



Activity Guide - January 2020

Seniors Programs and Services

Monthly Spotlight

Did you know that exercise boosts energy, improves mood, and can be a lot of fun? Beat the winter blues and check out one of our Combined Fitness Classes! Complete details can be found on the last page of the Activity Guide.

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

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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. Our 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 www.muskoka.on.ca/seniorsprograms 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.

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, January 27

Decoration Theme: Chinese New Year

1:30 p.m. Meet and Greet

1:45 p.m. Speaking of Wildlife—Animal Presentation

Bracebridge - 124 Alice Street, Bracebridge

Tuesday, January 21

Decoration Theme: Chinese New Year

1:30 p.m. Meet and Greet

1:45 p.m. Planet Earth Documentary

2:45 p.m. Make Your Own Smoothies

Bracebridge - 100 Oakwood Heights, Bracebridge

Wednesday, January 8

Decoration Theme: Winter Wonderland

1:30 p.m. Meet and Greet

1:45 p.m. Zoo to You—Animal Presentation

Bracebridge - 200 Oakwood Heights, Bracebridge

Wednesday, January 15

Decoration Theme: Chinese New Year

1:30 p.m. Meet and Greet

1:45 p.m. Art Class—Nancy Hunter

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

Monday, January 13

Decoration Theme: Winter Wonderland

10:15 a.m. Meet and Greet

10:30 a.m. Hear Well, Be Well—Nancy Robinson

11:30 a.m. Lunch

Bracebridge - McVittie Place, 102 Pine Street, Bracebridge

Thursday, January 16

Decoration Theme: Winter Wonderland

10:00 a.m. Meet and Greet

10:15 a.m. Keeping a Healthy Brain—VON SMART Program

11:30 a.m. Lunch

Community Connects

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, January 14

Decoration Theme: Winter Wonderland

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Art Class—Nancy Hunter
- 12:00 p.m. Lunch

Tuesday, January 28

Decoration Theme: Chinese New Year

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Climate Change—District of Muskoka's Kevin Boyle
- 12:00 p.m. Lunch

Gravenhurst - 175 Lofty Pines Drive, Gravenhurst

Tuesday, January 14

Decoration Theme: Winter Wonderland

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Hear Well, Be Well—Nancy Robinson
- 2:45 p.m. Resistance Band Strength Training

Tuesday, January 28

Decoration Theme: Chinese New Year

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Zoo to You—Animal Presentation
- 2:45 p.m. Snack Bar Creations

Gravenhurst - Muskoka Community Services Hub, 141 Main Street

Monday, January 13

Decoration Theme: Winter Wonderland

1:30 p.m. Meet and Greet pending

1:45 p.m. Internet Safety & Fraud Prevention—Gravenhurst Public Library

Monday, January 27

Decoration Theme: Chinese New Year

10:00 a.m. Meet and Greet

10:15 a.m. Hear Well, Be Well—Nancy Robinson

11:30 p.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, January 16

Decoration Theme: Winter Wonderland

1:30 p.m. Meet and Greet

1:45 p.m. Arthritis Education—Algonquin Family Health Team

2:30 p.m. Theatrical Improvisation Games—Muskoka Stageworks

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, January 15

Decoration Theme: Winter Wonderland

10:30 a.m. Meet and Greet

10:45 a.m. Theatrical Improvisation Games—Muskoka Stageworks

12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, January 8

Decoration Theme: Winter Wonderland

10:00 a.m. Meet and Greet

10:15 a.m. First Aid and CPR—Muskoka Paramedics

11:30 a.m. Lunch

Wednesday, January 22

Decoration Theme: Chinese New Year

1:30 p.m. Meet and Greet

1:45 p.m. Speaking of Wildlife—Animal Presentation

Community Connects

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

Tuesday, January 7

Decoration Theme: Winter Wonderland

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Achieving a Healthy Sleep—Algonquin Family Health Team
- 11:30 a.m. Lunch

Tuesday, January 21

Decoration Theme: Chinese New Year

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Musical Performance—Jayco Productions
- 11:30 a.m. Lunch

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

Monday, January 13

Decoration Theme: Winter Wonderland

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Healthy Brain—Algonquin Family Health Team
- 2:45 p.m. Life on the Edge, Stories From Muskoka's Past DVD

Monday, January 27

Decoration Theme: Chinese New Year

- 1:30 p.m. Meet and Greet
- 1:45 p.m. To Be Announced
- 2:45 p.m. Snack Bar Creations

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, January 7

Decoration Theme: Winter Wonderland

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Musical Entertainment—Gerry Chaput |
| 11:30 a.m. | Lunch |

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, January 14

Decoration Theme: Winter Wonderland

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Theatrical Improvisation Games—Muskoka Stageworks |
| 11:30 a.m. | Lunch |

Tuesday, January 28

Decoration Theme: Chinese New Year

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Achieving a Healthy Sleep—Brainworks |
| 11:30 a.m. | Lunch |

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, January 22

Decoration Theme: Chinese New Year

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Theatrical Improvisation Games—Muskoka Stageworks |
| 11:30 a.m. | Lunch |

Community Connects

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, January 13

Decoration Theme: Winter Wonderland

- 10:15 a.m. Meet and Greet
- 10:30 a.m. Achieving a Healthy Sleep—VON SMART Program
- 11:30 a.m. Lunch

Monday, January 27

Decoration Theme: Chinese New Year

- 10:15 a.m. Name That Artist! Game
- 11:00 a.m. Musical Entertainment—Gerry Chaput
- 11:30 a.m. Lunch

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, January 21

Decoration Theme: Chinese New Year

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Painted Land: In Search of the Group of Seven (Documentary)
- 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, September 9, 2019

9:30—10:15 a.m.

**Last class of 2019 will be Mon. Dec. 9, 2019 and resuming in the New Year on Monday, January 6, 2020.

100 Oakwood Heights, Bracebridge

Wednesday mornings, January 8 through February 26, 2020

10:00—10:45 a.m.

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday afternoons, January 16 through March 5, 2020

12:30—1:15 p.m.

Workshops

Decoration Preparation Day

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

Torrance Community Centre, 1030 Torrance Road

Wednesday, January 22, 2020

12:00—2:00 p.m.