

MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

Fall/Holiday 2025

**Cozy
Cannabis
Mocktails**

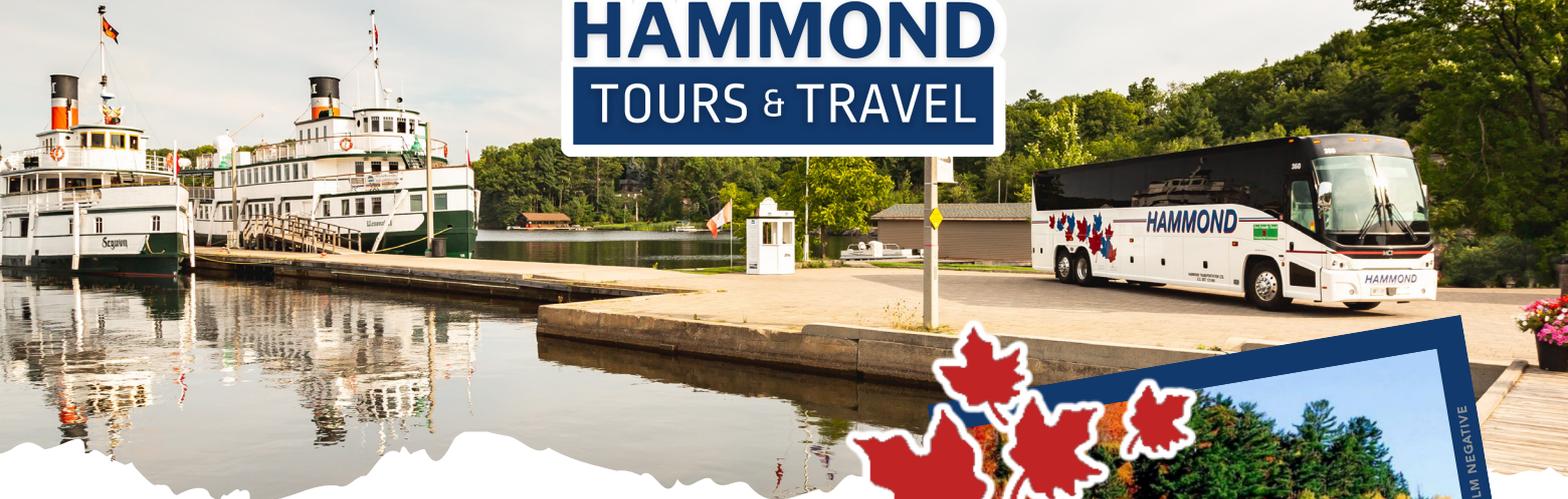
**Finding Light
in the Darkest Days**

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FROM THE PUBLISHER



Our 10th anniversary and still going strong!

For 10 years, MUSKOKA SENIORS MAGAZINE has been more than just a read... It's been a connection. What began as a print publication in 2015 turned out to be an instant hit with the community. A community that was eager to embrace it and express appreciation for having a specialized resource created just for you – a venue where you could stay informed about health and well being and other matters important to you, have a laugh, learn from local professionals and experts, share your heartfelt experiences and stories, and connect with what your peers are going through.

Connections have always been an important message of MSM – connecting you to information that impacts your life, meaningful stories that inspire or help you feel you're not alone with things you're going through, community services and businesses that are available to you... Our mission has been to provide connections through information, inspiration, support, and inclusion.

Even through Covid we found a way to stay connected to you. We initially changed to a digital platform because of the outbreak, as a preventative measure to avoid spreading the virus and because facilities were closed blocking access, however, it turned out to be an

evolutionary step more fitting with the times.

MSM is now more environmentally friendly, leaving less of a carbon footprint and being in line with the *District of Muskoka's Waste Management Program*, and it's easier to share, with readers easily posting it in their social media groups and sending it to friends and loved ones all over the world. In this edition alone we have one contributor from Sault Ste Marie, and another all the way from the UK!

There are also various ways to read MSM now. You can open the link provided from your tablet, iPad, or phone (your very own e-reader!), download it onto your laptop for later, or read it right from our website, muskokaseniorsmagazine.ca. (Remember to share it with people you know and love so they can be a part of the MSM community too!)

Prior to the pandemic, we had our *Community Meet and Greet*, where the MSM and broader community members got together at the Summit Centre for a fun filled night, listening to contributors reading some of their favourite stories and poems, and enjoying snacks, socializing, and free handouts.

Over the years we've held various community challenges, such as our annual *MSM Charity Contest* (with more votes than ever this year on our website!), put together *Holiday Gift Guides* to help support your gift giving efforts and our local businesses, and the summer *Where to Go Guide* to help visitors find some of the many fun attractions that Muskoka has to offer, helped local authors share their books with the community, and we've developed a meaningful rapport with our contributors, readers, community

members, and local business partners. We've done a lot over the years and we're still going strong!

We have a lot in store to celebrate our 10th anniversary with you... Some of which you'll learn more about next season, as we have new things coming that are designed especially for you, our readers and community. Big things are happening behind the scenes, so stay tuned!

In the meantime, one thing we can share is our festive *MSM Holiday Giveaway Contest* that will be hosted on our brand new *MSM Social* Facebook events group that was created just for you to see or post upcoming senior events... You have the chance to win a \$50.00 gift card just in time for the holiday season! See page 31, and keep an eye on the *MSM Social* for further details and announcements and for a chance to win!

Our journey with you has been enjoyable, fulfilling, and inspirational, as we've connected over the years for the betterment of our community. And we look forward to many more years together.

Until next season (and the exciting news we have to share!), enjoy your holidays. Remember to reach out to loved ones and hold them "close to your heart" as Gerri Ann expressed in *Family Matters*, because at the end of the day our close bonds are what matters most.

Merry Christmas, Happy Hanukkah, and Happy Holidays!

Cheryl Patterson,
Publisher, MSM

A handwritten signature in black ink, appearing to read 'Cheryl Patterson'.

Feeling Stuck?

Many of us find ourselves in unwanted situations, and if it's happening regularly you may be feeling tired of the struggle. Having the same problems in the same area repeatedly can be frustrating and overwhelming. No matter how hard you try, you can't seem to move forward from it, like a hamster in a wheel, going nowhere fast.

If you'd like to get unstuck and move forward with the peace of mind knowing that you're living to your potential, don't miss this book!



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- C.C., Muskoka,
ON, Canada

Cheryl A. Patterson

"I received your book last week. It was amazing. Since I have been going through a lot of changes so it really did help me out. It was great timing."

- D. B.,
St. Catharines,
ON, Canada



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MUSKOKA SENIORS MAGAZINE

Not Just A Read... It's A Connection

Our Mission:

Inform, inspire, support and include you!

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EDITORIAL NOTE

The information presented in this magazine is not intended to substitute medical advice from a licensed practitioner.

Your suggestions and submissions are welcome. However unsolicited manuscripts will not be returned.

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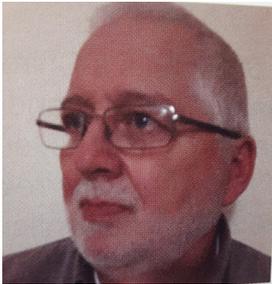
Lauren Saville, is the climate change initiatives coordinator with the District of Muskoka. She is an environmental and science educator, with 10 years' experience engaging audiences on topics like climate change and biodiversity.



Jeanette Inthisorn, Master Gardeners of Muskoka. Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.



Andrea Beck, Living in Somerset England, crochet and cross stitching for my family and friend is my relaxation. Many of my projects now adorn my sisters home in Canada



Kenn R. E. Page is proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



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Linda Smith. I wrote a book of cartoons with commentary called: The Senior Boomer – Whatever happened to the Baby Boomers? The cartoons tell the story of where we landed up!



