



Activity Guide - April 2020

Seniors Programs and Services

Monthly Spotlight

April is National Volunteer Month! Did you know there are nearly sixty volunteers who support the programs and services that we offer? We appreciate each and every one of our volunteers. Our programs would not be successful without their invaluable contributions.

Interested in becoming a Seniors Programs and Services volunteer? We have a variety of volunteer opportunities available. For more information, please contact our information line below.

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

seniorsprograms@muskoka.on.ca

www.muskoka.on.ca/seniorsprograms

Funded in part by: **Ontario** 

WISE stands for Wellness Initiatives for Seniors Engaged. WISE Mobile Active Living Centre offers programs for older adults 55+ in multiple locations across Muskoka.

Core programs include Community Connect, Workshops, Happy Days, Intergenerational Mentorship Programs, and Fitness Programs. New participants are required to complete a program registration form, which is available at

Check out the features in this month's Activity Guide

WISE Mobile Active Living Centre and Municipality locations
 Community Connect (alphabetically by location)
 Fitness Programs
 Workshops
 HAPPY Day



Municipality	Location
Town of Bracebridge	Bracebridge Centre for Active Living, 54 Dominion St. 100 Oakwood Heights McVittie Place, 102 Pine St. Vankoughnet Village Square, 1198 Vankoughnet Rd.
Town of Gravenhurst	175 Lofty Pines Dr. Muskoka Community Services Hub, 141 Main St. Ryde Community Co-op, 1624 Barkway Rd. Severn Bridge Community Hall, 1035 Southwood Dr.
Town of Huntsville	Port Sydney Community Centre, 607 Muskoka Rd. 10
Township of Georgian Bay	Baxter-Ward Community Centre, 279 Honey Harbour Rd. MacTier Memorial Arena, 9 Haig St.
Township of Lake of Bays	Baysville Autumn Leaves Centre, 12 University Ave Dwight Community Centre, 1014 Dwight Beach Rd.
Township of Muskoka Lakes	Milford Bay Community Centre, 1020 Beaumaris Rd. Port Carling Community Centre, 3 Bailey St. Torrance Community Centre, 1030 Torrance Rd. Ullswater Community Centre, 1503 Old Parry Sound Rd.

Community Connects

Community Connect is a two hour program offered once or twice a month in multiple locations across Muskoka. Each Community Connect features educational, recreational, or entertaining topics. Anyone 55+ is welcome. Please RSVP by 1:00 p.m. one business day before each program by calling our information line. We love to welcome new participants and hope that you will join us at a location near you!

Please note, activities and decoration themes are subject to change.

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, April 27

Decoration Theme: April Showers

1:30 p.m. Meet and Greet

2:00 p.m. Muskoka Paramedic Services—Emergency First Aid

Bracebridge - 100 Oakwood Heights, Bracebridge

Wednesday, April 8

Decoration Theme: By the Seashore

1:30 p.m. Meet and Greet

1:45 p.m. TBA

Wednesday, April 15

Decoration Theme: April Showers

1:30 p.m. Meet and Greet

1:45 p.m. Community Services—Tara Bone, Canadian Red Cross

2:15 p.m. Beginner Watercolour

Bracebridge Centre for Active Living, 54 Dominion St., Bracebridge

Monday, April 6

Decoration Theme: By the Seashore

10:15 a.m. Meet and Greet

10:30 a.m. Executor Information Session—Isabelle Frati, Certified Executor Advisor, IMF Financial Assurance

12:00 p.m. Lunch

Bracebridge - McVittie Place, 102 Pine Street, Bracebridge

Thursday, April 2

Decoration Theme: By the Seashore

- 10:00 a.m. Meet and Greet
10:15 a.m. Climate Change—Kevin Boyle, District of Muskoka
11:30 a.m. Lunch

Thursday, April 16

Decoration Theme: April Showers

- 10:00 a.m. Community Services—Tara Bone, Canadian Red Cross
10:20 a.m. Planting Project—Bracebridge Horticultural Society
11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, April 14

