



September 2018

Seniors Programs' Activity Guide

Monthly Spotlight

On May 4, 2018, Seniors Programs and Services announced our successful application to the Seniors Active Living Centre Program Expansion Grant. Now designated as a Mobile Seniors Active Living Centre, the WISE Clubhouse program has expanded to include six new locations: Gravenhurst (2), Bala, Dwight, Port Sydney, and Vankoughnet. Numerous WISE Workshop programs will also be offered across Muskoka. Check out September's edition of the Activity Guide to find programs being offered in a location near you!



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

September 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, September 11

Theme: School Days

1:30 p.m. Meet and Greet

1:45 p.m. Jeopardy!

Tuesday, September 25

Theme: It's a Jungle out There!

1:30 p.m. Meet and Greet

1:45 p.m. Achieving a Great Sleep—Algonquin Family Health Team

Bala Community Centre, 1008 Maple Avenue, Bala

Tuesday, September 11

Theme: School Days

1:30 p.m. Meet and Greet

1:45 p.m. Improvisation with Muskoka Stageworks

Tuesday, September 25

Theme: It's a Jungle out There!

1:30 p.m. Meet and Greet

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

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

Tuesday, September 4

Theme: School Days

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Good Brain Health—Erika Rice, Alzheimer's Midland
- 11:30 a.m. Lunch

Tuesday, September 18

Theme: It's a Jungle out There!

- 10:00 a.m. Meet and Greet
- 10:15 a.m. TBA
- 11:30 a.m. Lunch

Baysville Autumn Leaves Centre, 12 University Avenue, Baysville

Monday, September 24

Theme: School Days

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Continuing Education Options—Robin Brushey, Contact North

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

Monday, September 10

Theme: School Days

- 10:15 a.m. Continuing Education Options—Robin Brushey, Contact North
- 11:30 a.m. Lunch

Dwight Community Centre, 1014 Dwight Beach Road, Dwight

Tuesday, September 11

Theme: School Days

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Urban Pole Walking
- 11:45 a.m. Lunch

Tuesday, September 25

Theme: It's a Jungle out There!

- 10:30 a.m. Meet and Greet
 - 10:45 a.m. Improvisation with Muskoka Stageworks
 - 11:45 a.m. Lunch
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September W.I.S.E. Clubhouses, Cont.

Community Services Hub, 141 Main Street, Gravenhurst

Monday, September 24

Theme: School Days

10:00 a.m. Meet and Greet

10:15 a.m. History and Culture of Tea—Craig Denstedt, Tea Infusion

11:30 a.m. Lunch

MacTier Memorial Arena, 9 Haig Street, MacTier

Thursday, September 6

Theme: School Days

1:30 p.m. Meet and Greet

1:45 Healthy Aging Series

Thursday, September 20

Theme: It's a Jungle Out There!

1:30 p.m. Meet and Greet

1:45 Diabetes Education—Algonquin Family Health Team

McVittie Place, 102 Pine Street, Bracebridge

Thursday, September 6

Theme: School Days

10:00 a.m. Meet and Greet

10:15 a.m. Arthritis Education, Algonquin Family Health Team

11:30 a.m. Lunch

Thursday, September 20

Theme: It's a Jungle Out There!

10:00 a.m. Meet and Greet

10:15 a.m. Emergency Preparedness with Muskoka Paramedic Services

11:30 a.m. Lunch

Milford Bay Community Centre, 1020 Beaumaris Road, Milford Bay

Wednesday, September 5

Theme: School Days

- 10:30 a.m. Meet and Greet
- 10:45 a.m. Aussa Penniall—Deaf Access
- 11:45 a.m. Lunch

Wednesday, September 19

Theme: It's a Jungle Out There!

- 10:30 a.m. Meet and Greet
- 10:45 a.m. The History and Culture of Tea—Craig Denstedt, Tea Infusion
- 11:45 a.m. Lunch

Port Carling Community Centre, 3 Bailey Street, Port Carling

Wednesday, September 12

Theme: School Days

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Aussa Penniall—Deaf Access
- 11:30 a.m. Lunch

Wednesday, September 26

Theme: It's a Jungle Out There!

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Improvisation with Muskoka Stageworks
- 11:30 a.m. Lunch

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

Monday, September 10

Theme: School Days

- 1:30 p.m. Meet and Greet
- 1:45 p.m. How to Achieve a Great Sleep—Algonquin Family Health Team

Monday, September 24

Theme: It's a Jungle Out There!

- 1:30 p.m. Meet and Greet
 - 1:45 p.m. Donna Crump—Stroke Awareness
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September W.I.S.E. Clubhouses, cont.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, September 4

Theme: School Days

10:00 a.m. Meet and Greet
10:15 a.m. Gary Denniss on Muskoka History
11:30 a.m. Lunch

Severn Bridge Community Hall, 1035 Southwood Road, Severn Bridge

Tuesday, September 11

Theme: School Days

10:00 a.m. Meet and Greet
10:15 a.m. Therapeutic Paws Team Muskoka
11:30 a.m. Lunch

Tuesday, September 25

Theme: It's a Jungle Out There!