Brenda J. Wood has been an author and motivational speaker for too many years to count. Enjoy her common sense wisdom and quirky humour at <http://heartfeltdevotionals.com> and hopestreamradio.com.



Peter Cassidy, born in Scotland and came to Canada in 1948. I played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.



Carol Ford, has short stories in Hot Apple Cider books, volunteers with The Word Guild, facilitates a memoir writer's group, writes about her adoption and birth family reunion, and resides in Newmarket.



***The Science of Comfort Foods:
Why We Crave Certain Dishes During the Holidays***

NUTRITION CONT'D...

The holidays often stir up visions of turkey with stuffing, buttery mashed potatoes, warm pies, and other rich comfort foods. But have you ever wondered why these particular dishes feel so satisfying – or why cravings for them seem almost impossible to resist this time of year? The answer lies in a fascinating mix of biology, psychology, and tradition.

Nostalgia on a Plate

Food is deeply tied to memory. Research shows that taste and smell are closely linked to the brain's emotional centers, which is why the scent of cinnamon, roasting turkey, or freshly baked cookies can instantly transport us back to childhood. Holiday foods often connect us to family gatherings, cultural traditions, and cherished memories. Eating them isn't just about flavor – it's about reliving experiences and reinforcing our sense of belonging.

Brain Chemistry and Cravings

Comfort foods tend to be rich in carbs and fats, which trigger the release of dopamine (the “feel-good” neurotransmitter). During the darker, colder months when mood dips are more common, our bodies naturally crave these foods as a quick way to boost happiness and energy. That's why that slice of pie feels like more than just a dessert – it's brain chemistry at work.

Stress, Socializing, and the Need for Comfort

The holiday season can be joyful, but it's also stressful – with travel, financial pressures, or even family

tensions in the mix. Eating calorie-dense comfort foods can feel soothing in the moment because they reduce levels of cortisol (the stress hormone). This is part of why people instinctively turn to mac and cheese, creamy casseroles, or sweet treats during stressful times.

Cultural Traditions Shape Our Favourites

Different cultures celebrate with different comfort foods – from Italian panettone to latkes at Hanukkah to Mexican tamales. Each dish carries cultural identity, connection, and celebration. These aren't just meals; they're rituals that bond us with community. Recognizing this can help us see that honoring heritage and connection plays a large role in holiday eating, as much as we try and take heed to nutritional aspects as well, which can be challenging.

How to Enjoy the Food Without the Guilt

- **Savor the experience.** Slow down and really taste the flavours. One or two bites of a special dish may be enough to satisfy.
- **Balance it out.** Pair heavier foods with lighter ones, like roasted veggies or a fresh salad.
- **Hydrate and pace.** Sometimes cravings stem from fatigue or dehydration, not true hunger.
- **Redefine “healthy”.** A food can be “healthy” for your soul even if it's not low calorie.

The Takeaway

Comfort foods aren't just indulgences – they're part of our emo-

tional wiring, our cultural history, and our seasonal needs. Instead of battling your cravings this holiday season, consider embracing them with awareness and gratitude. After all, food is one of the most powerful ways we celebrate, connect, and create joy. **MSM**



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Hold Your Loved Ones Close to Your Heart

By Gerri Ann

I've had this image in my mind for 58 years now of my little brother, Wayne, as a baby rocking his crib over to my bed when I was around three and then crawling in to snuggle up beside me in the mornings... At some point recently, I thought it must have been my mom placing him there given how young he was. However, he recently told me that he remembered it too and it was true, and that our mom confirmed it to him in the past too... To think that we both remembered this and could be so bonded at such young ages...

Over the years, as his big sister, I looked out for him. I was a nurturer when he needed me to be, and protector when I felt that I needed to be, including putting a big bully in his place in the schoolyard while physically picking on him when I was only 7 years old... Yes, I was a girl, but not afraid of boys when it came to protecting my little brother (he looked out for me too as adults)!

At other times, as children, I waited for him and took his hand when I heard the little cry of the youngest trailing behind my other brothers and me. Then I took his little hand in mine and walked with him, so he

feel alone.

On a more humorous note, one time I walked into our kitchen observing our little goldfish that had mysteriously appeared in a frying pan from his fishbowl. Thankfully my little brother didn't know how or try to use the stove. But when I asked him what he was doing, he said, "cooking fish!" Back into the fishbowl went Goldie, and I didn't tell a soul.

My brother and I are all we have now and laugh about some stories, but not so much about others that could make the hair on one's back curl. We've been through a lot in our lifetime both together and apart. What means the most though is our connection now.

While getting closer to our 60's we're not just fond of each other but actually really like and love one another. I'd say we've formed a strong bond, but in reality, it's always been there. I think we're just putting in the time and care to nurture it moreso now.

I think as we're older we have a new appreciation for each other and our bond is continuing to grow - I mean, talking until the wee hours of the night about anything and everything kind of connection. We're always surprised when we look at the time and realize that what felt like 5 minutes was actually 2 or 3 hours.

One evening while recently on the phone he had me laughing so hard I couldn't even talk! He wasn't even trying to make me laugh, it was just one of those conversations that had me bursting into laughter, with tears from it pouring out of my eyes, and holding my stomach because I could feel the muscles there once again... It was great because I haven't been laughing much at all lately, and it had been years since I had a good hearty laugh like that. Well needed! It had both of us in stitches.

It seems like we're two peas in a pod now – so connected and alike in many ways, yet, different in other ways too, like many families.

We're all we have left as family though. Ours wasn't an easy family unit to begin with – not by a long shot - and there are a few members spread out and estranged, so we both find ourselves appreciative of what we do have – each other.

It's not to say that it's perfect either, because we have our quirks like any relationship, albeit family or otherwise. But that bond is there despite it all... That connection that says, "I'll love you for life, and will always support you anyway I can." CONT'D PAGE 11 >>>

FAMILY MATTERS CONT'D...

And as we get older, we talk about him moving up to the Muskoka area from the city and doing things like kayaking and fishing together...an inspirational picture for us both.

I don't have anything spectacular to say really, other than I'm forever grateful for the bond that I have with my brother and for having him in my life. I cherish it greatly and realize the importance of having such a gift and of holding our loved ones close to our heart, because we don't know how long we'll have them for.

So, on that note I'll say... To my beloved brother, Wayne, know that you are loved and cared for deeply.

- Love, sis.

Have a story to share?

- *A challenge?*
- *A funny tale?*
- *A heartwarming experience?*

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***Psst...
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with MSM for next season!***

Exciting changes ahead...

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details coming soon!***

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SUPPORT FOR STRESS

*A Collection of Writings
for Coping with Emotional Strain*



Cheryl A. Patterson



Heather Huff-Bogart - Heather has more than a decade of experience in the Cannabis industry and holds certificates in cannabis marketing / production and is a certified Cannabis Sommelier. Her passion for cannabis and helping people shines through in every interaction she has with customers at The Green Bouquest Cannabis.

Cozy Cannabis Mocktails for Fall and Winter

When the leaves start to fall and the snow begins to swirl, I'm all about leaning into comfort. Fuzzy socks, crackling fires, hearty soups—and of course, something delicious in my cup. But here's the thing: these days I'm reaching less for wine or spiked cider and more for something fun, festive, and hang-over-free. Enter my new obsession: cannabis-infused mocktails.

Why I'm Loving Them This Season

Fall and winter come with plenty of reasons to celebrate, but also plenty of reasons to slow down. Cannabis mocktails hit the sweet spot: they feel special, they taste amazing, and they bring a mellow vibe without the morning-after regret. Whether it's a holiday dinner, a girls' night in, or just me winding down after a long day, these drinks make the moment feel just a little more magical.

A Quick Note on Dosing

Like with edibles, infused drinks can sneak up on you. I always tell people: start slow, sip, and see how you feel. Most cannabis drink mixes come with measured doses, so it's easy to add just enough to

your mocktail without overdoing it. Think of it like adding spice to a recipe—you can always add more, but you can't take it out once it's in!

