



WISE WITHOUT WALLS (TELEPHONE PROGRAM)



Program Guide: October to December 2026

Why Choose WISE Without Walls?

Weekly telephone contact can help older adults maintain meaningful social connections, particularly when mobility, distance, weather, caregiving demands or health concerns limit in-person activities. Regular participation in calls provide emotional support, a sense of belonging and community.

This matters because social isolation and loneliness in later life are associated with poorer mental and physical health, including depression, cognitive decline, heart disease and reduced quality of life. Telephone calls, particularly our WISE Without Walls platform, are a practical, low-cost and accessible way for friends and peers to stay connected all while having fun and learning something new!

Help us spread the word, tell a friend, neighbour or family member about this program and help us build this vibrant community!

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.

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 ** You can also practice muting your own line prior to a call.
- 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 eight 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 three 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.

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+ and caregivers 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.

What happens if I can't make a call I registered for?

Life happens, we get it! Please just give us a curtsey call letting us know you can't make it.

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, October 5, 2026	
11:00—11:45 am	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
Monday, October 19, 2026	
11:00—11:45 am	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.
Monday, November 2, 2026	
11:00—11:45 am	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!
Monday, November 16, 2026	
11:00—11:45 am	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!
Monday, December 7, 2026	
11:00—11:45 am	Card BINGO with Prizes - Refer to page 9 in this guide for more details on how to play card BINGO.
Monday, December 21, 2026	
11:00—11:45 am	Holiday Trivia - Name that tune, finish the phrase, movie trivia and everything in between. However you celebrate, drop in and test your knowledge and bring your holiday spirit!

Wellness Wednesdays

Wednesday, October 7, 2026	
1:00—2:00 pm	Being the Most Effective Supporter - Sandy Ikster: Cheering ourselves on, even during the toughest life moments influences how well we get through all that life tosses at us. During this session we will playfully practice with self awareness and self compassion to gain skills to be the best support, for ourselves and others. P.S. Humour helps...
Wednesday, October 21, 2026	
1:00—2:00 pm	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.
Wednesday, November 4, 2026	
1:00—2:00 pm	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 shuteye. Afterwards we'll reflect and explore practical strategies for improving sleep habits.
Wednesday, November 18, 2026	
1:00—2:00 pm	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 Canadians are impacted by Crohn's and Colitis.
Wednesday, December 16, 2026	
1:00—2:00 pm	Foot Health & Orthotics - BioPed Footcare: Our feet support us every day, yet we rarely take the time to check in on their health. Join us as a Certified Pedorthist from BioPed Footcare discusses how caring for your feet is an important part of maintaining overall comfort, mobility, and well-being as well as why orthotics can make a huge impact on your overall health.

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.

Friday, October 23, 2026	
1:00—2:00 pm	Summers with Miss Elizabeth - Lori Knowles In honour of 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.
Friday, November 27, 2026	
1:00—2:00 pm	Timeless Play - A Nostalgic Journey Through the Evolution of Toys 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.
Friday, December 18, 2026	
1:00—2:00 pm	Origins of Holiday Traditions - Podcast Let's take a look at where some of our more common holiday traditions originate from in this holiday inspired history lesson.

Artfully Aging

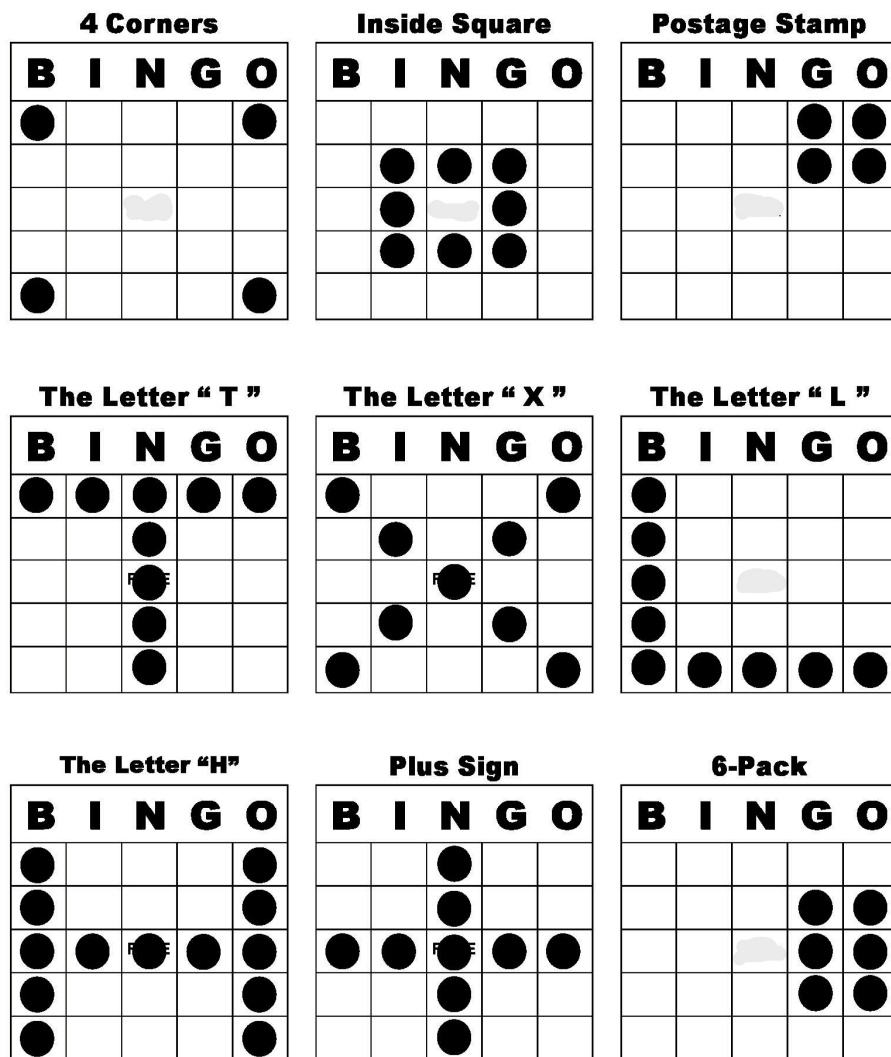
This program hosted on the second Thursday of every month, explores various arts and crafts projects that are easy to tackle at home and instructed by our WISE Without Walls hosts. Program supplies will be provided ahead of time. **Advanced registration is required in order to receive program supplies.**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

Thursday, October 8, 2026	
1:00—2:30 pm	Thanksgiving Garland Celebrate the fall season with a Thanksgiving inspired garland. Last Day to Register: September 24, 2026
Thursday, November 12, 2026	
1:00—2:30 pm	Holiday Ribbon Ornament Use artfully placed pieces of ribbon to create a holiday inspired tree on a wooden ornament. Last Day to Register: October 29, 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!



October

2026

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

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

November

2026

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

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

December

2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Games Day 11:00 – 11:45 AM	8	9	10	11	12
13	14	15	16 Wellness Wednesdays 1:00 – 2:00 PM	17	18 Anything Goes 1:00 – 2:00 PM	19
20	21 Games Day 11:00 – 11:45 AM	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve		