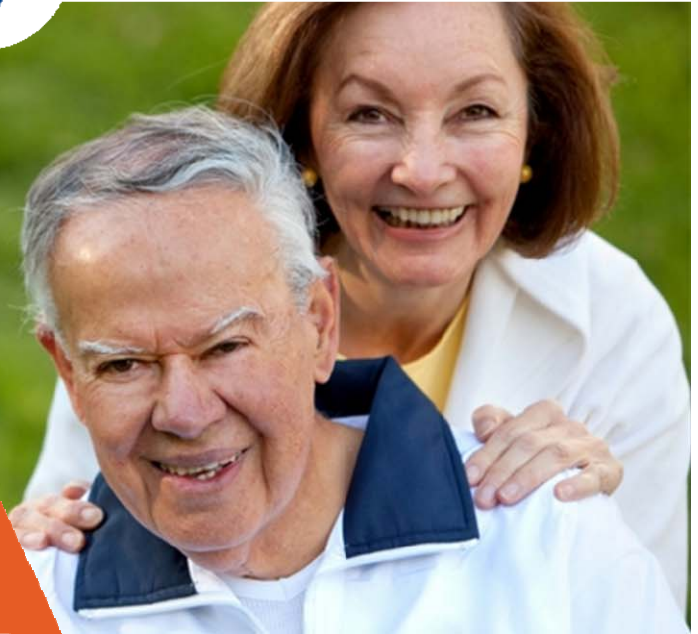


June 2018

Seniors Programs' Activity Guide



Monthly Spotlight

Back by popular demand, June will feature two Cooking for One (or Two) classes. These classes will be led by Impact Café and hosted through the W.I.S.E. Clubhouse program in both Torrance and Port Carling. Please note, registration will be on a first come, first served basis and will open on June 1. Please check inside of your June Activity Guide for further details.



705-645-2100 ext. 199 OR (Toll Free) 1-800-461-4215, ext. 199
seniorsprograms@muskoka.on.ca
www.seniorsinmuskoka.ca

June W.I.S.E. Clubhouses

Baysville Autumn Leaves Centre, 12 University Avenue

Monday, June 25

Theme: Strawberry Social

12:00 p.m.

Lunch

1:00 p.m.

Mass Market Crime and Cybercrime—Canadian Anti-Fraud Centre

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

Tuesday, June 5

Theme: Strawberry Social

10:00 a.m.

Meet and Greet

10:15 a.m.

Red Cross Transportation—Tara Bone

11:00 a.m.

Strawberry Creations in the Kitchen

Bracebridge Centre for Active Living, 54 Dominion Street

Monday, June 4

Theme: Strawberry Social

10:15 a.m.

Andrea Baston—Book Presentation: *Exile Air: World War II's "Little Norway" in Toronto and Muskoka*

11:30 a.m.

Lunch

MacTier Memorial Arena, 9 Haig Street

Thursday, June 21

Theme: Strawberry Social

11:00 a.m.

Meet and Greet

11:30 p.m.

Healthy Aging Series

12:30 p.m.

Lunch

McVittie Place, 102 Pine Street, Bracebridge

Thursday, June 7

Theme: Strawberry Social

10:00

Meet and Greet

10:15 a.m.

Advanced Care Planning—Alzheimer's Muskoka

11:15 a.m.

Lunch

Milford Bay Community Centre, 1020 Beaumaris Road

Wednesday, June 27

Theme: Strawberry Social

- 11:00 a.m. Meet and Greet
11:15 a.m. Red Cross Transportation—Tara Bone
11:45 p.m. Strawberry Creations in the Kitchen

Port Carling Community Centre, 3 Bailey Street

Wednesday, June 13—UPPER HALL

Theme: Strawberry Social

10:00 a.m.-1:00 p.m. Cooking for One with Impact Cafe

*Limited spaces are available for this course. Please pre-register by calling 705-645-2100 ext. 199. Registration will be taken on a first come first served basis beginning June 1.

Ryde Community Co-op, 1624 Barkway Rd., Gravenhurst

Friday, June 1

Theme: Strawberry Social

- 12:30 p.m. Lunch
1:15 p.m. Recycling Presentation—Quinn Michell

Severn Bridge Community Hall, 1035 Southwood Road

Tuesday, June 12

Theme: Strawberry Social

- 10:00 a.m. Meet and Greet
10:15 a.m. Passwords and Beyond—Brock Godfrey, Canadian Anti-Fraud Centre
11:15 a.m. Lunch

Tuesday, June 26

Theme: Sports

- 10:00 a.m. Meet and Greet
10:15 a.m. Donna Crump—Stroke Awareness
11:30 a.m. Lunch

June W.I.S.E. Clubhouses, cont.

Torrance Community Centre, 1030 Torrance Road

Wednesday, June 6

Theme: Sports

- 10:30 a.m. "At Your Age" - Book Presentation
11:30 a.m. Healthy Aging Series -
12:30 p.m. Lunch

Wednesday, June 20

Theme: Strawberry Social

10:30 a.m.-1:30 p.m. Cooking for One with Impact Cafe

*Limited spaces are available for this course. Please pre-register by calling 705-645-2412 ext. 199. Registration will be taken on a first come first served basis beginning June 1.

Ullswater Community Hall, 1503 Old Parry Sound Road

Friday, June 8

Theme: Strawberry Social

- 10:00 a.m. Meet and Greet
10:15 a.m. Recycling Presentation—Quinn Michelle
11:15 p.m. Strawberry Creations in the Kitchen

Friday, June 22

Theme: Sports

- 10:00 a.m. Meet and Greet
10:15 a.m. Fun with Fitness
11:45 a.m. Katelynn on Violin

Did you know...

W.I.S.E. stands for Wellness Initiatives for Seniors Engaged. Our W.I.S.E. Clubhouse currently operate on a monthly or bi-monthly basis in eleven communities across Muskoka. Each clubhouse is two to three hours in length and features educational, recreational, or entertaining programs followed by a nutritious lunch. Anyone 55+ may attend. Registration is not required. 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.

WISE Workouts

Tuesdays, 3:15 to 4:15 p.m.

May 22 through June 26, 2018

MacTier Memorial Arena; 9 Haig Street, MacTier

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 by May 15.

H.A.P.P.Y. Day

Save the Date:

Port Sydney

Monday, October 15, 2018

9:00 a.m. to 3:15 p.m., Port Sydney Community Hall

607 Muskoka Road 10, Port Sydney

www.seniorsinmuskoka.ca



W.I.S.E. Workshops

Urban Pole Walking Groups

Did you know that Urban poling...

- ~exercises 90% of your muscles
- ~reduces stress on lower joints
- ~burns up to 47% more calories over walking without poles
- ~is fun!

There will most likely be a few new Urban Pole Walking Groups starting up this spring. While the dates and locations had not been confirmed at the time of printing, please refer to Seniors Programs and Services' webpage (www.seniorsinmuskoka.ca) and click on "Additional Seniors Programs" for up to date information. Alternatively, please call 705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199. These groups are an excellent way to learn how to use the poles properly, participate in a fun workout, and make new friends!