

S	Mon	Tue	Wed	Thu	Fri	Sat
	<b>September's Theme: "Broadway"</b>				<b>1</b> 12:30pm W.I.S.E. Clubhouse @ Ryde Co-op (Diane Baranik—Balance Board Exercises)	<b>2</b>
<b>3</b> <b>4</b> <b>LABOUR DAY</b> District of Muskoka Offices Closed	<b>5</b> 10:00 am W.I.S.E. Clubhouse @ Baxter-Ward Community Centre - Crystal Cavural (Maintaining Independence Through Functional Fitness)	<b>6</b> 10:30 am W.I.S.E. Clubhouse @ Torrance Community Centre (Alzheimer Society Muskoka)	<b>7</b> 10:00am W.I.S.E. Clubhouse @ McVittie Place (Amy Snow— Nutrition)	<b>8</b> 10:00 W.I.S.E. Clubhouse @ Ullswater Community Centre- Milk Bag Mats	<b>9</b>	
<b>10</b> <b>11</b> -10:15 am W.I.S.E. Clubhouse @ Bracebridge Seniors Centre (Diane Baranik—Balance Board Exercises) -1:00pm NIA @ Port Carling	<b>12</b> -10:00 am W.I.S.E. Clubhouse @ Severn Bridge Hall (Muskoka Stageworks - Improvisation) -12:30pm NIA @ Severn Bridge	<b>13</b> - 10:00am NIA @ Ullswater Community Centre -10:00 am W.I.S.E. Clubhouse @ Port Carling Community Centre (Diane Baranik—Balance Board )	<b>14</b> -1:00pm NIA @ Dwight Community Centre	<b>15</b> Meet The Needs Seniors Fair @ Ryde Community Co-Op	<b>16</b>	
<b>17</b> <b>18</b> -1:00pm NIA @ Port Carling Community Centre	<b>19</b> -12:30pm NIA @ Severn Bridge Community Hall	<b>20</b> - 10:00am NIA @ Ullswater Community Centre -10:30 am W.I.S.E. Clubhouse @ Torrance Community Centre - Milk Bag Mats	<b>21</b> -11:00am W.I.S.E. Clubhouse MacTier Memorial Arena (Aspen Valley Wildlife Sanctuary) - 12:00 p.m. W.I.S.E. Clubhouse Baysville Autumn Leaves Seniors Centre (Improvisation) -1:00pm NIA @ Dwight	<b>22</b> -10:00 W.I.S.E. Clubhouse @ Ullswater Community Centre (Muskoka Stageworks - Improvisation)	<b>23</b> 12:30pm Fall Fair @ The Pines	
<b>24</b> <b>25</b> -1:00pm NIA @ Port Carling Community Centre	<b>26</b> -10:00 am W.I.S.E. Clubhouse @ Severn Bridge Hall (Healthy Aging Series #9) -12:30pm NIA @ Severn Bridge Community Hall	<b>27</b> - 10:00am NIA @ Ullswater Community Centre -11:00 am W.I.S.E. Clubhouse Milford Bay Community Centre (Yoga with Zen Muskoka)	<b>28</b> -1:00pm NIA @ Dwight Community Centre	<b>29</b>	<b>30</b>	
					<b>Second Theme: "Nautical– under the Sea"</b>	