



March 2018

Seniors Programs'
Activity Guide

Monthly Spotlight

Registration for N.I.A. Classes opens on Monday, March 5 at 8:30 a.m! Please see the N.I.A. announcement on Page 4 for further details.

Please note, if school busses are cancelled, our W.I.S.E. Clubhouse program will also be cancelled.



705-645-2100 ext. 199 OR (Toll Free) 1-800-461-2415, ext. 199

seniorsprograms@muskoka.on.ca

www.seniorsinmuskoka.ca

March W.I.S.E. Clubhouses

Baysville Autumn Leaves Centre, 12 University Avenue

Monday, March 26

Theme: Dr. Seuss

12:00 p.m. Lunch
1:00 p.m. Muskoka History with Gary Denniss

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

Tuesday, March 6

Theme: Dr. Seuss

10:00 a.m. Meet and Greet
10:15 a.m. Stroke Awareness with Donna Crump, MAHC
11:30 a.m. Lunch

Bracebridge Centre for Active Living, 54 Dominion Street

Monday, March 5

Theme: Dr. Seuss

10:15 a.m. Stroke Awareness with Donna Crump, MAHC
11:30 a.m. Lunch

MacTier Memorial Arena, 9 Haig Street

Thursday, March 15

Theme: Dr. Seuss

11:00 a.m. Healthy Aging Series- "Brain Health" with Helen Carter, IRFP
12:30 p.m. Lunch
1:00 p.m. Brain Gym Exercises

McVittie Place, 102 Pine Street, Bracebridge

Thursday, March 1

Theme: Dr. Seuss

10:00 a.m. Meet and Greet
10:15 a.m. Stroke Awareness with Donna Crump, MAHC
11:30 a.m. Lunch

Milford Bay Community Centre, 1020 Beaumaris Road

Wednesday, March 28

Theme: Dr. Seuss

- 11:00 a.m. Meet and Greet
- 11:15 a.m. Tax Credit Education with David Kindy, Investors Group
- 12:30 p.m. Lunch

Port Carling Community Centre, 3 Bailey Street

Wednesday, March 14

Theme: Dr. Seuss

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Milk Bag Mats
- 11:45 a.m. Lunch

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

Friday, March 2

Theme: Dr. Seuss

- 12:30 p.m. Lunch
- 1:15 p.m. Tax Credit Education Session- David Kindy, Investors Group

Severn Bridge Community Hall, 1035 Southwood Road

Tuesday, March 13

Theme: Dr. Seuss

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Muskoka History with Gary Denniss
- 11:15 a.m. Lunch

Tuesday, March 27

Theme: At the Beach

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Tax Credit Education with David Kindy, Investors Group
- 11:30 a.m. Lunch

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

Torrance Community Centre, 1030 Torrance Road

Wednesday, March 7

Theme: Dr. Seuss

- 10:30 a.m. Brain Gym
- 11:30 a.m. Healthy Aging Series- "Brain Health" with Helen Carter, IRFP
- 12:30 p.m. Lunch

Wednesday, March 21

Theme: At the Beach

- 10:30 a.m. Games Social
- 11:45 a.m. Katelynn on Violin
- 12:15 p.m. Lunch

Ullswater Community Hall, 1503 Old Parry Sound Road

Friday, March 9

Theme: Dr. Seuss

- 10:00 a.m. Games Social
- 11:15 a.m. Katelynn on Violin
- 12:00 p.m. Lunch

Friday, March 23

Theme: At the Beach

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Stroke Awareness with Donna Crump, MAHC
- 11:45 a.m. Lunch

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. Beginning in April, there will be a suggested donation of \$2.00 per person to help offset costs. 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.

NIA for Seniors With Paula McIsaac

NIA is scheduled in four locations Spring 2018:

VanKoughnet Village Square- Mondays@10:30am Starts April 9th

Ryde Community Co-Op-Tuesdays@10:00am Starts April 3rd

Bala Community Centre- Thursdays@2:00pm Starts April 5th

Baysville Autumn Leaves Centre- Fridays@1:30pm Starts April 6th

***Classes run for 10 weeks, excluding public holidays**

Registration opens on Monday, March 5 at 8:30 am.

Free! All Older Adults Welcome.

Register 705-645-2100 ext. 199



Volunteer Opportunities

Friendly Visitor Volunteer Program -Do you know the value of brightening someone's day? Consider becoming a One on One Friendly Visitor! A visit can make a huge difference in the life of a senior who might otherwise feel isolated and alone. Flexible scheduling based on the senior and volunteer's availability.

