



WISE WITHOUT WALLS (TELEPHONE PROGRAM)



Program Guide: July to September 2026

Updated Phone Number for WISE Without Walls

We are happy to announce an update to our telephone number for the program, we are officially going toll-free! We heard some concerns from participants that despite our old 705 number being a local number, that sometimes long distance charges still appeared on their telephone bill. Seniors Programs and Services is committed to making sure this program platform is accessible to everyone and that it remains FREE to join. We have adopted a new toll-free number as our dial in number for WISE Without Walls, please reference the call in details located in this guide on page 4 to view the new number along with some great tips and tricks on how to get the most from your visit to our WISE Without Walls program.

We look forward to hearing from you at an upcoming program!

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



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).



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 one of our amazing volunteers in our Care Card Committee. Contact us to sign up today.

WISE Without Walls FAQs

How does it work?

Because the program is strictly over the telephone, programs are designed to be engaging through voice based programming. This means you will be listening in and speaking over the phone with others. At the start of each program participants are asked to call into the designated program line or they can also request to be called into the program by the host for the programs they have preregistered for. For those who are new to this format, this model can seem a bit strange, however we encourage you to give it a try!

Who can join?

Older adults 55+ who would like to enhance their social connectedness and community engagement through this telephone based program format. Some programs might be limited to individuals who reside within the District of Muskoka, please see the individual program listing for more details.

Is there a cost?

No, there is no cost to participant in this program.

Do I need a computer to join?

Not at all, this program is run exclusively over the phone. You will need a touch-tone phone or cellphone (rotary based phones will not work unfortunately).

How many of the programs can I register for?

As many as you like!

Do I have to actively participate in these programs and speak to others on the phone?

Not necessarily, while we certainly encourage active participation with portions of the programs like asking questions or taking part in discussion groups, we know that everyone has their own comfort level when it comes to interacting with others. Certain programs will require you to participate more than others, for example Games Day you will have to speak and play along ,while you might be able to just sit back and listen in when we have a guest speaker joining us for a different program. You can participate as much or as little as you like. However as hosts, we will encourage everyone to try and have some interaction.

What do I do if I do not get called into program automatically even though I requested it as my preference?

Sometimes we experience technical difficulties, when in doubt, if you want to attend a program simply dial the WISE Without Walls telephone number and Access Code and join the program. If program is underway, we simply ask that you discretely join.

Tips and Tricks for a Successful Program

- Find a comfortable and quiet place to be before calling into the program. It is helpful to have minimal background noise coming through on your line when joining the program, try and avoid for example: dogs barking in the background, a television set that is on, etc. Please be aware that the host may need to mute your line during program should background noise unexpectedly occur. If we need to mute you in program you can unmute yourself by pressing **
- Let the host or the guest speaker lead the program, this helps keep the overall flow of the program consistent and on track. Most programs will include an opportunity to ask questions or engage in discussion and the group will be prompted by the host or guest speaker when the opportunity arises.
- Please be mindful of our code of conduct for any program we run: be kind and respectful, be on time, everyone is welcome, and keep an open mind.

How to Connect In

There are two ways to connect into WISE Without Walls programs:

1. A few minutes before the start of a scheduled program, dial the below number and enter the access code. Note: please do not attempt to join program more than 5 minutes prior.
2. If you know you will be regularly attending a certain program, you can pre-register so that our team can call you in automatically when the program is about to begin. Your caller ID will come up with the below listed number and a brief message will occur: "WISE Without Walls, District of Muskoka, has invited you to a meeting, press 1 to join"

WISE Without Walls Telephone Number: 1-855-802-4634 Access Code: 80583

WISE Without Walls Hosts



Krysia Schafer—Outreach Coordinator, Seniors Programs

Krysia lives in Gravenhurst and has been working in Seniors Programs and Services at the District of Muskoka for over seven years. When not hosting a WISE Without Walls Program, you can join one of her regular monthly in-person programs in Vankoughnet, Severn Bridge, Beaver Ridge or Dwight.



