



October 2018

Seniors Programs'
Activity Guide

Monthly Spotlight

Red Cross Transportation has agreed to partner with Seniors Programs and Services to provide transportation for W.I.S.E.

Clubhouse participants who live within Red Cross's catchment area. Red Cross's newly acquired van also provides the option of accessible transportation for those who may need it. If you know of someone who could benefit from this service, please be sure to let them know this option is now available. For more information, please contact Seniors Programs and Services.



705-645-2100 ext. 199 OR (Toll Free) 1-800-461-4215, ext. 199

seniorsprograms@muskoka.on.ca

www.seniorsinmuskoka.ca

October W.I.S.E. Clubhouses

W.I.S.E. stands for Wellness Initiatives for Seniors Engaged. W.I.S.E. Clubhouse is a two hour program offered once or twice a month in seventeen locations across Muskoka. Each clubhouse features educational, recreational, or entertaining programs followed by a nutritious lunch or snacks. Anyone 55+ is welcome. A donation box is available at each location although participants are under no obligation to contribute. Please RSVP at least one week prior to each program. New participants are required to complete a program registration form, but this may be done onsite at your first WISE Clubhouse. 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.

175 Lofty Pines Drive Seniors Building, Gravenhurst

Tuesday, October 9

Theme: Autumn Harvest

1:30 p.m.

Meet and Greet

1:45

Deaf Access—Aussa Pennial

Tuesday, October 23

Theme: Masquerade

1:30 p.m.

Masquerade Party

Come dressed up. Prizes for the most creative costume!

Bala Community Centre, 1008 Maple Avenue, Bala

Tuesday, October 9

Theme: Masquerade

1:30 p.m.

Masquerade Party

Come dressed up. Prizes for the most creative costume!

Tuesday, October 16

Theme: Autumn Harvest

1:30 p.m.

1:45 p.m.

Arthritis Education—Algonquin Family Health Team—Angelika Davis

3:00 p.m.

Life on the Edge—Stories from Muskoka's Past

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

Tuesday, October 2

Theme: Autumn Harvest

- 10:00 a.m. Meet and Greet
10:15 a.m. Pick your Interest Program Stations
11:00 a.m. Katelynn on Violin

Tuesday, October 16

Theme: Masquerade

- 10:00 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, October 22

Theme: Masquerade

- 1:30 p.m. Masquerade Party
Come dressed up. Prizes for most creative costume!

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

Monday, October 1

Theme: Masquerade

- 10:15 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:30 Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, October 9

Theme: Autumn Harvest

- 10:30 a.m. Meet and Greet
10:45 a.m. Diabetes Prevention and Management— Muskoka Paramedic Services
11:45 Lunch

Tuesday, October 23

Theme: Masquerade

- 10:30 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:45 Lunch
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October W.I.S.E. Clubhouses, Cont.

Gravenhurst Community Services Hub, 141 Main Street

Monday, October 22

Theme: Autumn Harvest

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

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, October 4

Theme: Masquerade

- 1:30 p.m. Meet and Greet
1:45 p.m. Healthy Aging Series— Healthy Feet

Thursday, October 18

Theme: Autumn Harvest

- 1:45 p.m. Masquerade Party
Come dressed up. Prizes for most creative costume!

McVittie Place, 102 Pine Street, Bracebridge

Thursday, October 4

Theme: Autumn Harvest

- 10:00 a.m. Meet and Greet
10:15 a.m. Tara Bone—Red Cross Transportation
10:45 a.m. Therapeutic Paws of Canada Team Muskoka

Thursday, October 18

Theme: Masquerade

- 10:00 a.m. Meet and Greet
10:15 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:30 a.m. Lunch
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Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, October 3

Theme: Autumn Harvest

- 10:30 a.m. Meet and Greet
10:45 a.m. Muskoka History with Ian Turnbull
11:30 a.m. Lunch

Wednesday, October 17

Theme: Masquerade

- 10:30 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:30 a.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, October 10

Theme: Autumn Harvest

- 10:00 a.m. Meet and Greet
10:15 a.m. Fraud Prevention for Seniors—Tony Clement
11:30 a.m. Lunch

Wednesday, October 24

Theme: Masquerade

- 10:00 a.m. Masquerade Party
Come dressed up. Prizes for most creative costume!
11:30 a.m. Lunch

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

Monday, October 1

Theme: Masquerade

- 1:30 p.m. Masquerade Party
Come dressed up. Prizes for most creative costume!

Monday, October 22

Theme: Autumn Harvest

- 1:30 p.m. Meet and Greet
1:45 p.m. Arthritis Education—Angelika Davis, Algonquin Family Health Team
3:00 p.m. Life on the Edge—Stories from Muskoka's Past
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October W.I.S.E. Clubhouses, Cont.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, October 2

Theme: Masquerade

10:00 a.m. Masquerade Party

Come dressed up. Prizes for most creative costume!

11:30 a.m. Lunch

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, October 9

Theme: Masquerade

10:00 a.m. Masquerade Party

Come dressed up. Prizes for most creative costume!

11:30 a.m. Lunch

Tuesday, October 23

Theme: Autumn Harvest

10:00 a.m. Meet and Greet

10:15 a.m. Bats—Laura Bruce, Ministry of Natural Resources and Forestry

11:30 a.m. Lunch

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, October 10

Theme: Masquerade

1:30 p.m. Masquerade Party

Come dressed up. Prizes for most creative costume!