Fall and Winter Flavors to Play With

This time of year is perfect for warm spices, tart fruits, and rich, cozy flavors. Cannabis fits right in, and the best part is you can get creative with whatever you already have in your kitchen. Some of my go-tos:

- **Canna-Cider Cozy** – Hot apple cider simmered with cinnamon and orange, then finished with a cannabis infusion. It's like a hug in a mug. Or grab an Orchard chiller which is already made and ready to drink.
- **Maple Highball** – Sparkling water, a drizzle of maple syrup, fresh lemon juice, and a sprig of rosemary. Crisp, herbal, and just a touch sweet.
- **Cranberry Kush Fizz** – Tart cranberry juice, lime, soda water, and your infusion. Perfect for holiday parties when you want something bright and

festive.

- **Choco-Chill Delight** – Hot cocoa with a hint of peppermint, plus your infusion stirred in at the end. Whipped cream on top is a must.

The Vibe They Bring

What I love most about cannabis mocktails is how inclusive they feel. Not everyone drinks alcohol, but most people still like having something “special” in hand. These drinks let everyone join the cheers without feeling left out—and they often spark great conversations too.

Cheers to Something New

Cannabis-infused mocktails aren't just a trend; they're part of a bigger shift in how we gather, celebrate, and care for ourselves. They're fun, flavorful, and totally customizable to your mood and the season.

So this fall and winter, try trading your mulled wine for a cozy cannabis cider or your champagne flute for a cranberry fizz. Trust me—you'll feel just as festive, maybe even more so, and you'll wake up the next day ready to do it all over again.

SUPPORT FOR STRESS



The Hidden Link Between Holiday Stress and Sleep

The holidays are often described as “the most wonderful time of the year,” but for many, they’re also the most exhausting, given travel, shopping, gatherings, and endless to-do lists. It’s no surprise that stress levels spike during the season. What often gets overlooked, however, is how holiday stress and disrupted routines take a toll on sleep – and how poor sleep, in turn, amplifies stress.

Stress activates the body’s “fight or flight” response, releasing cortisol and adrenaline, which is useful in short bursts, however, when chronic it keeps your nervous system revved up, making it harder to fall asleep or stay asleep.

Common triggers include late-night events or travel that throw off routines, overspending or financial worries, family tensions, and over-consumption of caffeine, alcohol or sugar.

Poor sleep makes you groggy and makes your brain reactive to stress. Studies show that lack of deep sleep reduces the brain’s ability to regulate emotions, making you more

irritable, anxious, or overwhelmed. Over time this creates a feedback loop: stress disrupts sleep, and poor sleep intensifies stress.

So, small changes can make a big

difference, such as protecting your wind-down time with 20-30 minutes before bed for calming rituals like reading, dim lights before bed, and bring sleep anchors like your pillow, eye mask or calming scents when traveling.

Instead of seeing sleep as something to “catch up on later,” think of it as a seasonal survival tool that can help boost your immunity, sharpen memory, and help you enjoy those experiences you worked so hard to create.

Holiday stress may be unavoidable, but losing sleep doesn’t have to be. By making small, intentional adjustments to your routines, you can protect your rest – and with it, your mood, resilience, and holiday spirit. After all, the best gift you can give yourself (and those around you) this season might just be a good night’s sleep. **MSM**

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Ways to Strengthen Resilience and Joy Over the Holidays

Create a “Mental Reset Ritual.” Pick one small daily practice that signals your brain to pause the holiday rush – like lighting a candle, 2-minute breathing exercise, or a short gratitude journal entry.

Anchor to a Personal Tradition. Even if you’re surrounded by family chaos or new environments, keep one ritual that’s yours (i.e. morning walk, tea before bed, or music) for a sense of control and continuity.

Practice “Joy Scanning.” Instead of focusing on stressors, train your brain to notice joyful moments (the smell of cookies, laughter, twinkling lights) to rewire your attention toward positives in real time.

Sensory grounding. The season is loud, bright, and busy. Use sensory grounding (5-4-3-2-1: five things you see, four you feel, etc.) to calm overwhelm in busy gatherings.

Set a “Social Media Spirit Check.” Before scrolling, ask: “Am I here for inspiration, connection, or distraction?” If it’s distraction, consider switching to a soothing activity instead.

Gift yourself boundaries. Instead of only setting boundaries with others, set one for yourself – like not overcommitting, not forcing “per-

-fect” traditions, or giving yourself permission to say no without guilt.

Micro-naps for the mind. If sleep is short, use mini “mental naps,” - 10 minutes of silence or lying down with closed eyes to reset your brain chemistry, like real rest.

Connect through contribution. Helping or small acts of kindness is a proven mood booster and counteracts holiday loneliness and stress.

Use music as mental medicine. Create playlists for moods: one for calm (soft instrumentals), one for energy (upbeat classics), one for joy (favourite singalongs). Music can regulate emotions surprisingly quickly.

Redefine “holiday success.” Instead of measuring the season by how much you did or how “perfect” it looked, define success by how often you felt present, connected, or joyful. This reframes expectations and reduces guilt. **MSM**

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Finding Light in the Darkest Days: Faith and Hope During the Holidays

The holiday season arrives each year as the days grow shorter and the nights stretch longer. For many, this time of year can bring joy, family, and celebration. But for others - who may be facing changes in health, family dynamics, or the absence of loved ones – it can also bring moments of loneliness or reflection.

Across cultures and faith traditions, the holidays share a powerful theme: the promise of light in the midst of darkness. Whether it's the glow of Christmas candles, the lights of the Hanukkah menorah, or the simple sparkle of winter decorations, light has always been a symbol of hope, renewal, and faith.

Light as a Symbol of Faith

For centuries, people have gathered around light during the darkest season of the year. In Christian tradition, candles symbolize Christ as the “Light of the World.” In Jewish tradition, each candle of the menorah recalls miracles and resilience. Even nature-focused traditions, the Winter Solstice celebrates the gradual return of the sun after the longest night.

These lights can serve as a reminder that even when life feels heavy or dim, faith has the power to shine through and guide the way forward.

Finding Your Personal Light

You don't need grand celebrations to feel the comfort of light. Meaningful rituals can be as simple as:

- Lighting a candle in prayer or reflection each evening.
- Placing a lamp or string of lights by a favourite chair as a reminder of warmth and comfort.
- Listening to hymns, psalms, or spiritual music that uplift your heart.
- Reading scripture, poetry, or inspirational words that focus on hope and resilience.

These small acts can create daily moments of peace, even if you're celebrating alone or on a smaller scale.

Light Through Connection

Sharing light can be just as important as finding it for ourselves. Reaching out with a phone call, writing a heartfelt card, or attending a holiday service – even virtually - can create sparks of connection. In giving light to others, we often feel our own burdens lifted.

The Takeaway

The holidays remind us that light has always triumphed over darkness, both in nature and in spirit. Whether through faith, tradition, or simple moments of gratitude, finding light in the darkest days can renew our hope and help us see the beauty that remains all around us.

As the candles glow and the lights twinkle this season, may they be a reminder that the light is never gone. It always returns, and so does our strength. **MSM**



Become a Muskoka Climate Hero!

By Lauren Saville

Muskoka's climate is changing, bringing new challenges to our environment, infrastructure, and way of life. From increases in risk of floods, fires, hotter summers and warmer winters we are and will continue to see changes to our environment due to climate change. *The District of Muskoka* is taking action through a multi-faceted approach that combines investment, collaboration, and community engagement.

What Causes Climate Change?

Greenhouse gases (GHGs), including carbon dioxide and methane are the primary cause of climate change. Carbon dioxide is the main driver of climate change which is emitted from fossil fuels, like the gas we use for our cars and the propane or natural gas we use to heat our homes.

