



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

<b>Dwight Community Centre</b>	
<b>1014 Dwight Beach Road</b>	
<b>Tuesday, October 1, 2024</b>	
10:00 - 10:30 a.m.	Coffee/Tea Social
10:30 - 11:00 a.m.	Wheel of Fortune
11:00 - 12:00 p.m.	Let's Talk Nutrition - Simcoe Muskoka District Health Unit
12:00 - 1:00 p.m.	Lunch - Chicken Pot Pie
1:00 - 2:00 p.m.	All About Sourdough Bread

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)