

April 2019 Activity Guide

WISE Mobile Active Living Centre

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.

Please note if buses are cancelled, our programs are cancelled.



705-645-2100 ext. 199 OR (Toll Free) 1-800-461-4215, ext. 199

seniorsprograms@muskoka.on.ca

www.seniorsinmuskoka.ca

WISE Mobile Active Living Centre

WISE stands for Wellness Initiatives for Seniors Engaged. WISE Mobile Active Living Centre offers programs for older adults 55+ in multiple locations across Muskoka. Our core programs include Community Connect (formerly known as WISE Clubhouse), Workshops, Intergenerational Mentorship Programs, and Combined Fitness Classes. New participants are required to complete a program registration form, which is available at www.seniorsinmuskoka.ca or onsite at your first WISE program. Programs are free of charge. Although a donation box is available at each program, participants are under no obligation to contribute.

April Community Connects

Formerly known as WISE Clubhouse, Community Connect is a two hour program offered once or twice a month in seventeen locations across Muskoka. Each Community Connect features educational, recreational, or entertaining topics followed by a nutritious lunch or snacks. 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.

124 Alice Street, Bracebridge

Monday, April 1

Decoration Theme: A Piece of the Puzzle

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| 1:30 p.m. | Meet and Greet |
| 1:45 p.m. | “Peeps, Quacks, and Trills” - Adopt a Pond FrogWatch Program |
| 3:00 p.m. | Red Cross Transportation and Meals on Wheels |

100 Oakwood Heights, Bracebridge

Wednesday, April 10

Decoration Theme: A Piece of the Puzzle

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| 1:30 p.m. | Meet and Greet |
| 1:45 p.m. | History and Culture of Tea—Craig Denstedt, Tea Infusion |
| 2:45 p.m. | Snack |

200 Oakwood Heights, Bracebridge

Wednesday, April 17

Decoration Theme: At the Race Track

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| 1:30 p.m. | Meet and Greet |
| 1:45 p.m. | Acrylic Painting—Impressionism |
| 2:15 p.m. | Snack |

175 Lofty Pines Drive Seniors Building, Gravenhurst

Tuesday, April 9

Decoration Theme: A Piece of the Puzzle

- 1:30 p.m. Milk Bag Mats
- 2:30 p.m. Snack Bar Creations
- 2:45 p.m. Diabetes Prevention with Algonquin Family Health Team

Tuesday, April 23

Decoration Theme: At the Race Track

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Spring Planting Project with Bracebridge Horticultural Society
- 3:00 p.m. Snack Bar Creations

Bala Community Centre, 1008 Maple Avenue, Bala

Due to low attendance numbers, Bala's Community Connect has been permanently cancelled. We are committed to providing programming in line with each community's interests and needs. If you have a suggestion for a future Bala program, please contact our information line.

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

Tuesday, April 2

Decoration Theme: A Piece of the Puzzle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Board Game and Jigsaw Puzzle Social
- 11:15 a.m. Lunch

Tuesday, April 16

Decoration Theme: At the Race Track

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Parkinson's 101 with Sue MacKay
- 11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, April 29

Decoration Theme: At the Race Track

- 1:30 p.m. Meet and Greet
- 1:35 p.m. "Peeps, Quacks, and Trills" Toronto Zoo Adopt-A-Pond Frog Watch Program
- 2:30 p.m. Online Shopping Safety—The Canadian Anti-Fraud Centre

April Community Connects, Cont.

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

Monday, April 1

Decoration Theme: A piece of the Puzzle

- 10:15 a.m. Meet and Greet
- 10:30 a.m. Meals on Wheels & Transportation—Canadian Red Cross
- 10:45 a.m. Bone Health / Falls Prevention—Algonquin Family Health Team
- 11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, April 9

Decoration Theme: A Piece of the Puzzle

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Deaf Access with Aussa Penniall (Rescheduled from February)
- 12:00 p.m. Lunch

Tuesday, April 23

Decoration Theme: At the Race Track

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Algonquin Family Health Team—Diabetes Prevention
- 12:00 p.m. Lunch

Gravenhurst Community Services Hub, 141 Main Street

Monday, April 29

Decoration Theme: At the Race Track

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Fire Prevention and Safety—Muskoka Fire Prevention Officers
- 11:30 a.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, April 4

Decoration Theme: A Piece of the Puzzle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Smartphone Basics 101

Thursday, April 18

Decoration Theme: At the Race Track

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Zumba with Jenni Allsopp (Rescheduled from February)