Friendly Caller -Could you spare one or two hours a month? We are looking for assistance in making our friendly telephone reminder calls for seniors programs and events.

Newsletter Editor -Our newsletter is a quarterly publication with updates from the Seniors Program and a place to share good news, fun activities, and community info snapshots. A Newsletter Editor Volunteer will ensure the success in keeping this project going by providing assistance with gathering information, checking for accuracy, organizing content, and proofreading.

Interested in any of these volunteer opportunities? Please contact 705-645-2100 ext. 199, (toll free) 1-800-461-4215 ext. 199, or seniorsprograms@muskoka.on.ca.

Complete volunteer descriptions can be found at www.seniorsinmuskoka.ca.

H.A.P.P.Y. Day

A day long, healthy aging event for older adults, caregivers, and family members. Come connect, learn, share, and have fun with friends and neighbours!

Port Carling

Tuesday, April 17, 2018

9:00 a.m. to 3:15 p.m. Port Carling Community Centre
3 Baily Street, Port Carling

RSVP by April 10 by calling: 705-645-2100 ext. 199

Topics and Information Include:

- V.O.N. Smart Class
- Advanced Care Planning
- Over twelve exhibitors representing various aspects of healthy living
- Therapeutic Paws
- Organization tips
- Entertainment by Gerry Chaput
- And much more!

FREE Event and Lunch
All Welcome

Save the Date:

Port Sydney

9:00 a.m. to 3:15 p.m., Port Sydney Community Hall
607 Muskoka Road 10, Port Sydney



www.seniorsinmuskoka.ca



Intergenerational Mentorship Program

The Intergenerational Program exists to connect the young and the young at heart. We will be partnering with two organizations over the winter and spring months: Great Moose Adventures Academy and Muskoka Home Child Care Agency. Most of the students from Great Moose Adventures Academy are Kindergarten to Grade 7 age. The children from Muskoka Home Child Care Agency range from infant to preschool age.

Please join the students from Great Moose Adventures for one or more of the following events:

Thursday, February 15—Collaborative Art Project, 12:00-2:00 p.m.

Thursday, March 22— Theatrical Improvisation Games, 12:00-2:00 p.m.

Thursday, April 26—Collaborative Art Project, 12:00-2:00 p.m.

Thursday, May 24—Theatrical Improvisation Games, 12:00-2:00 p.m.

*Each of the events above will take place in the Muskoka Room at McVittie Place, 102 Pine Street, Bracebridge and include a free lunch.

Please join the children from Muskoka Home Child Care Agency for one or more of the following events:

Thursday, April 12 – Topic to be Announced

Thursday, April 19 – Music and Motion, 9:30-11:00 a.m.

McVittie Place, 102 Pine St., Bracebridge

Thursday, May 3 – Zoo to You Animal Presentation, 10:00 a.m.-12:00p.m.

McVittie Place, 102 Pine St., Bracebridge

Thursday, May 17 – Baking at Impact Café, 9:30-11:00 a.m.

161 Main St., Gravenhurst (Please note the date change for this event)

Older adults are welcome to attend these free events. We would love to have you join us! Call 705-645-2100 ext. 199 to rsvp or for more information.

W.I.S.E. Workshops

Urban Poling Clinics

Tuesday, February 20 and Tuesday, March 20, 2018

1:00 - 3:00 p.m.

Baysville Autumn Leaves Centre, 12 University Ave., Baysville

Poles will be lent to participants for the duration of each session. Limited spaces available. Please contact 705-645-2100, ext. 199 to register.

CPR and AED Training with Muskoka Paramedic Services

Monday, March 12, 2018

1:00 p.m. - 5:00 p.m.

Bracebridge Centre for Active Living, 54 Dominion Street, Bracebridge

Please contact pad@muskoka.on.ca or call 705-783-5313 to register.

Grief Awareness and Education Sessions

Wednesday, March 14; March 21; and March 28, 2018

1:00pm - 4:00 p.m.

MacTier Memorial Arena, 9 Haig Street, MacTier

RSVP by Monday March 12th 705-645-2100 ext.199

Decoration Preparation Day

Monday, March 19, 2018

1:30—3:30 p.m.

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

Help prepare next month's W.I.S.E. Clubhouse decorations while enjoying a cup of tea and the company of others! No experience necessary. All supplies provided. Please contact 705-645-2100, ext.