

December 2018

## WISE Activity Guide

### Monthly Spotlight

Please remember to register by 1:00 p.m. one business day prior to the WISE program you wish to attend. This helps us ensure we have the appropriate amount of food and program supplies for each location.

Due to the holiday schedule, WISE locations will only run once in December.

Please note, if school busses are cancelled, WISE will also be cancelled.



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

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

[www.seniorsinmuskoka.ca](http://www.seniorsinmuskoka.ca)

# December WISE Calendar

WISE stands for Wellness Initiatives for Seniors Engaged. WISE is a two hour program offered once or twice a month in seventeen locations across Muskoka. Each WISE program features educational, recreational, or entertaining topics followed by a nutritious lunch or snacks. Anyone 55+ is welcome. A donation box is available at each location although participants are under no obligation to contribute. Please RSVP by 1:00 p.m. one business day before each program. New participants are required to complete a program registration form, but this may be done onsite at your first WISE program. We love to welcome new participants and hope that you will join us at a location near you!

Please note that activities and themes are subject to change.

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## 175 Lofty Pines Drive Seniors Building, Gravenhurst

**Tuesday, December 11**

**Theme: Christmas Memories**

- |           |  |
|-----------|--|
| 1:30 p.m. | Meet and Greet                           |
| 1:45 p.m. | Cupcake Decorating with Whimsical Bakery |
| 3:00 p.m. | Christmas Carols with Katelynn on Violin |

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## Bala Community Centre, 1008 Maple Avenue, Bala

**Tuesday, December 4**

**Theme: Christmas Memories**

- |           |  |
|-----------|--|
| 1:30 p.m. | Holiday Candle Making                    |
| 2:30 p.m. | Cheese Tasting                           |
| 3:00 p.m. | Christmas Carols with Katelynn on Violin |

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

**Tuesday, December 4**

**Theme: Christmas Memories**

- |            |  |
|------------|--|
| 10:00 a.m. | Cheese Tasting                           |
| 10:30 a.m. | Christmas Carols with Katelynn on Violin |
| 11:15 a.m. | Lunch                                    |

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**Baysville Autumn Leaves Centre, 12 University Avenue, Baysville**

**Monday, December 17**

**Theme: Christmas Memories**

- 1:30 p.m. Meet and Greet  
1:45 p.m. Holiday Gift Making

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

**Monday, December 3**

**Theme: Christmas Memories**

- 10:15 a.m. Meet and Greet  
10:30 a.m. Holiday Gift Making—Sugar Scrubs for Him and Her  
11:30 a.m. Lunch

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**Dwight Community Centre, 1014 Dwight Beach Road, Dwight**

**Tuesday, December 11**

**Theme: Christmas Memories**

- 10:30 a.m. Meet and Greet  
10:45 a.m. Holiday Candle and Card Making  
11:30 a.m. Lunch

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**Gravenhurst Community Services Hub, 141 Main Street, Gravenhurst**

**Monday, December 17**

**Theme: Christmas Memories**

- 10:00 a.m. Meet and Greet  
10:15 a.m. Holiday Cookie Baking  
11:30 a.m. Lunch

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**MacTier Memorial Arena, 9 Haig Street, MacTier**

**Thursday, December 6**

**Theme: Christmas Memories**

- 1:30 p.m. Meet and Greet  
1:45 p.m. Healthy Aging Series—Pay Attention to Keep Safe

# December WISE Calendar, Cont.

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## McVittie Place, 102 Pine Street, Bracebridge

**Thursday, December 6**

**Theme: Christmas Memories**

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|------------|---|
| 10:00 a.m. | Meet and Greet                                  |
| 10:15 a.m. | Holiday Gift Making—Cards and Brownies in a Jar |
| 11:30 a.m. | Lunch   |

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## Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

**Wednesday, December 5**

**Theme: Christmas Memories**

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|------------|--|
| 10:30 a.m. | Meet and Greet                           |
| 10:45 a.m. | Holiday Gift Making—Bath Bombs and Cards |
| 11:30 a.m. | Lunch                                    |

