

February 2019 Activity Guide



WISE Mobile Active Living Centre

Monthly Spotlight

Seniors Programs and Services would like to invite you to our WISE Participant Meeting taking place on Friday, February 22, 2019 from 2:00 to 3:00 pm at the Muskoka Community Services Hub in Bracebridge. The purpose of this meeting is to provide participants with program updates, opportunities to give program input, and a safe place to give program feedback. Our goal is to fit the program to the participant rather than the participant to the program and we need your assistance with achieving this. For more details on this event please see the WISE Workshops section.



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. Please RSVP by 1:00 p.m. one business day before each program by calling our information line.

February 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. 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, February 4

Decoration Theme: Queen of Hearts

1:30 p.m.

Meet and Greet/Snack Bar Creations

2:15 p.m.

Stroke Awareness with Donna Crump, District Stroke Nurse

100 Oakwood Heights, Bracebridge

Wednesday, February 13

Decoration Theme: Queen of Hearts

1:30 p.m.

Meet and Greet & Smoothie Creations

1:45 p.m.

TBA

200 Oakwood Heights, Bracebridge

Wednesday, February 20

Decoration Theme: For the Birds

1:30 p.m.

Meet and Greet & Smoothie Creations

1:45 p.m.

TBA

175 Lofty Pines Drive Seniors Building, Gravenhurst

Tuesday, February 12

Decoration Theme: Queen of Hearts

- 1:30 p.m. Milk Bag Mat Project
2:15 p.m. Stroke Awareness with Donna Crump, District Stroke Nurse
3:15 p.m. Snack Bar Creations

Tuesday, February 26

Decoration Theme: For the Birds

- 1:30 p.m. Meet and Greet
1:45 p.m. Muskoka History with Gary Denniss
2:45 p.m. Line Dancing

Bala Community Centre, 1008 Maple Avenue, Bala

Tuesday, February 19

Decoration Theme: For the Birds

- 1:30 p.m. Urban Poling Exercises
1:45 p.m. Therapeutic Paws, Team Muskoka
3:00 p.m. Snack Bar Creations

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

Tuesday, February 5

Decoration Theme: Queen of Hearts

- 10:00 a.m. Meet and Greet
10:15 a.m. Urban Poling Exercises
11:15 a.m. Lunch

Tuesday, February 19

Decoration Theme: For the Birds

- 10:00 a.m. Adult First Aid and CPR
11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, February 25

Decoration Theme: For the Birds

- 1:30 p.m. Meet and Greet
1:45 p.m. Zumba with Jenni Allsopp
2:45 p.m. Smoothie Creations

February Community Connects, Cont.

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

Monday, February 4

Decoration Theme: Queen of Hearts

- 10:15 a.m. Meet and Greet
- 10:30 a.m. Tech Talk - Bracebridge Library
- 11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, February 12

Decoration Theme: Queen of Hearts

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

Tuesday, February 26

Decoration Theme: For the Birds

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Smartphone Photography
- 12:00 p.m. Lunch

Gravenhurst Community Services Hub, 141 Main Street

Monday, February 25

Decoration Theme: For the Birds

- 10:00 a.m. Lua Baker, Dietician—Cottage Country Family Health Team
- 11:00 a.m. Smoothie Creations
- 11:30 a.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, February 7

Decoration Theme: Queen of Hearts

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Zumba with Jenni Allsopp

Thursday, February 21

Decoration Theme: For the Birds

- 1:30 p.m. Meet and Greet & Smoothie Creations
- 1:45 p.m. Family Feud—WISE Program Style!

