

Sep. 2020 - WISE Mobile Active Living Centre, Seniors Programs and Services

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Virtual Village 10 am	2 WISE Without Walls 1:20 pm	3 Virtual Combined Fitness Class 10 am	4 WISE Without Walls 1:20 pm
7 Labour Day—closed	8 Virtual Village 10 am	9 WISE Without Walls 1:20 pm	10 Virtual Combined Fitness Class 10 am	11 WISE Without Walls 1:20 pm
14 Virtual Combined Fitness Class 10 am WISE Without Walls 1:20 pm	15 Virtual Village 10 am	16 WISE Without Walls 1:20 pm	17 Virtual Combined Fitness Class 10 am	18 WISE Without Walls 1:20 pm
21 Virtual Combined Fitness Class 10 am WISE Without Walls 1:20 pm	22 Virtual Village 10 am	23 WISE Without Walls 1:20 pm	24 Virtual Combined Fitness Class 10 am	25 WISE Without Walls 1:20 pm
28 Virtual Combined Fitness Class 10 am WISE Without Walls 1:20 pm	29 Virtual Village 10 am	30 WISE Without Walls 1:20 pm	Ontario 	 <small>The Voice of Older Adult Centres La voix des centres pour aînés</small>

WISE Without Walls - this free, telephone program features games, activities, guest speakers and fun! To Participate, call 1-866-279-1594 Access Code: 717106 at 1:20 pm on the program day above.



Virtual Combined Fitness Class - join us on Zoom for an hour of non-impact exercise that incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

Virtual Village - Have fun with neighbours and friends (new and old) on Zoom, Tuesday mornings at 10 am. This program will include themes and a variety of discussions, games, activities and more.

For more information or program topics visit www.muskoka.on.ca/seniorsprograms

To register , please call us at 705-645-2100 ext. 4199