



Activity Guide March

Seniors Programs and Services

Monthly Spotlight

There are many special features this month:

- St. Patrick's Day Special Event (new evening program, pg. 3)
- Technology Workshops (pg. 4)
- Dance Fit (fitness program, pg. 7)
- Fitness BINGO (fitness program, pg. 8)
- Intergenerational Letter Learners (volunteer program, pg. 9)

705-645-2100 ext. 4199 OR (Toll Free) 1-800-461-4215 ext. 4199
seniorsprograms@muskoka.on.ca
www.muskoka.on.ca/seniorsprograms

Funded in part by: **Ontario** 

WISE Mobile Active Living Centre



WISE stands for Wellness Initiatives for Seniors Engaged. WISE Mobile Active Living Centre (WMALC) offers programs for older adults 55+ in multiple locations across Muskoka. See our list of locations below. New participants are required to complete a program registration form, which is available at www.muskoka.on.ca/seniorsprograms or onsite at your first WISE program.



Our programs are funded in part by the Provincial Government and The District Municipality of Muskoka. Programs are free of charge and a donation box is available at each program location if participants wish to contribute.



We are an active and good standing member with the Older Adults Centres' Association of Ontario (OACAO).

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

| Municipality | Program Locations—please note our in-person programs are postponed, please check our website for updates. |
|----------------------------------|---|
| Town of Bracebridge | Bracebridge Centre for Active Living, 54 Dominion St. 100 Oakwood Heights McVittie Place, 102 Pine St. Vankoughnet Village Square, 1198 Vankoughnet Rd. |
| Town of Gravenhurst | 175 Lofty Pines Dr. Muskoka Community Services Hub, 141 Main St. Ryde Community Co-op, 1624 Barkway Rd. Severn Bridge Community Hall, 1035 Southwood Dr. |
| Town of Huntsville | Port Sydney Community Centre, 607 Muskoka Rd. 10 |
| Township of Georgian Bay | Baxter-Ward Community Centre, 279 Honey Harbour Rd. MacTier Memorial Arena, 9 Haig St. |
| Township of Lake of Bays | Baysville Autumn Leaves Centre, 12 University Ave Dwight Community Centre, 1014 Dwight Beach Rd. |
| Township of Muskoka Lakes | Milford Bay Community Centre, 1020 Beaumaris Rd. Port Carling Community Centre, 3 Bailey St. Torrance Community Centre, 1030 Torrance Rd. Ullswater Community Centre, 1503 Old Parry Sound Rd. |



St. Patrick's Day Special Event

Join us on **Wednesday, March 17 from 6:30 p.m. - 7:30 p.m.** for a very special virtual evening event on Zoom.

Explore Ireland with us while wearing green. Visit the Blarney Castle Stone and Gardens, the Guinness Storehouse and get an inside look at the history behind the brand. Embrace the culture of the Gaelic dance and learn a few words in Gaelic.

Bring a green snack, drink or traditional Irish food and share your experience with the group (optional).

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

Learn more: www.muskoka.on.ca/seniorsprograms

Technology Workshops

Senior Tech Services will be facilitating a **Technology Workshops** series over Zoom on Thursday afternoons from 1:30 - 2:30 p.m. in March. These workshops are designed to focus on specific program topics. You can select the workshops that you want to learn more about. This is a great way to refresh or increase your knowledge and skill set.

Please call us to register, Zoom Meeting ID and links will be sent prior to the program date and time. If you need any assistance connecting to Zoom, please contact us for assistance and we would be happy to help.

| Program Date | Topic | Description |
|--------------------------------------|------------------------------|---|
| Thursday, March 4 1:30-2:30 p.m. | Internet Safety | This course will review how to stay safe online: COVID scams, phishing emails, creating secure passwords, using public wifi, virus and malware protection, identity protection, device security and how to report online fraud. |
| Thursday, March 11 1:30-2:30 p.m. | Introduction to Social Media | This workshop will provide you with an overview of the three top social media networks, Facebook, Twitter and Instagram. Learn how to create your account, post, finding friends, public and private conversations, privacy and more. |
| Thursday, March 18 1:30-2:30 p.m. | YouTube | Learn how to use YouTube to watch videos on education, art, history, entertainment and community programs, music, free movies and more. You will also learn how to create your own channel and post your own videos on YouTube. |
| Thursday, March 25 1:30-2:30 p.m. | Online Shopping | Online shopping allows you to buy groceries and much more. Learn how it works, get helpful tips and tricks, and protect yourself online to enjoy great deals from the comfort of your own home. |

Senior Tech Services

We are excited to offer one-on-one technology support with Senior Tech Services. Their patient and qualified staff can assist you in navigating your device from the comfort of your own home. Call us to register and receive up to three sessions at no charge. Take advantage of this limited time offer and get connected today!