McVittie Place, 102 Pine Street, Bracebridge

Thursday, February 7 **Decoration Theme: Queen of Hearts**

- 10:00 a.m. Meet and Greet
10:15 a.m. VON Healthy Aging Series– Staying on Your Feet
11:30 a.m. Lunch

Thursday, February 21 **Decoration Theme: For the Birds**

- 10:00 a.m. Meet and Greet
10:15 a.m. Algonquin Family Health Team—Bone Health and Falls Prevention
11:30 a.m. Lunch

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, February 6 **Decoration Theme: Queen of Hearts**

- 10:30 a.m. Meet and Greet
10:45 a.m. Smartphone Photography
12:00 p.m. Lunch

Wednesday, February 20 **Decoration Theme: For the Birds**

- 10:30 a.m. Meet and Greet
10:45 a.m. TBA
12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, February 13 **Decoration Theme: Queen of Hearts**

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

Wednesday, February 27 **Decoration Theme: For the Birds**

- 1:30 p.m. Meet and Greet
1:45 p.m. Urban Poling Exercise
2:45 p.m. Smoothie Creations

February WISE Community Connects

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

Monday, February 25

Decoration Theme: For the Birds

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| 1:30 p.m. | Meet and Greet |
| 1:45 p.m. | Nancy Robinson from Hear Well, Be Well |
| 2:30 p.m. | Urban Poling Exercises |

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, February 5

Decoration Theme: Queen of Hearts

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | DIY—Impressionism Painting |

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, February 12

Decoration Theme: Queen of Hearts

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Musical Entertainment with Elderberries Choir |
| 11:15 a.m. | Lunch |

Tuesday, February 26

Decoration Theme: For the Birds

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Make Your House a Home for a Lifetime—Accessibility Resource Centre |
| 11:30 a.m. | Lunch |

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, February 6

Decoration Theme: Queen of Hearts

- 1:30 p.m. Meet and Greet & Snack
1:45 p.m. Mass Marketing Fraud and Cybercrime Awareness —
The Canadian Anti-Fraud Centre

Wednesday, February 27

Decoration Theme: For the Birds

- 10:00 a.m. Meet and Greet
10:15 a.m. VON Healthy Aging Series—Final Session
11:30 a.m. Lunch

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, February 4

Decoration Theme: Queen of Hearts

- 10:00 a.m. Meet and Greet
10:15 a.m. VON Healthy Aging Series— Taking Charge of Your Health
11:30 a.m. Lunch

Monday, February 25

Decoration Theme: For the Birds

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

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, February 19

Decoration Theme: For the Birds

- 10:00 a.m. Meet and Greet
10:15 a.m. Muskoka History with Gary Denniss
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.

WISE 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.

Ullswater Community Hall, 1503 Old Parry Sound Road, Utterson

Thursday, February 28, 2019

10:00 a.m. to 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. Sessions will be facilitated by Shawna Torkoff of the Alzheimer's Society of Muskoka and David Kindy of Investors Group. Please RSVP to 705-645-2100 ext. 199.

Torrance Community Centre, 1030 Torrance Road, Torrance

Monday, February 4 and Monday, February 11, 2019

10:00 a.m. to 12:00 p.m.

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Wednesday, March 6 and Wednesday, March 13, 2019

10:00 a.m. to 12:00 p.m.

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.

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Thursday, February 14, 2019

10:00 a.m. to 1:00 p.m.

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, February 19, 2019

10:30 a.m. to 1:30 p.m.

Workshops continued on the next page.

WISE Workshops

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.

Third Floor Activity Room in McVittie Place, 102 Pine Street, Bracebridge
Thursday February 28, 2019
10:00 a.m. to 12:00 p.m.

Planning Ahead—Supportive Housing and Care Options for Later Life

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.

Gravenhurst Community Hub, 141 Main Street, Gravenhurst
Monday, March 4; Monday, March 11; and Monday, March 18, 2019
2:00 to 3:30 p.m.

WISE Participant Meeting

The purpose of this meeting is to provide participants with program updates, opportunities to give program input, and a safe place to give program feedback. All WISE participants are welcome and encouraged to attend. Please RSVP to 705-645-2100 ext. 199.

Community Services Hub, 169 Pine Street, Bracebridge
Friday, February 22, 2019
2:00 to 3:00 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!**