Rachel Terry—Outreach Coordinator, Seniors Programs

Rachel was born and raised in Muskoka and now calls Vankoughnet home. She joined Seniors Programs and Services at the District of Muskoka almost two years ago and has enjoyed every minute of it. You can find her at her regular monthly in-person programs in MacTier, Torrance, Baysville and Port Sydney.

Games Day

Hosted on select Mondays of each month, this fun and engaging program offers a variety of different games and activities aimed at increasing social interaction and having fun! Please contact us to register.

Monday, July 6, 2026	
11:00—11:45 am	Ocean Trivia - Celebrate Shark Week with a test of your knowledge of the ocean and all the animals that call it home. In honor of Discovery Channels Shark Week (July 20-26) let's learn some new facts about the body of water that takes up 71% of the worlds surface.
Monday, July 20, 2026	
11:00—11:45 am	Categories - Everyone will be given prompts to a specific category (ex - types of birds). We'll then go around to each player who will give one that hasn't already been said. The winner is the individual who comes up with the most in that specific category.
Monday, August 3, 2026	
11:00—11:45 am	NO PROGRAM—Civic Holiday [District Closed]
Monday, August 17, 2026	
11:00—11:45 am	Wheel of Fortune - Summer Edition! Play this classic TV show game but over the phone. Refer to Page 10 of this guide for your game sheet.
Monday, September 7, 2026	
11:00—11:45 am	NO PROGRAM—Labour Day [District Closed]
Monday, September 21, 2026	
11:00—11:45 am	Brain Teasers and Logic Puzzles: Let's get our minds actively thinking outside the box on these interesting brain teasers and logic games.

Wellness Wednesdays

Wednesday, July 8, 2026	
1:00—2:00 pm	Primary Healthcare 101: Algonquin Family Health Team - Navigating today's healthcare system can be tough, join AFHT in a discussion about accessing primary care.
Wednesday, July 22, 2026	
1:00—2:00 pm	Mindfulness and Meditation - The Centre for Mindfulness in Muskoka - Join Leanna to learn about the wonderful work the centre does, how they got started and also participate in a guided meditation session.
Wednesday, August 5, 2026	
1:00—2:00 pm	Deaf Access Simcoe Muskoka - Come chat to Donna Burrows, Community Support Services Counsellor with Deaf Access Simcoe Muskoka to learn about what programs and assistance are available to you in the Deaf and hard of hearing community.
Wednesday, August 19, 2026	
1:00—2:00 pm	Organization Spotlight - Acne and Rosacea Society of Canada - Learn about this organization that has recently moved it's headquarters to Muskoka! The talk will focus on what the organization does and a bit about rosacea and acne and how it impacts a surprising number of Canadians.
Wednesday, September 2, 2026	
12:30—1:30 pm Please note the slight time change	What is Ontario Health atHome? How do you access care services through Ministry of Health? Learn how this is the starting point to accessing these services, learn about what they do and how you can get connected if you need help.
Wednesday, September 16, 2026	
12:30—1:30 pm Please note the slight time change	The Ins and Outs of LTC - Ontario Health atHome - 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.

Anything Goes

Hosted once a month (with the exception of holidays), this program is true to its name offer a variety of different topics month to month to keep you learning, discovering new things and staying engaged. Starting in September this program will permanently move to a Friday time slot. Please contact us to register.

