



Activity Guide - March 2020

Seniors Programs and Services

Monthly Spotlight

After two successful years of practicing and performing in local communities the Muskoka Bell Ringers is back for another exciting season! Seniors Programs and Services is looking to see some new faces out this year and expand on the wonderful talent of the participants who make up each of the respective choirs. No experience is necessary, just a willingness to have a great time learning music with others. Workshop and registration details are listed inside of the Activity Guide.

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

seniorsprograms@muskoka.on.ca

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.

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, March 23

Decoration Theme: Tropical Escape

1:30 p.m. Meet and Greet

1:45 p.m. Theatrical Improvisation Games—Muskoka Stageworks

Bracebridge - 124 Alice Street, Bracebridge

Tuesday, March 17

Decoration Theme: Emerald Isle

1:30 p.m. Meet and Greet

1:45 p.m. Fraud Prevention for Seniors—Canadian Anti-Fraud Centre

2:45 p.m. Snack

* Due to low attendance March will be the last Community Connect delivered at 124 Alice Street. Seniors Programs staff looks forward to seeing you at upcoming Coffee Hour Programs

Bracebridge - 100 Oakwood Heights, Bracebridge

Wednesday, March 11

Decoration Theme: Emerald Isle

1:30 p.m. Meet and Greet

1:45 p.m. Painted Land: In Search of the Group of Seven (Documentary)

Bracebridge - 200 Oakwood Heights, Bracebridge

Wednesday, March 18

Decoration Theme: Tropical Escape

1:30 p.m. Meet and Greet

1:45 p.m. Chair Volleyball

2:15 p.m. TBA

Programs normally held at 200 Oakwood will be held at 100 Oakwood effective April 2020. For more information, please contact us at 705-645-2100 ext. 4199.

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

Monday, March 9

Decoration Theme: Emerald Isle

10:15 a.m. Meet and Greet

10:30 a.m. Pelvic Floor Health—Physio Works Muskoka

11:30 a.m. Lunch

Bracebridge - McVittie Place, 102 Pine Street, Bracebridge

Thursday, March 5

Decoration Theme: Emerald Isle

10:00 a.m. Meet and Greet

10:15 a.m. Theatrical Improvisation Games—Muskoka Stageworks

12:00 p.m. Lunch

Thursday, March 19

Decoration Theme: Tropical Escape

10:00 a.m. Meet and Greet

10:45 a.m. Sleep—Algonquin Family Health Team, Angelika Davis

12:00 p.m. Lunch

Community Connects

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, March 10

Decoration Theme: Emerald Isle

- 10:30 a.m. Meet and Greet
- 10:45 a.m. VON Healthy Aging Series—Staying on Your Feet
- 12:00 p.m. Lunch

Tuesday, March 24

Decoration Theme: Tropical Escape

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Maintaining Brain Health – Alzheimer Society of Muskoka
- 12:00 p.m. Lunch

Gravenhurst - 175 Lofty Pines Drive, Gravenhurst

Tuesday, March 10

Decoration Theme: Emerald Isle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Create Your Own Terrarium
- 3:00 p.m. Snack Bar Creations

Tuesday, March 24

Decoration Theme: Tropical Escape

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Fall Prevention Mystery Basket - Simcoe Muskoka District Health Unit
- 2:45 p.m. Strength Training Exercises (*Please bring two soup cans*)

Gravenhurst - Muskoka Community Services Hub, 141 Main Street

Monday, March 9

Decoration Theme: Emerald Isle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Milk Bag Mat Project
- 3:00 p.m. Snack Bar Creations

Monday, March 23

Decoration Theme: Tropical Escape

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Cooking for One—Impact Café
- 11:30 p.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, March 5

Decoration Theme: Emerald Isle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Healthy Brain—Algonquin Family Health Team
- 2:45 p.m. Brain Games

Thursday, March 19

Decoration Theme: Tropical Escape

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Zoo to You—Animal Presentation
- 3:00 p.m. Snack Bar Creations

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, March 4

Decoration Theme: Emerald Isle

- 10:30 a.m. Meet and Greet
- 10:15 a.m. Art Class—Nancy Hunter
- 12:00 p.m. Lunch

Wednesday, March 18

Decoration Theme: Tropical Escape

- 10:30 a.m. Meet and Greet
- 10:45 a.m. VON Healthy Aging Series—Staying on Your Feet
- 12:00 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, March 11

