



June 2019  
Activity Guide

## WISE Mobile Active Living Centre

### Monthly Spotlight

June is Seniors Month! As a province, we specifically take this month to acknowledge, honour, and celebrate the contributions seniors make to our communities.

In recognition of Seniors Month, Seniors Programs and Services is hosting a HAPPY Day healthy living fair on Friday, June 14. Please see the last page of this Activity Guide for further information.



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

[seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca)

[www.seniorsinmuskoka.ca](http://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](http://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.

## June Community Connects

Formerly known as WISE Clubhouse, Community Connect is a two hour program offered once or twice a month in nineteen locations across Muskoka. Each Community Connect features educational, recreational, or entertaining topics followed by free lunch or refreshments. 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.

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### 124 Alice Street, Bracebridge

**Monday, June 3**

**Decoration Theme: Strawberry Social**

1:30 p.m. Meet and Greet  
1:45 p.m. Summer Smoothies

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### 100 Oakwood Heights, Bracebridge

**Wednesday, June 12**

**Decoration Theme: Strawberry Social**

1:30 p.m. Meet and Greet  
1:45 p.m. Healthy Sleep Habits—Barb Hartwick from Brainworks  
2:45 p.m. Snack

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### 200 Oakwood Heights, Bracebridge

**Wednesday, June 19**

**Decoration Theme: At the Movies**

1:30 p.m. Meet and Greet  
1:45 p.m. Comfort Mitt and Milk Bag Mat Projects  
2:15 p.m. Snack

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## **175 Lofty Pines Drive Seniors Building, Gravenhurst**

**Tuesday, June 11**

**Decoration Theme: Strawberry Social**

- 1:30 p.m. Milk Bag Mats  
2:30 p.m. Snack Bar Creations  
3:00 p.m. Balance Exercises

**Tuesday, June 25**

**Decoration Theme: At the Movies**

- 1:30 p.m. Meet and Greet  
1:45 p.m. Red Cross Transportation Program  
2:15 p.m. History and Culture of Tea with Tea Infusion

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

**Tuesday, June 4**

**Decoration Theme: Strawberry Social**

- 10:00 a.m. Meet and Greet  
10:15 a.m. Species at Risk—Muskoka Watershed Council  
11:15 a.m. Lunch

**Tuesday, June 18**

**Decoration Theme: At the Movies**

- 10:00 a.m. Meet and Greet  
10:15 a.m. March of Dimes  
11:30 a.m. Lunch

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## **Baysville Autumn Leaves Centre, 12 University Avenue, Baysville**

**Monday, June 24**

**Decoration Theme: Strawberry Social**

- 1:30 p.m. Meet and Greet  
1:45 p.m. Beginner Watercolour

# June Community Connects, Cont.

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

**Monday, June 3**

**Decoration Theme: Strawberry Social**

- 10:15 a.m. Meet and Greet
  - 10:30 a.m. Fire Prevention and Safety – Muskoka Fire Prevention Officers
  - 11:30 a.m. Lunch
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## **Dwight Community Centre, 1014 Dwight Beach Road, Dwight**

**Tuesday, June 11**

**Decoration Theme: Strawberry Social**

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Algonquin Family Health Team—Arthritis
- 12:00 p.m. Lunch

**Tuesday, June 25**

**Decoration Theme: At the Movies**

- 10:30 a.m. Meet and Greet
  - 10:45 a.m. Games Day
  - 12:00 p.m. Lunch
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## **Gravenhurst Community Services Hub, 141 Main Street**

**Monday, June 24**

**Decoration Theme: Strawberry Social**

- 10:00 a.m. Meet and Greet
  - 10:15 a.m. Beginner Watercolour
  - 11:30 a.m. Lunch
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## **MacTier Memorial Arena, 9 Haig Street, MacTier**

**Thursday, June 6**

**Decoration Theme: Strawberry Social**

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Spring Birdhouses

**Thursday, June 20**

**Decoration Theme: At the Movies**

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Muskoka History with Ian Turnbull
- 2:30 p.m. Snack Bar Creations

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**McVittie Place, 102 Pine Street, Bracebridge**

**Thursday, June 6** **Decoration Theme: Strawberry Social**

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

**Thursday, June 20** **Decoration Theme: At the Movies**

10:00 a.m. Meet and Greet  
10:15 a.m. The History and Culture of Tea with Tea Infusion  
11:30 a.m. Lunch

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**Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay**

**Wednesday, June 5** **Decoration Theme: Strawberry Social**

10:30 a.m. Meet and Greet  
10:45 a.m. Acrylic Painting  
12:00 p.m. Lunch

**Wednesday, June 19** **Decoration Theme: At the Movies**

10:30 a.m. Meet and Greet  
10:45 a.m. To Be Announced  
12:00 p.m. Lunch

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**Port Carling Community Centre, 3 Bailey Street, Port Carling**

**Wednesday, June 12** **Decoration Theme: Strawberry Social**

10:00 a.m. Meet and Greet  
10:15 a.m. Hospice Muskoka Presentation—Michele DeKoning  
11:30 a.m. Lunch

**Wednesday, June 26** **Decoration Theme: At the Movies**

1:30 p.m. Meet and Greet  
1:45 p.m. Fire Prevention and Safety – Muskoka Fire Prevention Officers