Wednesday, October 24

Theme: Autumn Harvest

1:30 p.m. Meet and Greet

1:45 p.m. Healthy Aging Series— Bone Health

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, October 1

Theme: Autumn Harvest

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Arthritis Education—Angelika Davis, Algonquin Family Health Team
- 11:30 a.m. Lunch

Monday, October 22

Theme: Masquerade

- 10:00 a.m. Masquerade Party
- Come dressed up. Prizes for most creative costume!

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Wednesday, October 3

Theme: Autumn Harvest

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Red Cross Transportation—Tara Bone
- 2:15 Jeopardy!

Wednesday, October 17

Theme: Masquerade

- 1:30 p.m. Masquerade Party
- Come dressed up. Prizes for most creative costume!

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

W.I.S.E. Workshops

To register for workshops, please contact
705-645-2100 ext. 199 or (toll free) 1-800-461-4215 ext. 199.

Acrylic Painting Workshops

Led by Nancy Hunter.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, October 30, 2018

1:30—3:30 p.m.

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Wednesday, November 14, 2018

1:30—3:30 p.m.

Budgeting, Banking, and Estate Planning

This two-part workshop series will provide participants with education on Advanced Care Planning, will preparation, budgeting advice, and banking tips. Sessions will be facilitated by Erika Rice of the Alzheimer's Society of Midland and David Kindy of Investors Group.

Baxter Ward Community Centre, 279 Honey Harbour Road, Port Severn

Monday, November 5 and November 12, 2018

1:00—3:00 p.m.

Cooking For One with !MPACT Cafe

Learn how to prepare nutritious meals for one or two people, stretch your grocery dollars, and utilize cooking tips and tricks.

Torrance Community Hall, 1030 Torrance Road

Wednesday, October 3, 2018

10:00 a.m.—1:00 p.m.

Port Carling Community Hall, Upper Level, 3 Bailey Street

Monday, October 29, 2018

10:00 a.m.—1:00 p.m.

Port Sydney Community Hall

November 12, 2018

10:00 a.m.—1:00 p.m.

Workshops continued on the next page.

W.I.S.E. Workshops (Cont.)

Cooking For One with !MPACT Café (cont.)

Baxter Ward Community Centre

November 28, 2018

10:00 a.m.—1:00 p.m.

Decoration Preparation Day

Help prepare next month's W.I.S.E. Clubhouse decorations while enjoying a the company of others! No experience necessary. All supplies provided.

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

Tuesday, October 30, 2018

10:00 a.m.—12:00 p.m.

Dental Days

Held in partnership with Georgian College's Dental Program. Please contact Seniors Programs and Services for more information.

Muskoka Room in McVittie Place, 102 Pine Street, Bracebridge

Tuesday, September 25 and Tuesday, October 2, 2018

Handbell Choir

Colour coded bells make learning music enjoyable and stress free. Learn to play well known songs while enjoying the company of other members. Rehearsals will culminate with a performance by all three groups on Friday, November 30 at Trinity United Church in Gravenhurst. Choose the rehearsal location that works best for you!

Thursday Afternoons beginning September 20, 2018

Severn Bridge Community Hall, 1035 Southwood Road; 1:00 p.m.

Ryde Community Co-op, 1624 Barkway Road; 2:15 p.m.

Gravenhurst Community Hub, 141 Main Street; 3:30 p.m.

Workshops continued on the next page.

W.I.S.E. Workshops (Cont.)

Memoir Writing

Join author David Franks and learn several of the techniques employed by professional authors to create memorable stories. Challenging and fun writing exercises will strengthen your observation skills, sharpen memory, and inspire confidence.

MacTier Memorial Arena, 9 Haig Street, Mactier

Thursday, September 20—Thursday, October 25, 2018 (6 weekly sessions)

11:00a a.m.—12:30 p.m.

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Tuesday, November 6 through Tuesday, December 11, 2018 (6 weekly sessions)

10:00—11:30 a.m.

Urban Poling Walking Groups and Clinics

Learn how to properly use urban walking poles while making new friends and participating in an excellent work out. Poles will be lent to participants for the duration of each session. Limited spaces available.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Fridays from September 7 to November 9, 2018

10:00—11:00 a.m.

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Monday, October 1, 2018

9:30—10:30 a.m.

Dorset Lions Club Centennial Park, across from Dorset Recreation Centre

Thursdays from October 4 to November 8, 2018

9:00—10:00 a.m.

Intergenerational Mentorship Program

The Seniors Intergenerational Mentorship Program brings children and seniors together to enhance the lives of each. We are in the process of planning another program partnership with K.P. Manson Public School in Severn Bridge and potentially Macaulay Public School in Bracebridge for Fall 2018 and Winter 2019.

Please contact 705-645-2412 ext. 199 for more information or to register for this program.

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 Sydney

Monday, October 15, 2018

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

607 Muskoka Road 10, Port Sydney

<u>Time</u>	<u>Agenda/Presentations</u>
9:00 to 9:15	Registration and refreshments
9:15 to 9:30	Welcome/opening remarks
9:30 to 11:00	Booth Displays and Information Table open (Includes over ten exhibitors representing services and supports available in the community)
11:00 to 11:30	Maintaining Brain Health—Alzheimer’s Muskoka
11:30 to 11:45	Organization and Decluttering Tips—Defined Spaces
11:45 to 12:45	Free Lunch with entertainment provided by Gerry Chaput
12:45 to 1:30	Improvisation with Muskoka Stageworks
1:30 to 2:15	CCAA Exercise Class
2:15 to 2:30	Break
2:30 to 3:00	Diabetes Prevention with Algonquin Family Health Team
3:00 to 3:15	Door Prizes and Wrap Up

Register by October 8 by calling 705-645-2100 ext. 199.

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