Thursday, July 23, 2026	
1:00—2:00 pm	Managing Your Legacy, Obituary Writing- Reynolds Funeral Home - Learn about what makes a good obituary and how you can help your family determine how you would like to be remembered. We will also find some humour in some examples of obituaries that have gone viral on the internet for their zest for life and make a last impression.
Thursday, August 27, 2026	
1:00—2:00 pm	Behind the Scenes: Remarkably Bright Creatures This program has homework ahead of the program! Please read <i>Remarkably Bright Creatures</i> by Shelby Van Pelt, available at your local library. Watch <i>Remarkably Bright Creatures</i> feature film available on Netflix. Join us as we speak to Victoria Pearson, Set Decorator of the feature film. Learn why certain design choices were made and discuss the process that goes into turning a book into script and then into a movie.
<u>Friday</u>, September 25, 2026	
Please note the new day for Anything Goes—moving forward it will be hosted on a Friday	
1:00—2:00 pm	Richard Hay - The Wahta Mohawk's Journey of 1881 Learn more about the history of Wahta Mohawk First Nations as Kaniehtakeron Richard Hay takes us on a historical voyage back to 1881.

Artfully Aging

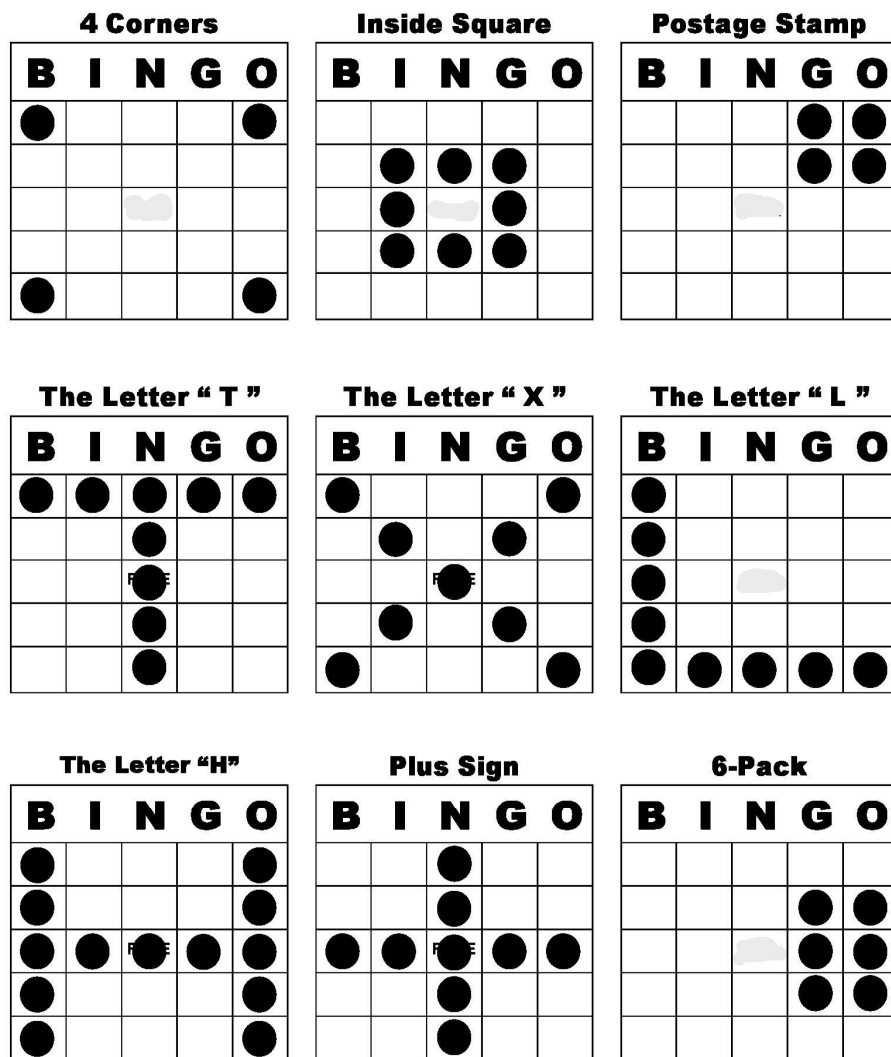
This program hosted on the second Thursday of every month, explores various arts and crafts projects that are easy to tackle at home and instructed by our WISE Without Walls hosts. Program supplies will be provided ahead of time. **Advanced registration is required in order to receive program supplies.** Please contact us to register.