The quantity of GHGs emitted into the atmosphere from human-caused activities has significantly increased over the past century. As concentrations of GHGs increase, they act like a blanket around the earth, trapping solar energy that gradually increases the temperature of the atmosphere, known as the greenhouse effect. Climate change causes a variety of life-altering impacts like extreme weather (heat waves, droughts, flooding, extreme precipitation, etc.) that we have begun to see around the world and locally right here in Muskoka.

Climate change is something we all will be living with but we can do something about it! The *Climate*

Hero program is a way for everyone to take actionable steps to reduce their carbon footprint and make Muskoka more sustainable. The program has many different levels with various actions to choose from and reflect everyone's unique interests and lifestyle. Enjoy gardening? Plant a pollinator or a sustainable food garden! Into technology? Take your e-waste to be properly recycled by the District. Every fraction of a degree we can keep the earth from warming can positively impact the future of our community. When we work collectively, we can make big impacts!

How to get started:

1. Visit our *Climate Hero Engage Page*
2. Download the *Climate Hero Guide*
3. You start at the Bronze level and pick 7 of the 12 actions to complete or if you are already doing these things great, that counts too!
4. Once you have completed all the actions, document them with a photo, screenshot or written description.
5. Complete the action report on the *Engage Page* to share what actions you have done and your documentation.
6. After we receive your action report, we will send you your window cling sticker and pin so you can showcase your commitment to climate action.
7. If you want to keep going you can start working on Silver and then Gold level actions, reporting to us after each one or do all three at once if you are able to!

We encourage you to create a *Climate Hero Action Group* within your community. Together, you can tackle these actions and inspire a ripple effect across all Muskoka. Many of these actions not only reduce GHG emissions but can also generate cost savings for your family or business.

Now is the time to make impactful changes to preserve the natural beauty and ecological integrity of Muskoka for generations to come.

For everyone who achieves a *Climate Hero* level in the first year of the program there will be a celebration event to recognize the hard work of our residents and businesses. We can't wait to celebrate your achievements!

Lauren Saville is the climate change initiatives coordinator with the District of Muskoka. She is an environmental and science educator, with 10 years' experience engaging audiences on topics like climate change and biodiversity.



Saving Seeds from Summer Flowers

By Jeanette Inthisorn

As the summer garden begins to fade, it's the perfect time to think ahead. Saving seeds from your favourite flowers is an easy, satisfying way to carry this year's beauty into next season—especially in Muskoka, where winters are long and every bloom counts.

Which Flowers to Save From?

Start with simple, reliable annuals like marigolds, zinnias, sunflowers, cosmos, calendula, and nasturtiums. These produce large, easy-to-handle seeds that store well. Some perennials and biennials, like coneflowers, foxglove, and hollyhocks, are also good candidates once their seed heads dry on the stalk.

Avoid collecting seeds from hybrid plants, as their offspring often revert to the traits of one parent and may not resemble the original plant. Also skip varieties that scatter their seeds early, like pansies or impatiens.

What to Do in the Fall?

Let seed heads mature fully on the plant until they turn brown and papery. Once dry, clip the heads and place them in a paper bag or envelope. You can rub them gently to release the seeds or let them dry further indoors for a few days.

Be sure to label your seeds with the plant name and harvest date. Store them in a cool, dry place—such as a

closet or basement—until spring.

Helpful Tip: In spring, test seed viability by dampening 10 seeds on a paper towel. If 7 or more sprout, you're in good shape.

Saving your own flower seeds is a gentle fall tradition that not only saves money, but deepens your connection to the garden. It's a simple way to preserve beauty—and pass it along.

Jeanette Inthisorn, Master Gardeners of Muskoka. *Our goal is to share, inform and advise avid and amateur gardeners with tips for indoor, outdoor and balcony gardening.*

SPORTS CORNER



Women's Professional Hockey League

By Peter Cassidy

There are some who might ask, “What is the world coming to?” I say it is long overdue. Women have been struggling for recognition for too many years.

I have watched women's hockey for a long time and have found it not only competitive but entertaining.

Now we have an actual LPHL (Ladies Professional Hockey League).

In one word: congratulations.

Women on an equal playing field have more than earned their place in professional sports.

I can almost always be found at the arena in the winter. This is where I was a couple of weeks ago. I was watching 10-year-old boys playing their hearts out.

As my attention shifted to the other side of the rink where players were coming on and off the ice, I had a very pleasant surprise. I saw two pink helmets emerge from the player's bench.

These two players now had my undivided focus. I was very much impressed with their skating ability and their skills. They passed the puck more than their male teammates. I thought, this is what minor hockey is all about.

I yearned to see more of their play. Each time they came onto the ice they seemed to know what they were doing. Believe me this is a tough element to teach. They knew about playing their positions, and one of the girls was hard to beat at the faceoff circle.

I look so forward to watching the LPHA often. Also, you can bet I will be at the arena again soon.

If there are any female hockey players reading my story, I want you to know you have my undying support and encouragement.

I never thought I would use my famous expression towards women's hockey... Well, here it is: “KEEP YOUR HEAD UP AND YOUR STICK ON THE ICE.”

Don't forget to have fun!

Peter Cassidy, Scotland born. Came to Canada in 1948. Played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.

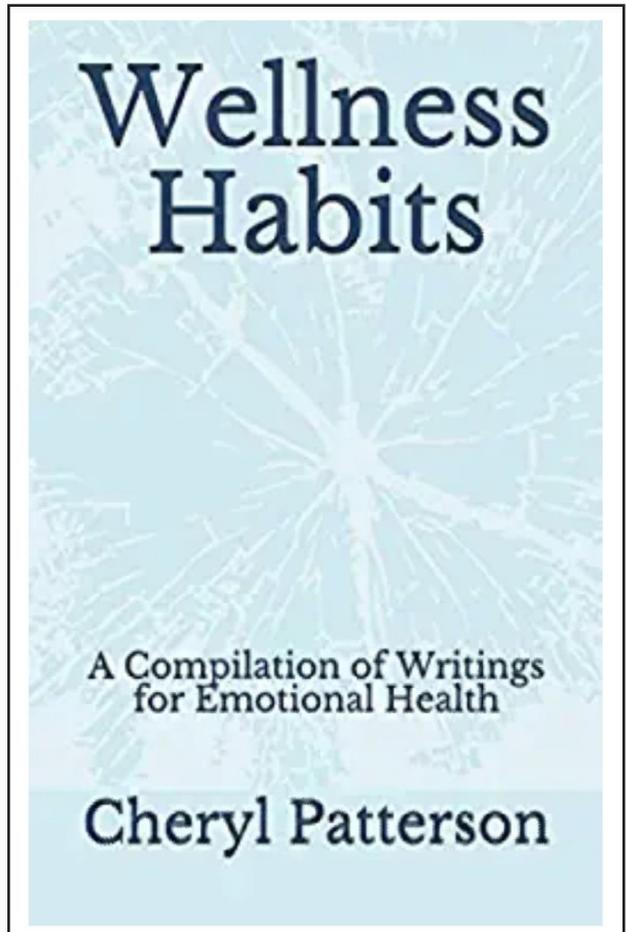
‘Old habits die hard’ or so they say...

It depends on how much these habits are affecting your health, relationships, goals, or life in general.

Sometimes these pesky habits happen right under your nose without realizing it. You just know things can be better.

You have two choices:

1. Keep on keeping on, and hope for the best. (Don't hold your breath for positive change to happen this way!)
2. Learn new ways of creating fulfilling and meaningful change in your life.



Order your copy today!

