

January 2019 Activity Guide



WISE Mobile Active Living Centre

Monthly Spotlight

We are excited to announce a new referral program,
WORD ON WISE.

Simply fill in a referral card, give to a friend to attend any WISE Program. At the end of each month the returned cards will get entered into a draw to WIN!

See Word on WISE—Referral Program for details.



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 our WISE program 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.

January WISE Calendar

WISE Program is a two hour program offered once or twice a month in seventeen locations across Muskoka. Each program 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 that activities and themes are subject to change.

175 Lofty Pines Drive Seniors Building, Gravenhurst

Tuesday, January 8

Theme: Art Attack

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| 1:30 p.m. | Milk Bag Mat Project |
| 2:15 p.m. | Reduce, Reuse, Recycle—Quinn Michell |
| 3:00 p.m. | Snack Bar Creations |

Tuesday, January 22

Theme: Fire and Ice

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| 1:30 p.m. | Fitness Feature—Urban Pole Exercises |
| 2:30 p.m. | Therapeutic Paws Team Muskoka |
| 3:00 p.m. | Snack Bar Creations |

Bala Community Centre, 1008 Maple Avenue, Bala

Tuesday, January 15

Theme: Art Attack

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| 1:30 p.m. | Snack Bar Creations |
| 1:45 p.m. | Acrylic Painting Workshop—Starry Winter Night |

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

Tuesday, January 15

Theme: Art Attack

- 10:00 a.m. Meet and Greet
10:15 a.m. Therapeutic Paws—Nancy Caney and Casey
11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, January 28

Theme: Art Attack

- 1:30 p.m. Meet and Greet
1:45 p.m. Tech Tutor and Support—Baysville Library

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

Monday, January 7

Theme: Art Attack

- 10:15 a.m. Meet and Greet
10:30 a.m. Parkinson's 101 —Sue MacKay, Parkinson's Canada
11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, January 8

Theme: Art Attack

- 10:30 a.m. Meet and Greet
10:45 a.m. Finger Knitting—An Introduction
11:30 a.m. Lunch

Tuesday, January 22

Theme: Fire and Ice

- 10:30 a.m. Meet and Greet
10:45 a.m. Stroke Awareness—Donna Crump
Muskoka Algonquin Health Care
11:30 a.m. Lunch
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January WISE Program, Cont.

Gravenhurst Community Services Hub, 141 Main Street

Monday, January 28

Theme: Art Attack

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

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, January 17

Theme: Art Attack

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Algonquin Family Health Team—Bone Health/Falls Prevention

McVittie Place, 102 Pine Street, Bracebridge

Thursday, January 17

Theme: Art Attack

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Cottage Country Family Health Team—Dietician Lua Baker
- 11:30 a.m. Lunch

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, January 16

Theme: Art Attack

- 10:30 a.m. Meet and Greet
- 10:45 a.m. “Comfort Mitts” for Dementia
- 12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, January 9

Theme: Art Attack

10:00 a.m. Meet and Greet

10:15 a.m. Milk Bag Mats

11:30 a.m. Lunch

Wednesday, January 23

Theme: Fire and Ice

1:30 p.m. Meet and Greet

1:45 p.m. History of Cheese and Cheese Tasting

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

Monday, January 7

Theme: Art Attack

1:30 p.m. Urban Pole Fitness

2:30 p.m. Therapeutic Paws

3:15 p.m. Snack Bar Creations

Monday, January 28

Theme: Fire and Ice

1:30 p.m. Meet and Greet

1:45 p.m. Zumba with Jenni Allsopp

2:45 p.m. Reduce, Reuse, Recycle—Quinn Michell

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, January 8

Theme: Art Attack

10:00 a.m. Meet and Greet

10:15 a.m. Maintaining Brain Health—Alzheimer's Muskoka

11:30 a.m. Lunch

Tuesday, January 22

Theme: Fire and Ice

10:00 a.m. Meet and Greet

10:15 a.m. Reduce, Reuse, Recycle—Quinn Michell

11:30 a.m. Lunch

January WISE Program, Cont.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, January 15

Theme: Art Attack

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

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, January 23

Theme: Fire and Ice

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | No Money for Food is Cent\$less —Simcoe Muskoka District Health Unit |
| 11:30 a.m. | Lunch |

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, January 7

Theme: Art Attack

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | VON Healthy Aging Series |
| 11:30 | Lunch |

Monday, January 28

Theme: Fire and Ice

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|------------|--------------------------|
| 10:00 a.m. | Family Feud Game Show |
| 10:45 a.m. | Zumba with Jenni Allsopp |
| 11:30 a.m. | Lunch |

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, January 29

Theme: Art Attack

10:00 a.m. Meet and Greet
10.15 a.m. Painting—DIY Impressionism
11:30 a.m. Lunch

WISE Program 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. to 12:00 p.m.

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.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Monday, January 14 and Monday, January 21, 2019

1:00 to 3:00 p.m.

Workshops continued on the next page.

Workshops

Budgeting, Banking, and Estate Planning, cont.

Torrance Community Centre, 1030 Torrance Road, Torrance

Monday, February 4 and Monday, February 11, 2019

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

Third Floor Activity Room in McVittie Place, 102 Pine Street, Bracebridge

Tuesday, January 29, 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.

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

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

Intergenerational Program Volunteers

The Seniors Intergenerational Mentorship Program brings children and seniors together to enhance the lives of each. We are actively looking for volunteers to work with Macaulay Public School in Bracebridge for Monday afternoons in Winter 2019 (program start is tentatively booked for February 2019). The commitment for this program is nine weekly sessions. Do you have an interest in spending time with elementary aged students? Are you willing to pass along knowledge of a particular skill or hobby to a younger generation? If yes, then this may be the program for you!

Intergenerational program volunteers are required to obtain a Vulnerable Sector Police Check prior to the start of the program. These checks can take up to 8 weeks to complete. If you are potentially interested in participating in this program, it is best to begin this process as soon as possible, even if you require additional time to finalize your decision.

For more information or to volunteer, please contact 705-645-2100 ext. 199, (toll free) 1-800-461-4215 ext. 199, or seniorsprograms@muskoka.on.ca.

Word on WISE—Referral Program

Fill in a **Word on WISE** invitation and give to a friend to invite them to any WISE Program.

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 you're 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!**