For any of our programs, please call to register at 705-645-2100 ext. 4199.

WISE Without Walls

Join us on **Monday, Wednesday, and Friday afternoons from 1:20 pm - 3:00 pm** for this free telephone program. Call us to register for WISE Without Walls.

| Program Date | Program Topic |
|---------------------|--|
| Monday, March 1 | Muskoka History—Gary Denniss The Five-Second Rule and Rhyme Time Games |
| Wednesday, March 3 | March Musician Biographies—Johann Sabastian Bach and Glen Miller Katelynn on Violin |
| Friday, March 5 | Classic Debaters Episodes: listen to comedians debate some off the wall topics. Let's Debate It- join a friendly debate on popular topics. |
| Monday, March 8 | 'Put the Kettle on Honey, I'm Coming Home!'- Rusty Draper, Author Pt. 1 Improvisational Storytelling |
| Wednesday, March 10 | Fun Facts about Maple Syrup– Sweetwater Maple Syrup Let's Discuss It—Favourite Maple Syrup Memories and Recipes |
| Friday, March 12 | Things You Didn't Learn in History Class- slang and colloquialisms. Balderdash - The Game of Twisting Truths. |
| Monday, March 15 | March Artist Biographies—Michelangelo and Vincent Van Gogh Brainercise - The Alphabet Game and Wheel of Fortune |
| Wednesday, March 17 | Irish Music with Martha Doiron Irish Fun Facts, Riddles, and Jokes |
| Friday, March 19 | In honour of Brain Awareness Week: Maintaining a Healthy Brain with Shawna Torkoff - Alzheimer's Society of Muskoka. Word Association Game |
| Monday, March 22 | 'Put the Kettle on Honey, I'm Coming Home!'- Rusty Draper, Author Pt. 2 Card Bingo *You will need a regular deck of playing cards |
| Wednesday, March 24 | Pain and Inflammation—Hannah Lafayette-Brooks, ND Brainercise—Tri-Bonds |
| Friday, March 26 | Let's Talk Cholesterol: Meghan Dunstan, Nutrition with Meg. Classic Vinyl Café. |
| Monday, March 29 | Motivation for Keeping Active and Positive—Fyonna Vanderwerf, Hive Muskoka Seated Exercises with Katelynn. *You will need a sturdy chair and a pair of soup cans. |
| Wednesday, March 31 | Meal Preparation and Planning—Erin Bailey-Boyes, Body By Design Fitness. Let's Discuss It—Meal Planning Tips and Tricks |

For any of our programs, please call to register at 705-645-2100 ext. 4199.

Virtual Village

Have fun with neighbours and friends (new and old) on Zoom, **Tuesday mornings at 10 a.m.** This program will include themes and a variety of discussions, games, activities and more. The program theme is optional and a way to add a bit of fun to each program. Once you register for this program, you can select the dates and programs that work best for you. The Zoom log in will remain the same for this program.

We know it can take a village to keep us all connected, hope to see you there!

| Program Date | Theme | Program Topic |
|------------------------------|--------------------------------|---|
| Tuesday, March 2 at 10 a.m. | Canadiana (Wear Red and White) | National Gallery of Canada- Art in Canada: Discover the long and fascinating history of Canadian and Indigenous art from thousands of years ago until today, and explore how it is interrelated and how it tells our stories. |
| Tuesday, March 9 at 10 a.m. | Sightseeing attire | Pack your suitcase, we are heading on a virtual trip to Hawaii! Explore the National Park volcanos and the connection to the culture, learn the language and end the day relaxing on the beach watching the waves fall onto the shoreline. |
| Tuesday, March 16 at 10 a.m. | Spring Colours | Watercolour Bunny - Create a beautiful bunny just in time for Easter. This this as a card or keep this artwork for yourself. If you require a supply kit, <u>please register by Mar. 3</u> and kits will be mailed via Canada Post. Plus I will share my Carrot Cake for Two Recipe, you don't want to miss this! |
| Tuesday, March 23 at 10 a.m. | Wear Silver or Gray | Musical Performance/Sing Along feat. Marshall Dane. Enjoy some great music from a local musician and also help Deaf Access Muskoka pilot a wonderful new program. |
| Tuesday, March 30 at 10 a.m. | Share a maple memory | Join Sweet Water Maple for a virtual tour of operations and the process of making maple syrup. Plus learn some sweet facts about maple syrup. |

For any of our programs, please call to register at 705-645-2100 ext. 4199.