<https://www.amazon.ca/dp/1698857292>



A Muskoka Legacy of Adventure, Community, and Exploration

By Kent Hammond

Since the early 1970s, *Hammond Tours & Travel* have been creating opportunities for Muskoka residents to explore near and far. What started as a simple idea—giving locals the chance to enjoy the kinds of trips that visitors were flocking here for—has grown into a family tradition of travel, discovery, and connection that I'm proud to carry forward today.

The story began with *Muskoka Travel Service*, founded by Kay Beers and Betty Reid in the early 1970s. They recognised that residents wanted travel opportunities of their own and began organising tours, using Hammond buses to bring people to new places. Before long, my grandparents, Orvil and Fran Hammond, saw the potential in what Mrs. Beers and Mrs. Reid had created. They purchased the business and brought it into the Hammond family, building on the idea of day trips and multi-day excursions designed with the community in mind. Rebranded in 2019 as *Hammond Tours & Travel*, the focus was always reliability, comfort, and pride in serving our neighbours.

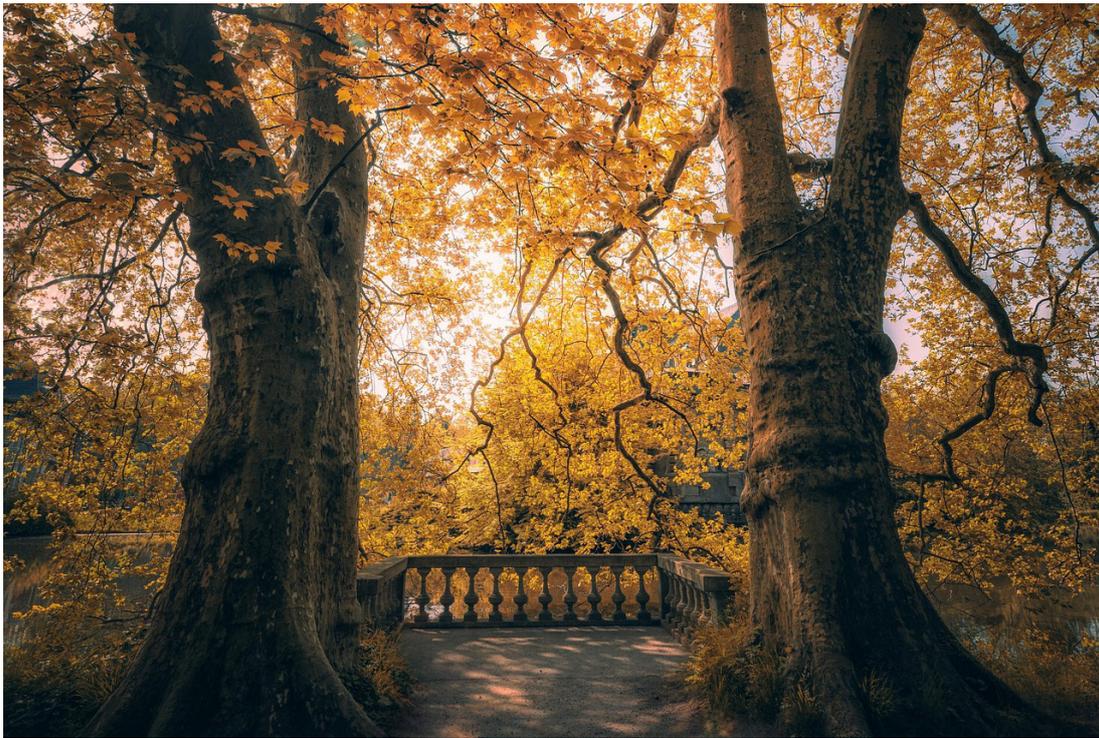
That same spirit still guides us today. More than fifty years later, I'm honoured to continue what began with Mrs. Beers, Mrs. Reid, and my grandparents. As their grandson, I feel a deep responsibility to stay true to the traditions we were built on, while also opening doors to new experiences. Our goal has always been to make travel enjoyable and stress-free. Whether it's a day trip to Toronto's Ripley's Aquarium, a scenic escape to Niagara Falls, or a journey from coast to coast, we do the planning so our travellers can simply relax, connect,

and soak in the adventure.

Over the years, our journeys have stretched far beyond Ontario. International travel has become one of the most exciting parts of what we offer. From the thrill of an African safari to the quiet magic of Iceland, or even walking among giant tortoises in the Galápagos, it's a privilege to help people from Muskoka experience the world in ways that are both safe and unforgettable. For me, it's not just about the destinations—it's about encouraging people to dream bigger, and then making those dreams a reality.

Being rooted here in Muskoka means more to us than just running trips. We've grown alongside this community, providing jobs, supporting families, and helping neighbours share experiences that spark joy and connection. I've seen how travel brings people together. On the bus, strangers become seatmates, and by the end of the trip they're swapping phone numbers and planning where to go together next. That sense of belonging is just as important as the sights along the way.

More than half a century has passed since *Hammond Tours & Travel* first began, but our values haven't changed. Community, service, and discovery are still at the heart of everything we do. As we continue to expand our horizons—whether it's new destinations across Ontario, Canada, or further abroad—we never lose sight of the trust and familiarity we've built with generations of travellers. And while our itineraries may reach further than ever, our heart will always remain right here in Muskoka, where it all began.



Sun On the Deck

By Carol Ford

“Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.” - Psalm 96: 11-12

It’s only about six feet by three feet. A space where the sun hits the end of deck in the early morning. A welcome warmth on a cool morning at our trailer. I move my patio chair to the spot, and lift my face upward to absorb the sun’s rays. The opening in the blue sky is framed by a canopy of trees.

Across the road I watch a family begin the sad task of packing their car to return home. Another holiday has come to an end. Their four children occupy themselves at the fire pit, and their father calls across to apologize for the large cloud of smoke drifting our way; apparently caused when they tossed a cereal box in the flames.

I smile, remembering past summers spent here with my boys. Summer holidays where their Christian faith was strengthened through the ministry and friends. Now they are men in the 40’s with children of their own. Praise God for answered prayer.

The sound of speeding cars and trucks, on the highway just beyond the trees, reminds me that this is a busy holiday weekend. I tune out the din, and notice a sound closer to my surroundings. A pileated woodpecker makes his presence known with a high-pitched call echoing through the forest. An awesome bird, as big as a crow with white and black feathers and a red crown. We feel very fortunate when we gain a rare view of him flying from tree to tree.

Reaching for my homemade blueberry muffin, I notice the delicate aroma from my cup of green tea. Such ordinary fare, but in this setting, it adds an away-from-everything feeling. A yellow jack buzzes around my face. “Go away.” I swat him.

Shadows of leaves dance on the deck boards when a gentle breeze passes through. Brown-Eyed Susans sway with the movement.

I take a deep breath.

Carol Ford has short stories in *Hot Apple Cider* books, volunteers with *The Word Guild*, facilitates a memoir writer’s group, writes about her adoption and birth family reunion, and resides in Newmarket.



Respect For WWII Veterans – Military and Civilian

By Linda Smith

Do you have a family member who recites past events on perpetual re-wind, while you roll your eyes trying not to groan out loud? I do. After hearing the amazed reaction of PSW's to my father's repetitive stories, I decided to peel away the layers of over-exposure and take a second look. As we approach *Remembrance Day*, these two WWII accounts deserve acknowledgement.

I'm The Guy

My father's friend Jan Lewandowski, ran a construction company after the war. Jan hired Dexter, a German-born carpenter to help him finish a house he was building. On the job site the men enjoyed each other's company and struck up a rapport. They began to compare notes. My one-hundred-year-old dad couldn't recall the date or the city involved, but the World War II event Jan told him about went something like this.

Jan: "Did you fight in combat during the war in Germany?"

Dexter: "I did."

Jan: "What service were you in?"

Dexter: "Luftwaffe. I was flying a jet that was shot down over Germany."

Jan: "Really! I was a pilot in the war too. I'll bet you were shot down on a Tuesday morning at 9:30."