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## Port Carling Community Centre, 3 Bailey Street, Port Carling

**Wednesday, December 12**

**Theme: Christmas Memories**

- |            |   |
|------------|---|
| 10:30 a.m. | Meet and Greet                                  |
| 10:45 a.m. | Holiday Gift Making—Cards and Brownies in a Jar |
| 11:30 a.m. | Lunch   |

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

**Monday, December 3**

**Theme: Christmas Memories**

- |           |  |
|-----------|--|
| 1:30 p.m. | Holiday Candle Making                    |
| 2:30 p.m. | Cheese Tasting                           |
| 3:00 p.m. | Christmas Carols with Katelynn on Violin |

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## Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

**Tuesday, December 4**

**Theme: Christmas Memories**

- |            |                                |
|------------|--------------------------------|
| 10:00 a.m. | Meet and Greet                 |
| 10:15 a.m. | Holiday Candle and Card Making |
| 11:30 a.m. | Lunch                          |

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**Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge**

**Tuesday, December 11**

**Theme: Christmas Memories**

- 10:00 a.m.            Holiday Gift Creations  
11:00 a.m.            The Muskoka Bell Ringers  
11:30 a.m.            Lunch
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**Torrance Community Centre, 1030 Torrance Road, Torrance**

**Wednesday, December 12**

**Theme: Christmas Memories**

- 1:30 p.m.            Meet and Greet  
1:45 p.m.            Healthy Aging Series—Tools to Stay Safe and Independent
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**Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson**

**Monday, December 10 \*New Date\***

**Theme: Christmas Memories**

- 10:00 a.m.            Meet and Greet  
10:15 a.m.            Cupcake Decorating with Whimsical Bakery  
11:15 a.m.            Lunch
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**Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge**

**Wednesday, December 5**

**Theme: Christmas Memories**

- 1:30 p.m.            Meet and Greet  
1:45 p.m.            Holiday Gift Making—Bath Bombs and Cards

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

# 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.

## **Acrylic Painting Workshops**

Led by Nancy Hunter. Please RSVP to 705-645-2100 ext. 199.

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Thursday, January 24, 2019

10:00 a.m.—12:00 p.m.

## **Budgeting, Banking, and Estate Planning**

This two part workshop series will provide participants with education on Advanced Care Planning, will preparation, budgeting advice, and banking tips. Please RSVP to 705-645-2100 ext. 199.

\*Tentative dates:

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Monday, January 14 and 21, 2019

1:00—3:00 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 by all three groups on Friday, March 22, 2019 at 2:00 p.m.. Choose the rehearsal location that works best for you! Please RSVP to 705-645-2100 ext. 199

Thursday Afternoons beginning January 10, 2019

Port Carling Community Centre, 3 Bailey Street, Port Carling; 11:45—12:30 p.m.

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay; 1:30—2:15p.m.

McVittie Place, 102 Pine Street, Bracebridge; 3:15—4:00 p.m.

Workshops continued on the next page.

## Workshops, Cont.

### **Planning Ahead—Supportive Housing and Care Options for Later Life**

Interested in exploring how to apply for a retirement versus a long term care residence? Curious about the supportive housing and home care supports available within Muskoka? This is an excellent education opportunity for both caregivers and those who want to plan ahead for their future. Each of the sessions in this three-part workshop series will feature one of the following topics: Long-Term Care Application and Supports (Presented by April Smith of the North Simcoe Muskoka LHIN), Retirement Home Options, and Home Care Supports and Services.

Dwight Public Library, 1014 Dwight Beach Rd, Dwight

Friday, January 18; 25; and February 1, 2019

10:30 a.m.—12:00 p.m.

## 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. The CCAA is proud to be Canada's leader in current research and program development for improved physical ability and healthy aging for older adults within the Faculty of Health Science at Western University.

This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun! To register, please contact 705-645-2100, ext. 199 or (toll-free) 1-800-461-4215 ext. 199.

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson  
Wednesday mornings, 9:30—10:30 a.m.

Wednesday January 9 through Wednesday, February 27, 2019