# June Community Connects, cont.

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

**Monday, June 24**

**Decoration Theme: At the Movies**

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|-----------|---|
| 1:30 p.m. | Meet and Greet  |
| 1:45 p.m. | Balance Exercises                                     |
| 2:30 p.m. | Snack Bar Creations                                   |
| 2:45 p.m. | Arthritis Education with Algonquin Family Health Team |

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## **Ryde Community Co-op, 1624 Barkway Road, Gravenhurst**

**Tuesday, June 4**

**Decoration Theme: Strawberry Social**

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|------------|--|
| 10:00 a.m. | Meet and Greet   |
| 10:15 a.m. | “Peeps, Quacks, and Trills” - Adopt a Pond FrogWatch Program |
| 11:30 a.m. | Lunch  |

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## **Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge**

**Tuesday, June 11**

**Decoration Theme: Strawberry Social**

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|------------|--------------------------------------|
| 10:00 a.m. | Meet and Greet                       |
| 10:15 a.m. | Bone Health with Osteoporosis Canada |
| 11:30 a.m. | Lunch                                |

**Tuesday, June 25**

**Decoration Theme: At the Movies**

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|------------|---|
| 10:00 a.m. | Meet and Greet                          |
| 10:15 a.m. | Crystal Cabural with Functional Fitness |
| 11:30 a.m. | Lunch                                   |

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## **Torrance Community Centre, 1030 Torrance Road, Torrance**

**Wednesday, June 5**

**Decoration Theme: Strawberry Social**

1:30 p.m. Meet and Greet

1:45 p.m. Lua Baker, Dietician—Cottage Country Family Health Team

**Wednesday, June 26**

**Decoration Theme: At the Movies**

10:00 a.m. Meet and Greet

10:15 a.m. WISE Movie Day—BBC's Planet Earth

11:30 a.m. Lunch

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## **Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson**

**Monday, June 3**

**Decoration Theme: Strawberry Social**

10:00 a.m. Meet and Greet

10:15 a.m. Bone Health with Osteoporosis Canada

11:30 a.m. Lunch

**Monday, June 24**

**Decoration Theme: At the Movies**

10:00 a.m. Meet and Greet

10:15 a.m. Muskoka History with Gary Denniss

11:30 a.m. Lunch

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## **Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge**

**Tuesday, June 18**

**Decoration Theme: At the Movies**

10:00 a.m. Meet and Greet

10:15 a.m. Gardening Info and Planter Project

11:30 a.m. Lunch

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WISE participants are encouraged to bring along a reusable container if they are interested in taking home a leftover meal or snacks.

# Fall 2019 Community Connect Schedule

## Housing Buildings:

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

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

200 Oakwood Heights—Third Tuesday 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—1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, 10:00 am-12:00 pm

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

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

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

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

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

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

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

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

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

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

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

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

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



# Workshops

For more information or to register for any of these workshops, please contact 705-645-2100 ext. 4199 or (toll free) 1-800-461-4215 ext. 4199.

## **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. 4199.

Community Services Hub, 169 Pine Street, Bracebridge  
Friday, June 7, 2019  
2:00 to 3:00 p.m.

Bala Community Centre, 1008 Maple Avenue, Bala  
Friday, June 21, 2019  
1:30 to 2:30 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 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

Wednesday mornings, 9:30—10:15 a.m.

Beginning Wednesday, September 9, 2019

## Intergenerational Mentorship Program

Seniors Programs and Services is looking for a volunteer in your community to help form a Seniors' Advisory Committee which will plan and manage an intergenerational cooking workshop in partnership with !MPACT Café and EarlyON.

What will the committee do?

Over the course of a series of committee meetings volunteers will plan a curriculum for the cooking workshop, develop a booklet of recipes for the program and help recruit fellow older adults to facilitate the 3-part series in each community

(Port Severn, MacTier, Raymond, Dwight and Bala).

If you are interested in this exciting opportunity please call us at (705) 645-2100 ext. 4199 or connect via email at [seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca)

# HAPPY Day

Standing for Healthy Aging Promotions and Programs for You, these day long, healthy living events are an excellent opportunity to connect, learn, share, and have fun with friends and neighbours!

## Port Severn

Friday, June 14, 2019

9:30 a.m. to 3:15 p.m. Baxter-Ward Community Centre  
279 Honey Harbour Road, Port Severn

| <u>Time</u>    | <u>Agenda/Presentations</u>   |
|----------------|---|
| 9:30 to 9:45   | Registration and Refreshments   |
| 9:45 to 10:00  | Welcome/Opening Remarks   |
| 10:00 to 11:00 | Booth Displays and Information Table Open                                     |
| 11:00 to 11:20 | Heat Related Injuries—Muskoka EMS   |
| 11:20 to 12:00 | Good Bone Health—Osteoporosis Canada  |
| 12:00 to 1:00  | Free Lunch with entertainment provided by Gerry Chaput                        |
| 1:00 to 1:30   | Understanding your Finances in Retirement—Steve Renault (Middle Retirement)   |
| 1:30 to 2:15   | Fitness Class—Julie Wynhofen (Lean Fitness)                                   |
| 2:15 to 3:00   | Ten Warning Signs of Dementia—Erika Rice (Alzheimer Society of Simcoe County) |
| 3:00 to 3:15   | Door Prize draws and closing remarks  |

RSVP by June 10 by calling: 705-645-2100 ext. 4199

## 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!**