

May 2019
Activity Guide



WISE Mobile Active Living Centre

Monthly Spotlight

Spring has arrived! After a long winter the ice and snow are finally disappearing. It is time to head outside and enjoy our fairer weather. What better way than to join an Urban Pole Walking Group? Check out Page 7 to find a group near you!



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

May 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.

124 Alice Street, Bracebridge

Monday, May 6

Decoration Theme: Butterflies

1:30 p.m.	Adult First Aid and CPR
3:00 p.m.	Snack Bar Creations

100 Oakwood Heights, Bracebridge

Wednesday, May 8

Decoration Theme: Butterflies

1:30 p.m.	Meet and Greet
1:45 p.m.	WISE Movie Day—Planet Earth
2:45 p.m.	Snack

200 Oakwood Heights, Bracebridge

Wednesday, May 15

Decoration Theme: Going Fishing

1:30 p.m.	Meet and Greet
1:45 p.m.	WISE Games Day
2:15 p.m.	Snack

175 Lofty Pines Drive Seniors Building, Gravenhurst

Tuesday, May 14

Decoration Theme: Butterflies

1:30 p.m. Painting Spring Birdhouses

3:00 p.m. Snack Bar Creations

Tuesday, May 28

Decoration Theme: Going Fishing

1:30 p.m. Meet and Greet

1:45 p.m. Stroke Awareness with Donna Crump

3:00 p.m. Snack Bar Creations

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

Tuesday, May 7

Decoration Theme: Butterflies

10:00 a.m. Meet and Greet

10:15 a.m. Shout Sister Choir Performance

11:15 a.m. Lunch

Tuesday, May 21

Decoration Theme: Going Fishing

10:00 a.m. Meet and Greet

10:15 a.m. Diabetes Prevention and Management—Algonquin Family Health Team

11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, May 27

Decoration Theme: Going Fishing

1:30 p.m. Meet and Greet

1:35 p.m. Fire Prevention and Safety—Muskoka Fire Prevention Officers

2:30 p.m. Tai Chi with Temple Knights

May Community Connects, Cont.

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

Monday, May 6

Decoration Theme: Butterflies

- 10:15 a.m. Meet and Greet
- 10:30 a.m. Muskoka Paddle Club Presentation
- 10:45 a.m. Tech Talk (rescheduled from Feb)—Bracebridge Library
- 11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, May 14

Decoration Theme: Butterflies

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Investors Group
- 12:00 p.m. Lunch

Tuesday, May 28

Decoration Theme: Going Fishing

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Online Shopping Safety—The Canadian Anti-Fraud Centre
- 12:00 p.m. Lunch

Gravenhurst Community Services Hub, 141 Main Street

Monday, May 27

Decoration Theme: Going Fishing

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Diabetes Prevention—Algonquin Family Health Team
- 11:30 a.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, May 9—Please note the date change **Decoration Theme: Butterflies**

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Advanced Care Planning with Alzheimer's Muskoka

Thursday, May 16

Decoration Theme: Going Fishing

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Species at Risk, Muskoka Watershed Council

May Community Connects, cont.

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

Monday, May 27

Decoration Theme: Going Fishing

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| 1:30 p.m. | Spring Planting Project—Bracebridge Horticultural Society |
| 2:15 p.m. | Lua Baker, Registered Dietitian |
| 3:00 p.m. | Snack Bar Creations |

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, May 7

Decoration Theme: Butterflies

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

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, May 14

Decoration Theme: Butterflies

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | To Be Announced |
| 11:15 a.m. | Lunch |

Tuesday, May 28

Decoration Theme: Going Fishing

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| 10:00 a.m. | Meet and Greet |
| 10:15 a.m. | Bugs in the Mud, Muskoka Watershed Council |
| 11:30 a.m. | Lunch |

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, May 1

Decoration Theme: Butterflies

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Visit from the OSPCA—Heather Campbell
- 3:00 p.m. Discuss Busy Board Project

Wednesday, May 22

Decoration Theme: Going Fishing

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Make Your House a Home for a Lifetime- Accessibility Resource Centre
- 11:30 a.m. Lunch

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, May 6

Decoration Theme: Butterflies

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Healthy Aging Series
- 11:30 a.m. Lunch

Monday, May 27

Decoration Theme: Going Fishing

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Invasive Species, Muskoka Watershed Council
- 11:30 a.m. Lunch

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, May 21

Decoration Theme: Going Fishing

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Smartphone Basics 101
- 11:30 a.m. Lunch

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

Fitness Programs

For more information or to register for one of these programs, please contact 705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199.

Combined Fitness Class

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. This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

100 Oakwood Heights, Bracebridge
Friday, May 10—Friday, June 21, 2019

*Please note, there will be no class on Friday, June 14
9:30 to 10:30 a.m.

Urban Pole Walking Group

Did you know Urban Poling exercises 90 percent of your muscles, reduces stress on your lower joints, burns up to 47 percent more calories than walking without poles, and works your core muscles? Most importantly, Urban Pole Walking is fun! 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.

Severn Bridge Fairgrounds

Wednesday, May 1—Wednesday, June 19, 2019
1:00 to 2:00 p.m.

Ryde Community Co-op

1624 Barkway Road, Gravenhurst
Friday, May 10—Friday, June 28, 2019
9:30 to 10:30 a.m.

Hannah Park

40 Bailey Street, Port Carling
Monday, May 6—Monday, June 24, 2019

*There will be no walking group on Monday, May 20 due to Victoria Day
1:30 to 2:30 p.m.

Workshops

For more information or to register for any of these workshops, please contact 705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199.

Decoration Preparation Day

Help prepare next month's WISE decorations while enjoying a cup of tea and the company of others! Please RSVP to 705-645-2100 ext. 199.

McVittie Place—Third Floor Activity Room

102 Pine Street, Bracebridge

Thursday May 30, 2019

10:00 a.m. to 12:00 p.m.

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 winning participant will receive a \$10 gift card of their choosing. Please note, in order to be entered into the draw participants must have completed a registration form 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!**