Dexter: "How can you know that?"

Jan: "Cos I'm the guy who shot you down."

Comparing notes, the two men realized that this was the last time they had met – in the air. Both had lived to tell the story. Dexter must have had a good parachute!

Jan explained that the last time he saw Dexter's plane it had disappeared into a cloud on fire after his shot connected. Jan had no idea if the plane went down for sure or if the disabled aircraft was still able to fly away - until now. Against all odds, the men shook hands and eventually became friends. They were both pilots, ex-military and builders. They had a lot in common.

It is a hideous thing that men do to each other in the theatre of war, men who might have otherwise been friends, and who might have even built a house together.

Peggy In The Blitz

I recall another family that discounted their own mother's over-recited accounts of living in London during the Blitz. I was fascinated when she shared her personal war-time experiences with me during visits. As she unfolded perilous accounts of what it was like to live in a city being bombed, I wondered why her children never shared these stories with me. It certainly was interesting, even riveting. She opened the vault of her memories to me.

"We knew the distinctive sounds of German planes compared to ours, so we could identify friend or foe. When we heard enemy aircraft drop the bombs that whistled, we braced for the blast as we huddled in our Anderson bomb shelters. They were government issued and pretty cramped, but one day we realized there was a greater problem. The mattresses we slept on during raids were soaked with water from underneath.

It was not unusual to crawl out of our shelters in the morning after an enemy raid, to see dead bodies in the streets. A friend was playing cards with her husband and a neighbour one minute. The next, she was walking naked down the street after her house received a direct hit by a bomb, the only survivor of the card game."

I asked this interesting woman why her children never spoke of this to me? She told me their attitude was, "Ah, it's just mom and her boring war stories." Like me - they missed the gems. I thought this woman was a fascinating, walking, talking history book, someone to listen to carefully with wonder that she even survived one of the most horrendous experiences in history. My own father's stories, wrapped around significant events proved the point. We need to listen more carefully and respectfully.

November 11th – we remember.

Linda Smith. Author of biographies, stories about human nature and satirical cartoons.



Object D'art

Kenn R. E. Page

When pink jeans – not mine – more or less faded and parts of them ended up in the sewing basket, I started to get concerned. My builder's blue work jeans always ended up with holes in the knees from kneeling framing walls and so on. That made them candidates for patches.

Holes in the knees happened every so often while the back parts remained good, so I felt they were still too good to hit the dust bin. Something had to be done to restore the knees and patches was the only answer. I was ok with matching patches, but pink patches was a patch too far. To avoid unexpected surprises, I resorted to carrying out the restoration process myself.

When I discovered matching colour iron-on patches at my local Mart store I bought a half dozen packages of two each. This, much to my delight, I figured would spare me a lot of time-consuming hand stitching. It did, but not for long. After several washes the iron on patches started to peel off around

the edges. My first thought was to turn up the iron and apply more heat without setting my pants on fire.

When a new hole showed up above or below the first patch, or both, on went an overlapping patch or patches. The edge peeling problem would not stop and I almost resorted to contact cement. Instead, I broke down and resigned myself to hand stitching. That was ok, I had to sit and relax sometime, so I took up sewing. Nobody else offered to do it. Actually, I enjoyed doing it and took pride in a job well done.

After a time, enough patches was enough and those work jeans graduated to gardening pants. Gardening was my way to relax during the growing season. As a hobby it had been in my family as long as I could remember. My grandfather had a vegetable garden on Coldstream Avenue in Toronto that filled his small back yard, all except for the space taken up by a rock garden where he grew roses.

I never got interested in roses since every time I got near them, I

would sneeze my head off. This I noticed to be a huge problem when my dad planted a type of rose bush for a fence all down either side of our big back yard at our new house in Pickering. Then I discovered at my grandparent's cottage in Muskoka the first time I went swimming I was so plugged up I could hardly breathe. The second day I went swimming my head cleared right out and my allergy never bothered me again until the next summer.

At some point years ago, jeans started coming out in a wide variety of styles and colours. Not just for girls but for guys also. It started to seem like you could wear a different style or colour every day of the week and twice on weekends. The girls could choose between white, yellow, pink, various blues, stone washed, holes already in the knees and so on. For the guys we could pick medium blue, light blue, dark blue, tan, black, boot leg, bellbottom and others.

One day, visiting family in the city, we went shopping at Eaton's Catalogue Warehouse on the S.W. corner of Warden and Eglington Avenue and I discovered a whole pile of jeans for 5 bucks each. The material was sturdy so I figured they would be hardwearing and warm in cool weather. I could hardly resist such an offer for work pants. The fact that they were fire engine red and bellbottoms didn't bother me at all that much. However, I must have left part of my mind at home because I bought three pair.

Kenn R. E. Page, is proud to be Canadian! Born in Toronto, raised in Pickering, worked for Bell and IBM. Moved to Muskoka in '75 to design and build homes for 40 years. Hobbies: Fishing, reading, painting, gardening.



Christmas Past

By Andrea Beck

My memories of Christmas and my family traditions are very clear to me. Although I am a pensioner now. I live in the UK.

I lived with my mother and sister. Our home was a house that stood alone at the foot of the woods, where my sister and I spent many hours playing. It was and still is a pretty Dorset village, where everyone knew each other.

Christmas for us started with carol singing, which I looked forward to. Some people opened their doors with gift of mince pies and hot chocolate. Much appreciated by all. Before church on Christmas Eve, my mother would wrap each of us a potato in foil and lay them in the ashes of the log fire. We then went to the candle light communion midnight service. My sister and I sang in the choir for many years. After the service we rushed home to enjoy our long awaited hot potatoes, before excitingly going to bed.

Each year our mother cut a large branch of fir from our hedge. She hung it in the corner of the lounge for us to decorate with things we had made. We very much liked to decorate Yule logs from logs that we had chosen from the log pile.

Christmas morning, my sister was always awake before me. Climbing into mums bed we couldn't wait to discover what Santa had brought us. There was always an orange and some chocolate coins, always a tin of toffees with a pretty Christmas scene on the lid.

After breakfast, not that we could each much as we were excited. We set off to our Aunt and Uncles house. They were not really our Aunt and Uncle. We just called them that, they were like family. They had four children, so nine for Christmas lunch. A busy and noisy house. Our Aunt loved to bake and we all loved to eat. All hoping to find the silver sixpence hidden in the Christmas pudding. After lunch and very full we all retired to the lounge for present giving. My uncle always handed the presents being the head of the family. We didn't have the amount of gifts that children do today. We didn't need more.

Andrea Beck. *Living in Somerset England, crochet and cross stitching for my family and friend is my relaxation. Many of my projects now adorn my sisters home in Canada.*



Ella the Duck

By Bruce Lenton

As the sweet sun arose at dawn
Farmer John, with blue jeans on
Drove his rusty rickety truck
To market, to buy a duck.
Farmer John had no luck at all
Then, a white duck in her stall
Was quacking away happily.
“The very duck for me, though he.”
That beautiful white barn yard duck
Was placed upon the seat of his
truck
And farmer John drove back hap-
pily
Thinking what a dinner that duck
would be.
Yet, Ella; which was her true name,
Could not abide the very shame
Of her new farm residence
And so cried out in her defense.
“Quack, quack, quack, quack and
quack.”
Yet, she was mostly out of luck
For only the cow spoke some duck.
“So,” said the cow, “moo, moo, and
moo

What is the trouble with you?
Things are not so very bad
The farmer likes you, so be glad.”
“Quack, quack,” was her reply
“I’m going to teach myself to fly.”
“I’d like to see that,” said the cow
“But it won’t work anyhow
Moo, moo, moo and another moo
There is nothing you can do.
A duck you are and a duck you be
Get used to your captivity!”
“No! when I am up there in the sky
I’ll wish you all a fond good-bye.”
Although Ella’s wings made a
whooshing sound
Her feet never rose above the
ground
Despite the torture; despite the pain
Every day she tried again.
Then, with dust flying everywhere
She rose so slightly in the air.
“Quack, quack, quack,” Ella said to
the cow
“I am getting much stronger now.”
“Moo, moo, moo, moo,” the cow

replied
“Stop this silliness.” he groaned
and sighed
“For if you go up, you’ll fall back
down
And break your pretty ducky
crown.”
But Ella paid no mind at all
For she knew she would not fall
And she practiced every day
Right to the day she flew away.
Finally, up there in the sky
She wished them all a, fond good-
bye.
“Quack, quack, quack and quack.”
Then Farmer John was heard to say,
“There’s my dinner flying away.”

