk Calendar           |

**Dwight Lakeview Seniors Centre - 1004 Dwight Bay Rd, Dwight****Thursday, September 3, 2026**

|                  |                                              |
|------------------|----------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                            |
| 10:30 - 11:00 am | Word Chain Brain Game                        |
| 11:00 - 12:00 pm | Craft - Mini 2027 Desk Calendar              |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                        |
| 1:00 - 2:00 pm   | Neuroplasticity Talk - Neuro Motion Wellness |

**MacTier Memorial Arena - 9 Haig St, MacTier****Thursday, September 17, 2026**

|                  |                                                         |
|------------------|---------------------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                                       |
| 10:30 - 11:00 am | Word Chain Brain Game                                   |
| 11:00 - 12:00 pm | Craft - Mini 2027 Desk Calendar                         |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                                   |
| 1:00 - 2:00 pm   | Recognizing Fraud - Kelly-Anne Clark, Financial Advisor |

**Milford Bay Community Centre - 1020 Beaumaris Rd, Milford Bay****Wednesday, September 2, 2026**

|                  |                                          |
|------------------|------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                        |
| 10:30 - 11:00 am | Brain Games - Fall Edition               |
| 11:00 - 12:00 pm | Advanced Care Planning - Hospice Muskoka |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                    |
| 1:00 - 2:00 pm   | Leaf Clay Diffuser                       |

**Port Severn: Baxter Ward Community Centre - 279 Honey Harbour Road****Thursday, September 24, 2026**

|                  |                                                         |
|------------------|---------------------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                                       |
| 10:30 - 11:00 am | Brain Games - Fall Edition                              |
| 11:00 - 12:00 pm | Scripting Your Family's Future - Edward Jones Financial |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                                   |
| 1:00 - 2:00 pm   | Leaf Clay Diffuser                                      |

**Port Sydney Community Hall - 607 Muskoka Rd 10, Port Sydney****Wednesday, September 9, 2026**

|                  |                                                         |
|------------------|---------------------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                                       |
| 10:30 - 11:00 am | Brain Games - Fall Edition                              |
| 11:00 - 12:00 pm | The Importance of Sleep and DIY Pillow Spray            |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                                   |
| 1:00 - 2:00 pm   | Recognizing Fraud - Kelly-Anne Clark, Financial Advisor |

**Raymond Community Centre - 2013 Highway 141, Raymond****Thursday, September 3, 2026**

|                  |                                          |
|------------------|------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                        |
| 10:30 - 11:00 am | Brain Games - Fall Edition               |
| 11:00 - 12:00 pm | Advanced Care Planning - Hospice Muskoka |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                    |
| 1:00 - 2:00 pm   | Leaf Clay Diffuser                       |

**Severn Bridge Community Hall - 1035 Southwood Rd., Severn Bridge****Tuesday, September 15, 2026**

|                  |                                                 |
|------------------|-------------------------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                               |
| 10:30 - 11:00 am | Word Chain Brain Game                           |
| 11:00 - 12:00 pm | Get Your Garden Winter Ready with Margot Parker |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls                           |
| 1:00 - 2:00 pm   | Craft - Mini 2027 Desk Calendar                 |

**Torrance Community Centre 1030 Torrance Rd., Torrance****Tuesday, September 22, 2026**

|                  |                                  |
|------------------|----------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social                |
| 10:30 - 11:00 am | Scattegories                     |
| 11:00 - 12:00 pm | Lunch - Cabbage Rolls            |
| 12:00 - 1:00 pm  | Watercolor Postcards             |
| 1:00 - 2:00 pm   | Amphibians - Muskoka Conservancy |

## **Vankoughnet Village Square - 1198 Vankoughnet Rd, Bracebridge**

**Tuesday, September 8, 2026**

|                  |                                 |
|------------------|---------------------------------|
| 10:00 - 10:30 am | Coffee/Tea Social               |
| 10:30 - 11:00 am | Word Chain Brain Game           |
| 11:00 - 12:00 pm | Keep Moving - Ingrid Beam       |
| 12:00 - 1:00 pm  | Lunch - Cabbage Rolls           |
| 1:00 - 2:00 pm   | Craft - Mini 2027 Desk Calendar |

# 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.

|                                      |                         |                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wednesday, September 2, 2026</b>  | <b>12:30 - 1:30 pm</b>  | Wellness Wednesday - What is Ontario Health at Home? - Ontario Health at Home<br><br>How do you access care services through Ministry of Health? Newly named Ontario Health at Home (formerly CCAC or Health Care Connect) is the starting point to accessing these services, learn about what they do and how you can get connected if you need help. |
| <b>Thursday, September 10, 2026</b>  | <b>1:00 - 2:30 pm</b>   | Artfully Aging—Zentangling (Pen & Ink)<br><br>Use contoured outlines of some fall leaf favourites to complete this therapeutic style of repetitive pen and ink design.<br><br>(Register by Aug. 27th)                                                                                                                                                  |
| <b>Wednesday, September 16, 2026</b> | <b>12:30 - 1:30 pm</b>  | Wellness Wednesday - The Ins and Outs of LTC - Ontario Health at Home<br><br>What is Long Term Care (LTC)? How and when do you get into LTC? How are waiting lists managed? Answers to these questions and more in our talk about Long Term Care.                                                                                                      |
| <b>Monday, September 21, 2026</b>    | <b>11:00 - 11:45 am</b> | Games Day - Brain Teasers and Logic Puzzles<br><br>Let's get our minds actively thinking outside the box on these interesting brain teasers and logic games. Have a something to write with handy in case you want to take notes.                                                                                                                      |
| <b>Friday, September 25, 2026</b>    | <b>1:00 - 2:00 pm</b>   | Anything Goes - The Wahta Mohawk's Journey of 1881—Richard Hay<br><br>Learn more about the history of Wahta Mohawk First Nations as Kaniehtakeron Richard Hay takes us on a historical voyage back to 1881.                                                                                                                                            |