10:00 a.m. Meet and Greet
10:15 a.m. Passwords and Beyond—Canadian Anti-fraud Centre
11:30 a.m. Lunch

Torrance Community Centre, 1030 Torrance Road, Torrance

Wednesday, September 12

Theme: School Days

1:30 p.m. Meet and Greet
1:45 Gary Denniss on Muskoka History

Wednesday, September 26

Theme: It's a Jungle Out There!

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

Ullswater Community Centre, 1503 Old Parry Sound Road, Utterson

Monday, September 10

Theme: School Days

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Aussa Penniall—Deaf Access
- 11:30 a.m. Lunch

Monday, September 24

Theme: It's a Jungle Out There!

- 10:00 a.m. Meet and Greet
- 10:15 a.m. Therapeutic Paws Team Muskoka
- 11:30 a.m. Lunch

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Wednesday, September 5

Theme: School Days

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Urban Pole Walking

Wednesday, September 19

Theme: It's a Jungle Out There!

- 1:30 p.m. Meet and Greet
- 1:45 p.m. Therapeutic Paws Team Muskoka

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

NIA for Seniors With Paula McIsaac

NIA is scheduled in three locations for Fall 2018:

MacTier Memorial Arena; 2:00 p.m. Begins September 10

Trinity United Church, Gravenhurst; 1:00 p.m. Begins September 12

Utterson Community Hall; 10:00 a.m. Begins September 13

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

Registration opens on Monday, August 13 at 8:30 am.

Free! All Older Adults Welcome.

Register 705-645-2100 ext. 199



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. The commitment for this program is nine weekly sessions. Do you have an interest in spending time with elementary aged students? Are you willing to pass along knowledge of a particular skill or hobby to a younger generation? If yes, then this may be the program for you!

Intergenerational volunteers are required to obtain a Vulnerable Sector Police Check prior to the start of the program. These checks can take up to 8 weeks to complete. If you are potentially interested in participating in this program, it is best to begin this process as soon as possible, even if you require additional time to finalize your decision.

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

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

Topics, information, and activities include:

- Over ten exhibitors representing various aspects of healthy living
- Entertainment by Gerry Chaput
- Theatrical Improvisation Workshop with Muskoka Stageworks
 - Diabetes prevention
 - Door prizes and giveaways
 - Free lunch
 - Seniors Fitness Class
- Organization and decluttering tips and tricks
- And much more!!

FREE Event

All are welcome, including older adults 55+, caregivers, service providers, family members, and friends.



Volunteer Opportunities

Seniors Programs and Services is Expanding!

We would be thrilled if you would support us as we grow by volunteering with us.

Many flexible volunteer opportunities exist, including:

W.I.S.E. Clubhouse Program Assistant

Volunteer close to home! W.I.S.E. Clubhouse is a two hour program offered once or twice a month in seventeen locations across Muskoka. We require volunteers to assist with set up, meal service, decorating, overseeing registration, or clean up duties.

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. This is a great option for those who wish to volunteer from home.

Peer Support Committee Volunteer

The goal of Seniors Programs and Services is to create a community where program participants feel welcomed and supported. Peer Support Volunteers will contribute to fostering this community spirit by mailing birthday, get well, or sympathy cards to program participants.

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.

W.I.S.E. Workshops

Acrylic Painting Workshops

Led by Nancy Hunter.

Gravenhurst Community Hub, 141 Main Street, Gravenhurst

Wednesday, September 26, 2018

10:00 a.m.—12:00 p.m.

Ryde Community Co-op, 1624 Barkway Road, Gravenhurst

Tuesday, October 30, 2018

1:30—3:30 p.m.

Budgeting, Banking, and Estate Planning

This three part workshop series will provide participants with education on Advanced Care Planning, will preparation, budgeting advice, and banking tips. Sessions will be facilitated by Shawna Booth of the Alzheimer's Society of Muskoka and David Kindy of Investors Group.

Vankoughnet Village Square, 1198 Vankoughnet Road, Bracebridge

Tuesday, September 4; September 18; and October 2, 2018

10:00 a.m.—12:00 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.

Workshops continued on the next page.

W.I.S.E. Workshops, Cont.

Decoration Preparation Day

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.

Third Floor Activity Room in McVittie Place, 102 Pine Street, Bracebridge
Wednesday, September 26, 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

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! 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.

Memoir Writing

Share your life experiences in a new way! Led by David Franks, local author.

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.

Workshops continued on the next page.

W.I.S.E. Workshops, Cont.

Planning Ahead—Supportive Housing and Care Options for Later Life

Interested in exploring how to apply for a retirement versus a long term care residence? Curious about the supportive housing and home care supports available within Muskoka? This is an excellent education opportunity for both caregivers and those who want to plan ahead for their future. Each of the sessions in this three-part workshop series will feature one of the following topics: Long-Term Care Application and Supports (Presented by April Smith of the North Simcoe Muskoka LHIN), Retirement Home Options, and Home Care Supports and Services.

Ullswater Community Hall, 1503 Old Parry Sound Road, Utterson
Tuesday, October 9, 16, and 23, 2018
2:00—3:30 p.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 5 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.

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.