

July & August 2019 Activity Guide



WISE Mobile Active Living Centre

Monthly Spotlight

July is picnic month at WISE Mobile Active Living Centre! We are holding summer picnics in place of our regular Community Connect programs. This is an excellent opportunity to enjoy the summer weather and connect with participants from other communities. Please be sure to join us for one (or more!) of these events. Complete details are included inside this Activity Guide.



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

seniorsprograms@muskoka.on.ca

www.seniorsinmuskoka.ca

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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.

Stay Safe this Summer

Summer in Muskoka is a beautiful time of year. It's important to remember to stay safe with the hot temperatures and humidity. Here are a few tips and tricks to stay cool and protect yourself, family and friends.

1. **Prepare for the Heat**—watch the weather for hot and humid days, draw blinds and shades to reduce the sun, set up and test air conditioners before the high temperatures.
2. **Stay Hydrated**—drink lots of water, even when you aren't thirsty; before, during and after physical activity,
3. **Dress for the Weather**—wear loose-fitting, light-coloured clothing and a wide-brimmed hat made of breathable fabric
4. **Take Breaks from the Sun**—sit in a shaded area, use local community centres or designated areas to cool down in the air conditioning.
5. **Keep your Home Cool**—draw the blinds or curtains to reduce the sun, use a fan, dim the lights without affecting your sight and safety.
6. **Know the Symptoms:** dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst (dry mouth or sticky saliva), decreased urination with unusually dark yellow urine. If you have any of these symptoms during extreme heat, immediately move to a cool place and drink water. Seek medical attention when required.

For more information on how to stay safe this summer, visit

http://www.health.gov.on.ca/en/public/programs/emu/emerg_prep/et_heat.aspx

July & August 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.

McVittie Place, 102 Pine Street, Bracebridge

Thursday, July 4

Decoration Theme: Sports

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Exercise, Posture, and Staying in a Healthy Condition |
| 11:30 a.m. | Lunch |

Thursday, August 1

Decoration Theme: Ice Cream Social

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|------------|--------------------------|
| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Nutrition and Continence |
| 11:30 a.m. | Lunch |

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, July 8

Decoration Theme: Sports

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|------------|-----------------------|
| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Medication Management |
| 11:30 a.m. | Lunch |

Monday, August 12

Decoration Theme: Ice Cream Social

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|------------|--------------------------|
| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Nutrition and Continence |
| 11:30 a.m. | Lunch |

WISE Summer Picnic Schedule

Join us at one of our upcoming picnics this summer. Filled with games, lunch and a whole lot of fun! Please register one week prior to the date as these days consists of multiple WISE Community locations. To register for the summer picnics, please call us at 705-645-2100 ext. 4199 or 1-800-461-4215.

Please bring a lawn chair if you have one and appropriate sun protection. Although picnics have been planned for each group based on location proximity, you are welcome to attend any picnic even if your group is not listed below a certain location.

Date and Time

Location

Picnic for Ullswater and Port Sydney:

Wednesday, July 10th Fish Hatchery Park
10:30 a.m.—12:30 p.m. Fish Hatchery Road, Utterson

Picnic for Bracebridge and Vankoughnet:

Thursday, July 11th Annie Williams Park
10:30 a.m.—12:30 p.m. 50 Santa's Village Rd, Bracebridge, ON P1L 1C7

Picnic for Port Severn:

Tuesday, July 16 Port Severn Beach and Park
10:30 a.m.—12:30 p.m. 39 Minten's Lane, Coldwater

Picnic for Dwight and Baysville:

Wednesday, July 17 Dorset Pavilion and Community Park
10:30 a.m.—12:30 p.m.

Picnic for MacTier:

Thursday July 18 MacTier Beach
10:30 a.m.—12:30 p.m. 42 Stewart St, MacTier, ON P0C 1H0

Picnic for Torrance, Milford Bay, and Port Carling:

Wednesday, July 24 Jaspen Park
11:00 a.m.—1:00 p.m. Regional Rd 38, Bala

Picnic for Gravenhurst, Ryde, and Severn Bridge (please also see details for this picnic in the Intergenerational section):

Thursday, July 25 Gull Lake Rotary Park
10:30 a.m.—12:30 p.m. 405 Brock Street, Gravenhurst

Summer Intergenerational Programs

"How can children, without the benefit of at least one older person, grow up to feel that they belong, are part of the continuum of mankind, are part of something larger, and hence become adults responsible for part of that?"