***Bruce Lenton**, grew up in Thunder Bay. He obtained his teaching qualifications from the University of Ottawa. His Children’s book is called, “A Much Happier You.” You may contact Bruce at b.lenton@shaw.ca.*



Having a Hard Time With the Loss of a Loved One?

We have this notion that we should stay suffering to somehow prove our loyalty to the loved one that passed, but is that what they would have wanted?

If you're struggling with loss, you're not alone, and it can get better.

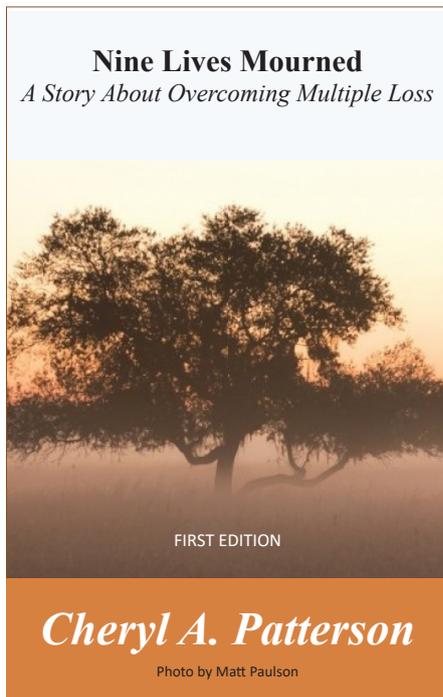
In this book I share my stories and how I got through.

If I can get through nine losses in five years, you can get through your grief too.

Or you can help a loved one get through their grief as this book makes a great gift too.



Makes a great gift!



Nine Lives Mourned

A Story About Overcoming Multiple Loss

FIRST EDITION

Cheryl A. Patterson

Photo by Matt Paulson

In Spite of Us

By Brenda J. Wood

The turkey is a thawing. The geese still getting fat
Aunt Ella's at the table, ready for a spat.

Gracie is determined to catch Santa at his game.

Johnny peeks at presents hoping for his name.

Hubby is hunting Luke, probably chapter two,
While I peel more potatoes, cause what I have won't
do.

Yes, this is our busy Christmas, once again this year,
Full of chaos, crazy schedules and frantic Christmas
cheer.

Yet soon we'll sit together; read and worship deep,
And traditionally remember why gratefully we keep
The love of Christ dear in our hearts, our lives forever
new

When Christmas comes to our house, just like it will to
you

Yes, in spite of us...Christmas.

Brenda J. Wood has been an author and motivational speaker for too many years to count. Enjoy her common sense wisdom and quirky humour at <http://heartfelt-devotionals.com> and hopestreamradio.com.

Order your paperback copy today!

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<https://www.amazon.com/gp/product/B01595ALEK>



Holiday Gift Guide

Designed to assist you with your holiday gift ideas, and to SUPPORT OUR LOCAL BUSINESSES over the holidays!



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Ladies accessories, scarves, gloves, jewelry & cottage decor. Hand poured candles & candle bouquets. Bath salts & shower steamers made right here in Lake of Bays.

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HOLIDAY MAGIC AT THE GREEN BOUQUET

Discover the perfect stocking stuffers and unique gift ideas for everyone on your list. Enjoy exclusive pre-Christmas sales and get ready for a special visit from Mr. & Mrs. Kush Kringle, bringing festive cheer and delightful surprises.

www.thegreenbouquetcannbis.com



YUMMIES IN A JAR

Yummies in a Jar offers an array of unique and delicious Pepper Jellies, perfect to celebrate the Christmas season. These colourful jellies pair beautifully with meats and cheeses to compliment holiday Charcuterie boards!

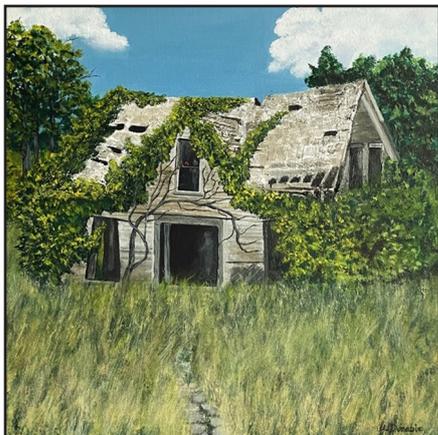
<https://www.yummiesinajar.ca>



MUSKOKA HILLS RETIREMENT VILLA

Our Christmas Gift to You... Bring a *senior family* member to lunch on us. Call ahead, book your lunch and sit on the deck and enjoy the fall colors, and the ducks in the pond.

<https://www.muskokahillsretirement.com/>



HERON'S NEST STUDIO GALLERY

Painting (16"x20"), "What Once Was Home," by Wendie Donabie, reflects the resilience of nature. Just one of many artworks by 8 local artists at Heron's Nest Studio Gallery - unique Christmas gifts for art lovers.

herons-nest-studio-gallery.square.site

Holiday Gift Guide

Continued...



YUMMIES IN A JAR

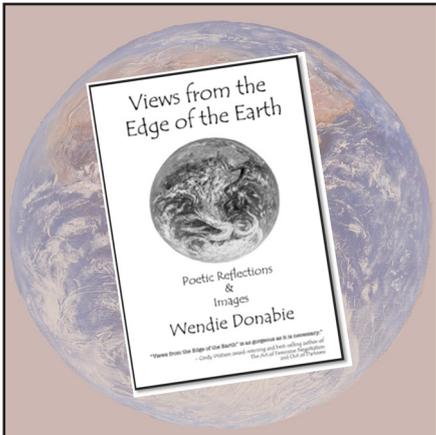
Included in our Yummies' lineup are over 30 varieties of fabulous jams, including many enhanced with real liqueur! With Christmas almost upon us, we welcome back our ever popular mixed berry "Jingleberry Jam - oh so good!.

<https://www.yummiesinajar.ca>

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Ladies accessories, scarves, gloves, jewelry & cottage decor. Hand poured candles & candle bouquets. Bath salts & shower steamers made right here in Lake of Bays.

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HERON'S NEST STUDIO GALLERY

"Views from the Edge of Earth," Wendie Donabie's poetic reflections on nature, is one of the books by 17 Muskoka authors at Heron's Nest Studio Gallery - perfect Christmas gifts.

herons-nest-studio-gallery.square.site



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MSM HOLIDAY GIVEAWAY

MUSKOKA SENIORS MAGAZINE wants to do something special for you! Win a \$50.00 gift card just in time for the holiday season! Join our brand new *MSM Social* seniors events group for a chance to win! See details and enter to win at:

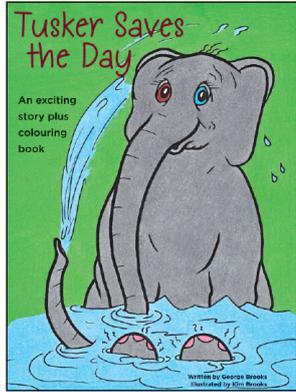
<https://www.facebook.com/groups/2001878910561875>



Book Nook



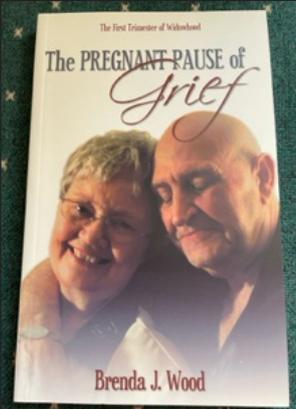
Heartfelt books by *MSM's Contributors!* Great gift ideas!



