



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

Dwight Community Centre	
1014 Dwight Beach Road	
Tuesday, September 3, 2024	
10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Jeopardy
11:00 - 12:00 p.m.	Make Your Own Glasses Case
12:00 - 1:00 p.m.	Lunch - Roasted Pork and Potatoes
1:00 - 2:00 p.m.	Diabetes Prevention - Algonquin Family Health Team

Please register one week in advance for programs.



Seniors Programs and Services

705-645-2100 ext. 4199 | seniorsprograms@muskoka.on.ca

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