Virtual Combined Fitness Class

Join Katelynn, CCAC Fitness Instructor, on Zoom for an interactive combined fitness class geared towards older adults 55+. This program runs virtually on **Monday and Thursday mornings from 10 a.m. to 11 a.m.** excluding statutory holidays. This non-impact class incorporates a safe cardio workout, balance training, strength and endurance training, stretching, and lots of fun!

We want to encourage you to stay active and healthy. Please participate in our fitness programs at your own risk and the intensity level that is right for you.

Visit our website www.muskoka.on.ca/seniorsprograms for our Combined Fitness Handouts.

Dance Fit

Dance away the winter blues with this Latin-inspired Dance Fit class! Join Jenni Allsopp for a fun aerobic workout that incorporates moves from Latin dances such as salsa, mambo, merengue, and samba. Each class will culminate with flexibility exercises and stretching. This program will run virtually for eight weeks on **Tuesday afternoons from 1:30 to 2:30 p.m.** beginning **Tuesday, March 23 and ending Tuesday, May 11.** Spaces are limited. Registration opens on **Friday, March 12 at 8:30 a.m.** Participants must call the Information Line to register.

Chair Yoga

We will be facilitating a six-week chair yoga series, instructed by Danielle Ryan with Lifestyle by Design. This adapted form of yoga allows you to modify your yoga practice based on your health, mobility, and current ability level. This program will run virtually on **Wednesday mornings from 10:00 a.m. to 10:30 a.m.** beginning **Wednesday, February 10 and ending Wednesday, March 17.** Spaces are limited. Registration opens on **Friday, February 5 at 8:30 a.m.** Participants must call the Information Line to register.

For any of our programs, please call to register at 705-645-2100 ext. 4199.

Fitness BINGO

Need a little motivation to incorporate a bit of physical activity into your day? Fitness Bingo might be just what you have been looking for! Registered participants will receive a BINGO card by email. Each week day, we will email you the 'physical activity of the day.' Complete the activity and mark it off on your card. The first participant who marks off two straight lines (5 in a row) on their card wins the game and a \$15 gift card of their choice.

Please note, participants who do not have internet access may still register. We will send you your card by mail and call you with the daily activities.

Interested in participating? The first Fitness BINGO activity will be 'called' on **Monday, March 15**. Physical activities will be sent out Monday through Friday until someone has won the game. Please register by calling our Information Line by **Wednesday, March 10** so we have time to send you your cards. We look forward to moving and playing with you!

Virtual Handbell Choir

Postponed until further notice: Due to COVID-19 restrictions, we had to postpone this program. However, we are working to resume our virtual handbell choir rehearsals very shortly! If you are interested in joining the Muskoka Bell Ringers, please call our Information Line to register and we will update you with program details once they are finalized. No experience is necessary to join in these virtual rehearsals. Weekly rehearsals will take place over Zoom. Loaner laptops are available for participants who require one. You will just need to have a reliable internet connection. Whether you have previously participated in the handbell choir or would like to give the program a try for the first time, we would love to have you join us.

For any of our programs, please call to register at 705-645-2100 ext. 4199.

Intergenerational- Letter Learners

Are you an older adult 55+? Are you interested in making a difference in a child's life? Want to show younger generations the art of letter writing?

Become an Intergenerational Letter Learner Volunteer and start making a difference in a child's life. Each month you will prepare a package with a letter for a child in Muskoka. The package will contain a letter written by you and some fun and interactive activities for the child.

Once a child receives your package each month they will create something special to send back to you. Our program will provide you with the tools and supplies to make the match a success! Call us for information on this volunteer role and how to get started.

Pen Pal Program

Our Pen Pal Program gives participants an opportunity to share stories and build a relationships with one of our volunteers in the art of letter writing. If you enjoy letter writing and receiving mail, this program may be for you!

We are currently accepting new participants and volunteers for this program, give us a call to find out more information.

LifeWorks

LifeWorks provides supports and resources to assist people in dealing with everyday issues and concerns about family, health, life, money and work. Their services include seniors' mental and physical health including free counselling services and pandemic supports and resources. Our team has partnered with LifeWorks to offer these services at no cost to our participants.

For more information on LifeWorks, contact Seniors Programs for further details.

For any of our programs, please call to register at 705-645-2100 ext. 4199.