Decoration Theme: By the Seashore

- 10:30 a.m. Meet and Greet
10:45 a.m. VON Healthy Aging Series—Taking Charge of Your Health
12:00 p.m. Lunch

Tuesday, April 28

Decoration Theme: April Showers

- 10:30 a.m. Meet and Greet
10:45 a.m. History of Dwight—Gary Denniss
12:00 p.m. Lunch

Gravenhurst - 175 Lofty Pines Drive, Gravenhurst

Tuesday, April 14

Decoration Theme: By the Seashore

- 1:30 p.m. Meet and Greet
1:45 p.m. Optimizing Health with Age—Hannah Lafayette-Brooks, ND
2:45 p.m. Spring Planting Discussion—Gravenhurst Horticultural Society

Tuesday, April 28

Decoration Theme: April Showers

- 1:30 p.m. Meet and Greet
1:45 p.m. Healthy Brain—Angelika Davis, Algonquin Family Health Team
2:45 p.m. Community Services—Tara Bone, Canadian Red Cross

Gravenhurst - Muskoka Community Services Hub, 141 Main Street

Monday, April 6

Decoration Theme: By the Seashore

- 1:30 p.m. Meet and Greet
- 2:00 p.m. Birds Nest Cookies
- 2:30 p.m. Milk Bag Mat Project

Monday, April 27

Decoration Theme: April Showers

- 10:00 a.m. Canadian Red Cross—Program Overview
- 10:15 a.m. Natural Prevention for Pain and Inflammation - Muskoka Wellness Co.—Gravenhurst
- 11:30 p.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, April 2

Decoration Theme: By the Seashore

- 1:30 p.m. Snack Bar Creations
- 1:45 p.m. Muskoka History—Gary Denniss
- 2:45 p.m. Katelynn on Violin

Thursday, April 16

Decoration Theme: April Showers

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Community Services—Tara Bone, Canadian Red Cross
- 2:15 p.m. Mountains—Planet Earth DVD

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, April 1

Decoration Theme: By the Seashore

- 10:30 a.m. Meet and Greet
- 10:15 a.m. Sleep—Angelika Davis, Algonquin Family Health Team
- 12:00 p.m. Lunch

Wednesday, April 15

Decoration Theme: April Showers

- 10:30 a.m. Meet and Greet
- 10:45 a.m. VON Healthy Aging Series—Taking Charge of Your Health
- 12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, April 8

Decoration Theme: By the Seashore

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Beginner Watercolour Painting
- 11:30 a.m. Lunch

Wednesday, April 22

Decoration Theme: April Showers

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Simcoe Muskoka District Health Unit—Curious About Cannabis

Port Severn - Baxter-Ward Community Centre, 279 Honey Harbour Rd.

Tuesday, April 7

Decoration Theme: By the Seashore

- 10:00 a.m. Community Services—Tara Bone, Canadian Red Cross
- 10:45 a.m. Strengthening Exercises
- 11:30 a.m. Lunch

Tuesday, April 21

Decoration Theme: April Showers

- 10:00 a.m. Brain Games
- 11:00 a.m. Katelynn on Violin
- 11:30 a.m. Lunch

Port Sydney Community Hall, 607 Muskoka Road 10, Port Sydney

Monday, April 6

Decoration Theme: By the Seashore

- 1:30 p.m. Zumba—Jenni Allsopp
- 2:30 p.m. Snack Bar Creations
- 2:45 p.m. Mountains—Planet Earth DVD

Monday, April 27

Decoration Theme: April Showers

- 1:30 p.m. Four Pictures, One Word Game
- 2:00 p.m. Advanced Care Planning—Alzheimer Society of Muskoka
- 3:00 p.m. Snack Bar Creations

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, April 7

Decoration Theme: By the Seashore

- 10:00 a.m. Meet and Greet
10:15 a.m. Osteoarthritis of the Hand—Arthritis Society
*Pre-registration required through Arthritis Society