McVittie Place, 102 Pine Street, Bracebridge

Thursday, April 4

Decoration Theme: A Piece of the Puzzle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. VON Healthy Aging Series
- 11:00 a.m. Handbell Choir Performance
- 11:30 a.m. Lunch

Thursday, April 18

Decoration Theme: At the Race Track

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Deaf Access with Aussa Penniall
- 11:30 a.m. Lunch

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, April 3

Decoration Theme: A Piece of the Puzzle

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Maintaining Good Brain Health—Alzheimer's Muskoka
(Donating Finished Comfort Mitts and Busy Boards)
- 12:00 p.m. Lunch

Wednesday, April 17

Decoration Theme: At the Race Track

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Toronto Zoo Adopt-A-Pond Frog Watch Program
- 12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, April 10

Decoration Theme: A Piece of the Puzzle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Smartphone Photography
- 11:30 a.m. Lunch

Wednesday, April 24

Decoration Theme: At the Race Track

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Milk Bag Mat Project

April Community Connects, Cont.

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

Monday, April 29

Decoration Theme: A Piece of the Puzzle

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| 1:30 p.m. | Meet and Greet |
| 1:45 p.m. | Bone Health and Fall Prevention—Algonquin Family Health Team |
| 2:30 p.m. | Snack Bar Creations |

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, April 2

Decoration Theme: A Piece of the Puzzle

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Intro—Combined Fitness Class, Katelynn Laarakker |
| 11:30 a.m. | Lunch |

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, April 9

Decoration Theme: A Piece of the Puzzle

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Fashion Show with Northern Reflections |
| 11:15 a.m. | Lunch |

Tuesday, April 23

Decoration Theme: At the Race Track

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|------------|-----------------|
| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Fire Prevention |
| 11:30 a.m. | Lunch |

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, April 3

Decoration Theme: A Piece of the Puzzle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Smartphone Basics 101

Wednesday, April 24

Decoration Theme: At the Race Track

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

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, April 1

Decoration Theme: At the Race Track

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Taking Charge of Your Health
- 11:30 a.m. Lunch

Monday, April 29

Decoration Theme: A Piece of the Puzzle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Nancy Robinson with Hear Well, Be Well
- 11:30 a.m. Lunch

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, April 16

Decoration Theme: At the Race Track

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Bracebridge Library Archive Talk—Ruth Holtz
- 11:30 a.m. Lunch

WISE participants are encouraged to bring along a reusable container if they are interested in taking home a leftover meal or snacks.

Fitness Programs

For more information or to register for one of these programs, please contact 705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199.

Combined Fitness Class

This class, geared to older adults 55+, is led by a certified Seniors Fitness Instructor and is developed around research conducted at the Canadian Centre of Activity and Aging (CCAA) in London, Ontario. This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

Bracebridge dates and locations to be announced. Please contact our information line for more information.

Urban Pole Walking Group

Did you know Urban Poling exercises 90 percent of your muscles, reduces stress on your lower joints, burns up to 47 percent more calories than walking without poles, and works your core muscles? Most importantly, Urban Pole Walking is fun! Join a walking club and make new friends while participating in an excellent workout.

Poles will be lent to participants for the duration of each session.

These programs are free of charge.

Severn Bridge Fairgrounds

Wednesday, May 1—Wednesday, June 19, 2019

1:00 to 2:00 p.m.

Ryde Community Co-op

1624 Barkway Road, Gravenhurst

Friday, May 10—Friday, June 28, 2019

9:30 to 10:30 a.m.

Urban Pole Walking Instructor Refresher Training

A refresher training for volunteers who have previously taken the Urban Poling Instructor Course.

MCS Community Hub

169 Pine Street, Bracebridge

Wednesday, April 10, 2019

1:30 to 2:30 p.m.

Workshops

For more information or to register for any of these workshops, please contact 705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199.

Cooking For One with !MPACT Cafe

Learn how to prepare nutritious meals for one or two people, stretch your grocery dollars, and utilize cooking tips and tricks. Please RSVP to 705-645-2100 ext. 199.

Fran Coleman Room, The Pines Long Term Care, 98 Pine Street, Bracebridge
Thursday, April 25, 2019
10:00 a.m. to 1:00 p.m.

Decoration Preparation Day

Help prepare next month's WISE decorations while enjoying a cup of tea and the company of others! Please RSVP to 705-645-2100 ext. 199.

3rd Floor Activity Room, McVittie Place, 102 Pine Street, Bracebridge
Tuesday, April 30, 2019
10:00 a.m. to 12:00 p.m.

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!**