Decoration Theme: Emerald Isle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Milk Bag Matt Project Completion and Adult Colouring Intro
- 11:30 a.m. Lunch

Wednesday, March 25

Decoration Theme: Tropical Escape

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Art Class—Nancy Hunter

Community Connects

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

Tuesday, March 3

Decoration Theme: Tropical Escape

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Overview Presentation—Aspen Valley Wildlife Sanctuary
- 11:30 a.m. Lunch

Tuesday, March 17

Decoration Theme: Emerald Isle

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Fall Prevention Mystery Basket—Simcoe Muskoka District Health Unit
- 11:30 a.m. Lunch

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

Monday, March 9

Decoration Theme: Tropical Escape

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Diabetes Prevention—Algonquin Family Health Team
- 2:45 p.m. Sudoku Puzzles

Monday, March 23

Decoration Theme: Emerald Isle

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Boosting Your Immune System—Hannah Lafayette-Brooks, ND
- 2:45 p.m. Snack Bar Creations
- 3:00 p.m. The Legendary Victor Borge DVD

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, March 3

Decoration Theme: Emerald Isle

- 10:00 a.m. Meet and Greet
10:15 a.m. Blind Contour Drawing and Painting
11:30 a.m. Lunch

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, March 10

Decoration Theme: Emerald Isle

- 10:00 a.m. Meet and Greet
10:15 a.m. Wildlife Rescue—Jennifer Howard
11:30 a.m. Lunch

Tuesday, March 24

Decoration Theme: Tropical Escape

- 10:00 a.m. Meet and Greet
10:15 a.m. Stay Active, Manage Your Hip and Knee Osteoarthritis Pain—
Arthritis Society Lunch and Learn
*Pre-registration required through Arthritis Society
Please call 1-800-321-1433 ext 1101
11:30 a.m. Lunch

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, March 4

Decoration Theme: Emerald Isle

- 1:30 p.m. Meet and Greet
1:45 p.m. Muskoka Paramedic Services—Emergency First Aid
3:00 p.m. Snack

Wednesday, March 25

Decoration Theme: Tropical Escape

- 10:00 a.m. Meet and Greet
10:15 a.m. Making Reusable Beeswax Food Wraps
11:30 a.m. Lunch

Community Connects

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, March 9

Decoration Theme: Emerald Isle

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

Monday, March 23

Decoration Theme: Tropical Escape

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| 10:15 a.m. | Meet and Greet |
| 10:30 a.m. | Paying Attention to Stay Safe—VON Smart Program |
| 11:30 a.m. | Lunch |

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, March 17

Decoration Theme: Emerald Isle

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | "Make Your House a Home for a Lifetime" - Independent Living Services of Simcoe County & Area |
| 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, January 6, 2020.

9:30—10:15 a.m.

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday afternoons, January 16 through March 5, 2020

12:30—1:15 p.m.

Urban Pole Walking Groups

Join a walking club and make new friends while participating in an excellent work out. Poles will be lent to participants for the duration of each session. These programs are free of charge.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Friday mornings; 9:30—10:30 am.

Ullswater Community Hall, 1503 Old Parry Sound Road, Utterson

Tuesdays mornings; 9:30—10:30 a.m.

Held in partnership with the KIST (Keeping in Shape Together) Exercise Program.

For any of our programs, please call to register at 705-645-2100 ext. 4199.

Workshops

Decoration Preparation Day

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

McVittie Place, 102 Pine Street, Bracebridge; (Third Floor Activity Room)

Thursday, March 26, 2020; 10:00 a.m. to 12:00 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 in June. Choose the rehearsal location that works best for you!

Wednesdays beginning March 18 and ending June 17, 2020

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

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



Home to
THE ART OF CANADA

McMichael Art Gallery

Seniors Programs and Services

Join us on Friday, March 13, 2020 to the **McMichael Art Gallery** to explore their Canadian Collection of artwork. We will enjoy lunch and a guided tour.

This trip will include four pick up and drop off locations:
Huntsville Walmart (8:30 am), Bracebridge Walmart (9:10 am), Gravenhurst Canadian Tire (9:30 am) and Orillia TBD (10:30 am).

Registration opens on Thurs., Feb. 13 at 8:30 am

Please call individually to register as

limited spaces are available.

To Register, please call (705) 645-2100 ext. 4199
Learn more: www.muskoka.on.ca/seniorsprograms