-Marjorie Anderson

Picnic for Gravenhurst, Ryde, and Severn Bridge

We will be inviting friends from the Muskoka Home Childcare Agency to share in a fun filled morning of Environmentally themed events that will coincide with our WISE Summer Picnic. Come see some interesting animals and help some of the children with an interactive scavenger hunt.

Thursday, July 25

10:30 a.m.—12:30 p.m.

Gull Lake Rotary Park

405 Brock Street, Gravenhurst

(please register on week prior, or contact us to help volunteer)

Art in the Park Port Sydney

Come share in some art themed projects or help lead a booth where children can come an express their artistic side. Stay for lunch afterwards and enjoy the morning with some of our friends at the Muskoka Home Childcare Agency.

Tuesday, August 13

10:00 a.m.—12:00 p.m.

Port Sydney Community Hall

607 Muskoka Road 10, Port Sydney

(please register on week prior, or contact us to help volunteer)

To register for the summer intergenerational programs or to volunteer, please call us at 705-645-2100 ext. 4199 or 1-800-461-4215

Workshops

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 Wednesday, November 27 at 1:30 p.m. Choose the rehearsal location that works best for you! Please RSVP to 705-645-2100 ext. 4199.

Wednesdays beginning September 25, 2019

McVittie Place, 102 Pine Street, Bracebridge; 9:30 to 10:15 a.m.

Community Services Hub, 141 Main Street, Gravenhurst; 10:45 to 11:30 a.m.

Port Carling Community Centre, 3 Bailey Street, Port Carling; 12:30 to 1:15 p.m.

Combined Fitness Classes

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. 4199.

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday mornings, 9:30—10:15 a.m.

Beginning Monday, September 9, 2019

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!**

Fall 2019 Community Connect Schedule

Housing Buildings:

124 Alice Street—First Monday of the month, 1:30 - 3:30 pm

100 Oakwood Heights—Second Wednesday of the month, 1:30 - 3:30 pm

200 Oakwood Heights—Third Wednesday of the month, 1:30 - 3:30 pm

175 Lofty Pines—Second and Fourth Tuesday of the month, 1:30 - 3:30 pm

McVittie Place—First and Third Thursday of the month, 10:00 am - 12:00 pm

Community Locations:

Baxter-Ward Community Centre—1st and 3rd Tuesday of the month, 10:00 am-12:00 pm

Baysville Autumn Leave Centre—4th Monday of the month, 1:30 - 3:30 pm

Bracebridge Centre for Active Living—2nd Monday of the month, 10:15 am - 12:15 pm

Dwight Community Centre—2nd and 4th Tuesday of the month, 10:30 am - 12:30 pm

Gravenhurst Community Services Hub—2nd Monday of the month, 1:30 - 3:30 pm;
4th Monday of the month, 10:00 am - 12:00 pm

MacTier Memorial Arena—1st and 3rd Thursday of the month, 1:30 - 3:30 pm

Milford Bay Community Centre—1st and 3rd Wednesday of the month, 10:30 - 12:30 pm

Port Carling Community Centre—2nd Wednesday of the month, 10:00am - 12:00 pm;
4th Wednesday of the month, 1:30 - 3:30 pm

Port Sydney Community Hall—4th Monday of the month, 1:30 - 3:30 pm

Ryde Community Co-op—1st Tuesday of the month, 10:00 am - 12:00 pm

Severn Bridge Community Hall—2nd and 4th Tuesday of the month, 10:00am - 12:00 pm

Torrance Community Centre—1st Wednesday of the month, 1:30—3:30 pm;
4th Wednesday of the month, 10:00 am—12:00 pm

Ullswater Community Centre—2nd and 4th Monday of the month, 10:15 am—12:15 pm

Vankoughnet Village Square—3rd Tuesday of the month, 10:00 am—12:00 pm

* Please note, for programs that fall on a long weekend or holiday, the program is adjusted to an adjacent week. For exact program dates, please call our information line.