Thursday, July 9, 2026	
1:00—2:30 pm	Painted Bird Silhouettes We will paint some of our favourite birds that visit our local bird feeders in Muskoka to create individual wood silhouettes that can be used to hang in windows to prevent bird collisions into windows. You will need to supply your own acrylic paints. Last Day to Register: June 26, 2026
Thursday, August 13, 2026	
1:00—2:30 pm	Embroidered Corner Bookmark Add this cute creation to your favorite book. With some simple stitching, create a bookmark you'll treasure for years to come. Last Day to Register: July 23, 2026

Games Day - Card BINGO Instructions

Please reference these instructions and layouts when playing the Card BINGO game. The WISE Without Walls host will tell you each round what layout the group will be using.

Instructions: Shuffle a regular 52 deck of playing cards and arrange them in five rows of five in front of you (cards should be facing upwards so you can see each card's face value). When the host calls a card that you have on your 5 x 5 Card BINGO board, flip it over to indicate that it has been called so that the back of the card is now visible to you. Use the below layouts as a guide, the host will tell you which layout is being played in a given round. Good Luck!



Games Day - Wheel of Fortune

Monday August 17, 2026 join us for this classic TV gameshow and learn how we run this game here at WISE. Use the below template when you are tuning in for this Games Day program to help make it a little easier to participate.

Puzzle 1

1	2	3	4
---	---	---	---

5	6
---	---

7	8	9	10	11	12
---	---	---	----	----	----

Vowels Called (not in answer): _____

Consonants Called (not in answer): _____

Puzzle 2

1	2	3	4	5	6
---	---	---	---	---	---

7	8	9	10	11	12	13	14
---	---	---	----	----	----	----	----

15	16	17	18
----	----	----	----

Vowels Called (not in answer): _____

Consonants Called (not in answer): _____

Puzzle 3

1	2	3
---	---	---

4	5	6	7	8
---	---	---	---	---

9	10	11	12
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Vowels Called (not in answer): _____

Consonants Called (not in answer): _____

July

2026

WISE Without Walls Telephone Number: 1-855-802-4634 Access Code: 80583

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day 	2	3	4
5 Games Day 11:00 – 11:45 AM	6	7	8 Wellness Wednesdays 1:00 – 2:00 PM	9 Artfully Aging* 1:00 – 2:30 PM	10	11
12	13	14	15	16	17	18
19 Games Day 11:00 – 11:45 AM	20	21	22 Wellness Wednesdays 1:00 – 2:00 PM	23 Anything Goes 1:00 – 2:00 PM	24	25
26	27	28	29	30	31	
					*Pre-registration required	

August

2026

WISE Without Walls Telephone Number: 1-855-802-4634 Access Code: 80583

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Civic Holiday NO PROGRAM	4	5 Wellness Wednesdays 1:00 – 2:00 PM	6	7	8
9	10	11	12	13 Artfully Aging* 1:00 – 2:30 PM	14	15
16	17 Games Day 11:00 – 11:45 AM	18	19 Wellness Wednesdays 1:00 – 2:00 PM	20	21	22
23	24	25	26	27 Anything Goes 1:00 – 2:00 PM	28	29
30	31				*Pre-registration required	

September

2026

WISE Without Walls Telephone Number: 1-855-802-4634 Access Code: 80583

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Wellness Wednesdays 12:30 – 1:30 PM	3	4	5
6	7 <i>Labour Day</i> NO PROGRAM	8	9	10 Artfully Aging* 1:00 – 2:30 PM	11	12
13	14	15	16 Wellness Wednesdays 12:30 – 1:30 PM	17	18	19
20	21 Games Day 11:00 – 11:45 AM	22	23	24	25 Anything Goes 1:00 – 2:00 PM NOTE: PROGRAM NOW ON FRIDAYS	26
27	28	29	30		*Pre-registration required	