TUSKER SAVES THE DAY

This is a 18 page combination story and colouring book. Tusker the elephant saves a group of animal children from a dangerous situation. Tusker had not been accepted by the other animals before the incident but after his good deed the animal children loved him.

George Brooks,
brooksahmic@gmail.com



THE PREGNANT PAUSE OF GRIEF

An honest account of grief. Humor and tears combine, in an amazing testimony of God's grace, and the strength He provides in the midst of adversity.

brendawoodauthor@yahoo.ca



RAGPICKER

From late 1800's to 1939, Britain sent 100,000 destitute children to Canada as child labour. Today's term would be human trafficking. My grandfather was one of them, called a 'Home Child'.

lindasmithwpp@gmail.com



Vintage Muskoka

By Andrew Hind



VINTAGE MUSKOKA

Vintage Muskoka is a heavily illustrated delve into Muskoka's past. Longtime Muskoka Life contributor Andrew Hind shares two dozen nostalgic stories from across the region, including vintage resorts, settlers' tales, dance halls, steamships, and more. Andrew Hind can be reached at:

maelstrom@sympatico.ca

Poems & songs for children

Created by South Sea, Maine writer Bruce Lenton with delightful illustrations by Toronto artist Marlene Ferguson. 'A Much Happier You' features charming and newly released collections of poems and songs that bring an oasis of joy to the recently unsettled lives of our children.



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A MUCH HAPPIER YOU, By BRUCE LENTON,

is an amazing original and newly released collection of poems and songs that bring an oasis of joy to the recently unsettled lives of our children.

b.lenton@shaw.ca

AROUND MUSKOKA : HOLIDAY EVENTS



Events Around the Holidays (FREE unless indicated)

November

- **1st 9am-2pm, Gravenhurst Holiday Market**, at St. Paul's Church Gravenhurst Farmer's Market, <https://www.gravenhurstfarmersmarket.com/>
- **6th, 10:00-10:30am, Coffee/Tea Social**, Dwight Lakeview Seniors Centre, District of Muskoka WISE programs, seniorsprograms@muskoka.on.ca
- **15th, 7-8pm, 4th Annual Christmas Market**, Dwight, Community Centre, dwright@lakeofbays.ca
- **22nd, 6-10pm, Bracebridge Festival of Lights**, fireworks, Christmas carols, live entertainment, hot cocoa trail, bracebridge.ca
- **28th, 5-8pm, Huntsville Tree Lighting**, Kent Park, 75 Main St. E., huntsville.ca
- **27th, Culture and Cuisine Project for Older Adults**, WISE Mobile Active Living Centre, Port Severn, seniorsprograms@muskoka.on.ca
- **29th, 11am-8pm, The Muskoka Market: Huntsville's Holiday Edition**, huntsville.ca

December

- **6th, Christmas Luncheon**, Bracebridge Centre for Active Living, 1-3pm, <https://www.bracebridgeseniorscentre.ca/>

- **Dorset Christmas Tree Lighting**, Dorset Lions Centennial Park, Main Street, for more information about dates, visit: algonquinhighlands.ca
- **7-24th, Saddle up with Santa at Back of Beyond Equine Ctr**, "Imagine Christmas card photos of your family with Santa and a special pony in the official North Pole Stables..." Fee for photos and rides. backofbeyondequinecentre.com/visitsanta/

*Looking for more
communiity events?*

Check out our brand new events group,
MSM Social!

Have an event to share?
You can post it on the
MSM Social for free!

[https://www.facebook.com/
groups/2001878910561875](https://www.facebook.com/groups/2001878910561875)

MUSKOKA SENIORS MAGAZINE

Community Page

ANNOUNCEMENTS

The winner of the 2025 **MSM Charity Contest** is *Ryde Community Co-operative* (<https://www.rydecoop.ca/>)! They received overwhelming support, with voters praising the activities, programs, workshops, and other multi-generational events at their centre. Congratulations to a great charity doing wonderful work in the community!

BUSINESSES

HAMMOND TOURS - Day and multi-day trips, international destinations... Your #1 choice for a once-in-a-life-time group travel experience! www.hammondtraveltours.ca, 1800-562-1885. Check out our new Feature Trip package on [p. 2](#)

HUNTERS BAY RADIO - Community Radio, Super Jackpot Bingo, local podcasts, news and more. Download the app at muskokaradio.com [p. 32](#)

MUSKOKA CREMATION & BURIAL SERVICES LTD - Professional, cost effective cremation and burial services, including memorial merchandise such as urns, keepsakes and memorial jewellery. For further information or inquiry call 705-789-0086, or email: muskokacremationandburial@gmail.com. [p. 14](#)

MUSKOKA HILLS RETIREMENT VILLA - Where happiness lives. Join us for a tour and complimentary lunch. Nature trails, patio, gardening, snooker, and more. Spacious suites, wi-fi, and great views. Short-term stays and temporary respite available. 705-645-6364 www.muskokahillsretirement.com [p. 6](#)

THE GREEN BOUQUET CANNABIS - Our team is Canssell Certified and here to talk to you about your cannabis questions. We have free educational information in-store for seniors. In-store or curbside pick up. Open 7 days a week. 705-385-9333, <https://www.thegreenbouquetcannabis.com/> [p. 12, 13](#)

SERVICE GROUPS

BRACEBRIDGE CENTRE FOR ACTIVE LIVING - A community hub for Seniors to stay active, enjoy programs, special events and build friendships. 54 Dominion Street Bracebridge 705-645-9111, www.bracebridgeseniorscentre.ca

GRAVENHURST ACTIVITY CENTRE - Come join the Gravenhurst Seniors Activity Centre for \$35.00 a year and no age limit. We have 20 activities available. 705-687-8126.

PROBUS OF GRAVENHURST - We, in the Probus Club of Gravenhurst, have celebrated over 20 years in town. We were created to offer our residents an opportunity to meet, share similar interests and enjoy our wonderful Muskoka. Contact Barb McCabe at barbmccabemuskoka@gmail.com

PROBUS CENTRAL MUSKOKA BRACEBRIDGE - We are a Social Club who meets to enjoy numerous activities, share similar interests, learn and stay engaged. www.centralmuskokaprobus.ca

Something new is coming next season...

For 10 years, MSM has been more than a read - it's been a connection. Soon we'll be opening the door to something new, designed especially for our readers and community.

Stay tuned - the best is yet to come!



MSM Holiday Giveaway



We're celebrating *10 years* of MUSKOKA SENIORS MAGAZINE
and the launch of our new *MSM Social* group
with a festive giveaway!
Win a FREE \$50.00 gift card - just in time for the holiday season!

How to Enter:

1. Comment on the *MSM Holiday Giveaway* post in the *MSM Social* group = 1 entry
2. Tag a friend (each tag = 1 bonus entry)
3. The more friends you tag, the more chances to win!

The person with the most entries wins the \$50.00 gift card just in time for the holiday season!

Winners announced on November 17th in *MSM Social*, in time for Black Friday and holiday shopping!

Join the *MSM Social* and Enter to Win at:

<https://www.facebook.com/groups/2001878910561875>

Muskoka's Award Winning Community Radio Station



- Listen online! Get your app on
- Enter to win a Summer Fun Package from NyDock
- Win Big with Super Jackpot Bingo
- Give back to your community
- Listen to your favourite local podcasts
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