



Seniors Discovery Café at Muskoka Discovery Centre

275 Steamship Bay Road, Gravenhurst, ON

Wednesdays: October 4, 18, November 15 and 29, 2017

2:00pm to 4:00pm

Refreshments will be served

Reserve your seat by calling 705-687-2115

Admission is free

Interact, socialize and ask questions about topics of interest to seniors.

October 4

October 18

How to Prevent Falls!

Integrated Region Falls
Program

NSM LH1N

Travel Adventure & Exercise

Keeping healthy while on the
road. Travel photos will be
shown.

November 15

November 29

Volunteer Muskoka

Investing your time to help
others

Seniors Programs and Services

District of Muskoka

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