



**WISE Mobile Active Living Centre**  
Seniors Programs and Services

WISE Mobile Active Living Centre programs offers free programs for older adults 55+. Become a member today!

<b>Dwight Community Centre - 1014 Dwight Beach Road</b>	
<b>Tuesday, October 3, 2023</b>	
10:00 - 10:15 a.m.	Coffee/Tea Social
10:15 - 12:15 p.m.	Kairos Blanket Exercise - Gaya'dowehs Lu Ann Hill-MacDonald and Karihwakeron Tim Thompson
12:15 - 1:00 p.m.	Lunch - Chicken Penne Primavera (Family Place)
1:00 - 2:00 p.m.	Reverse Colouring Art Project

Please register one week in advance for programs.



**Seniors Programs and Services**

705-645-2100 ext. 4199 | [seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca)

Learn more: [www.muskoka.on.ca/seniorsprograms](http://www.muskoka.on.ca/seniorsprograms)