11:30 a.m. Lunch

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, April 14

Decoration Theme: By the Seashore

- 10:00 a.m. Meet and Greet
10:15 a.m. Fall Prevention and Good Bone Health—Angelika Davis,
Algonquin Family Health Team
11:30 a.m. Lunch

Tuesday, April 28

Decoration Theme: April Showers

- 10:00 a.m. Meet and Greet
10:15 a.m. Community Services—Tara Bone, Red Cross Transportation
10:45 a.m. Brain Games
11:30 a.m. Lunch

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, April 1

Decoration Theme: By the Seashore

- 1:30 p.m. Meet and Greet
1:45 p.m. Beginner Watercolour Painting

Wednesday, April 22

Decoration Theme: April Showers

- 10:00 a.m. Meet and Greet
10:15 a.m. I.D.A. Pharmacy Gravenhurst
11:30 a.m. Lunch

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, April 6

Decoration Theme: By the Seashore

- 10:15 a.m. Meet and Greet
10:30 a.m. Sleep—Angelika Davis, Algonquin Family Health Team
11:30 a.m. Lunch

Monday, April 27

Decoration Theme: April Showers

- 10:15 a.m. Meet and Greet
10:30 a.m. Loss and Grief Support—Hospice Muskoka
11:30 a.m. Lunch

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, April 21

Decoration Theme: April Showers

- 10:00 a.m. Meet and Greet
10:15 a.m. Making Decorative Birdhouses
11:30 a.m. Lunch

Word on WISE—Referral Program

Fill in a **Word on WISE** invitation—be sure to include your name, program location and your friend's name on the card. Bring the invitation to any WISE program to enter, all returned cards will be entered in a monthly draw for a chance to **WIN!**

Each participant will receive a \$10 gift card of their choosing and must be registered with Seniors Programs and Services. We hope to have a picture with the winning participants to showcase this new program.

Thank you for helping us spread the **Word on WISE!**

Fitness Programs

Combined Fitness Class

This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

Ullswater Community Centre, 1503 Old Parry Sound Road, Ullswater

Monday mornings, beginning Monday, January 6, 2020.

9:30—10:15 a.m.

Urban Pole Walking Groups

Join a walking club and make new friends while participating in an excellent work out. Poles will be lent to participants for the duration of each session. These programs are free of charge.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Friday mornings; From April 24 to June 26; 9:30—10:30 am.

Ullswater Community Hall, 1503 Old Parry Sound Road, Utterson

Tuesdays mornings; 9:30—10:30 a.m.

Held in partnership with the KIST (Keeping in Shape Together) Exercise Program.

Workshops

Decoration Preparation Day

Help prepare next month's WISE decorations while enjoying a cup of tea and the company of others!

McVittie Place, 3rd Floor Activity Room, 102 Pine Street, Bracebridge

Thursday, April 23; 10:00 to 12:00 p.m.

Handbell Choir

Interested in sharing your musical experience with others? Not experienced in music but want to learn a new skill? Looking for a social program where you can meet new people? If yes, the Muskoka Bell Ringers may be the program for you! Learn to play well known songs while enjoying the company of other members. Rehearsals will culminate with a performance in June. Choose the rehearsal location that works best for you!

Wednesdays beginning March 18 and ending June 17, 2020

McVittie Place, 3rd Floor Activity Rm, 102 Pine Street, Bracebridge; 9:30 to 10:15 a.m.

Port Carling Community Centre, 3 Bailey Street, Port Carling; 12:30 to 1:15 p.m.

HAPPY DAY

Standing for Healthy Aging Promotions and Programs for You, these free day long, healthy living events are an excellent opportunity to connect, learn, share, and have fun with friends and neighbours! We will be featuring exhibitor tables, interactive booths, guest speakers and lunch. Our next upcoming HAPPY Day will take place:

Friday, June 12, 2020
Severn Bridge Community Hall
1035 Southwood Road, Severn Bridge

We hope to see you there, more details will be available closer to the date.