

# MUSKOKA SENIORS MAGAZINE

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

Winter 2026

**Let Winter be Restful**

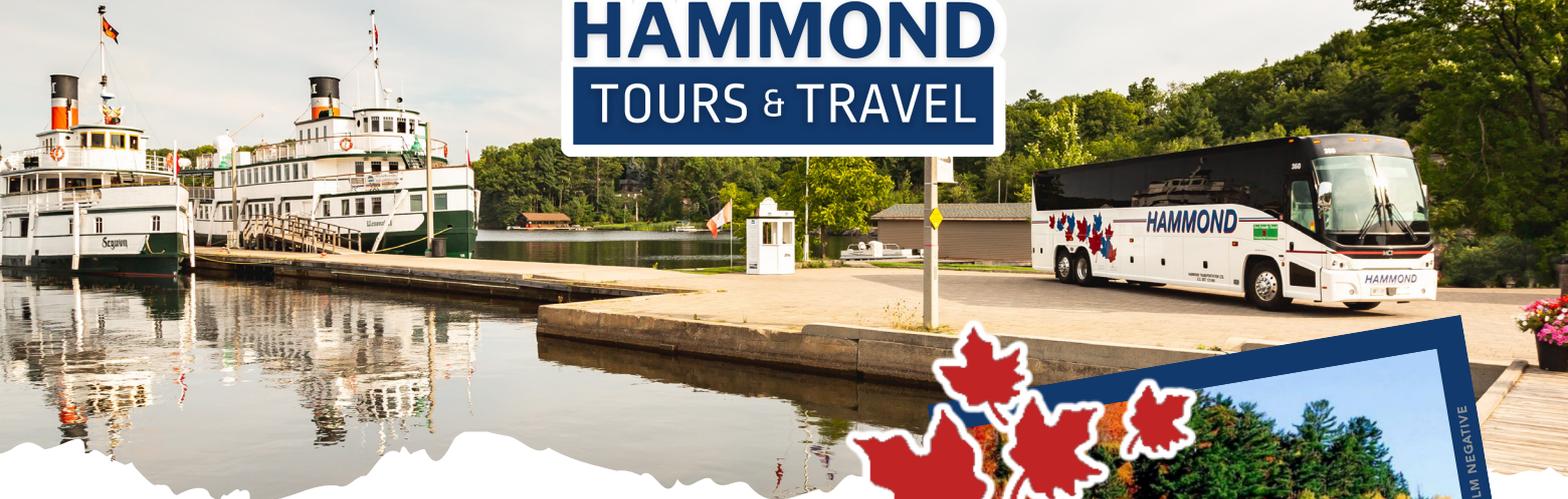
**Help with  
Winter Inflammation**

**What is  
MSM Connect...?**

**MUSKOKASENIORSMAGAZINE.CA**



# HAMMOND TOURS & TRAVEL



## DAY TRIPS

Take a worry-free day for yourself! Enjoy a delightful dining experience, some theatre or go on a shopping excursion with the girls. With a great variety of day trip options, we'll return you home relaxed and looking forward to another enjoyable day away.



## MULTI DAY TOURS

Our Multi-Day Tours are a great way to spend a few days away. Whether you're interested in going to Ottawa for the Tulip Festival or to Quebec City to soak in some French culture, Hammond Tours & Travel has something for everyone. With us, you'll experience luxury motorcoach travel at its finest.



## INTERNATIONAL DESTINATIONS

If you're looking for a "Bucket List" experience, look no further than our International Destinations. From Africa to Iceland and everything in between, Hammond Tours & Travel is your number one choice for a once-in-a-lifetime group travel experience.

TICO#: 50026098



1-800-563-1885



travel@hammondtraveltours.ca



www.hammondtraveltours.ca

# MUSKOKA SENIORS MAGAZINE

## CONTENTS



*Winter Foods... P8*

WINTER 2026

NOT JUST A READ... IT'S A CONNECTION



*Rested Winter... P 13*

### DEPARTMENTS

- 8 Nutrition
- 10 Family Matters
- 12 Cannabis
- 13 Support for Stress
- 14 Mind Health
- 15 Faithfully Speaking
- 16 Environment Matters
- 17 Gardening; Did You Know...?
- 18 Sports Corner
- 24 Creative Corner
- 26 Around Muskoka
- 28 Community Page

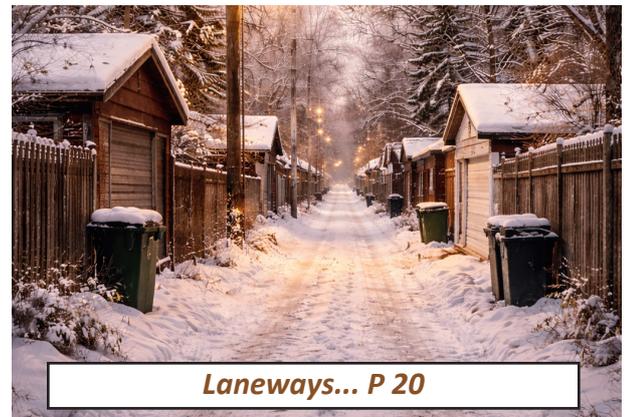
### HIGHLIGHTS

***Winter Foods That Comfort and Nourish***  
 "When winter settles in, our bodies seem to ask for something different..." 8

***Help With Winter Inflammation, by Heather-Huff-Bogart***  
 "New items that could help you in this cold winter weather..." 12

***Letting Winter Be Restful***  
 "When we allow ourselves to lean into this slower rhythm, something softens inside us..." 13

***I Am Part of the North, by Bruce Lenton***  
 "For your future, your children and your Glory..." 24



*Laneways... P 20*

### ON THE COVER

- HELP WITH WINTER
- INFLAMMATION.....12
- RESTFUL WINTER.....13
- WHAT IS MSM CONNECT?...27



Cheryl Patterson,  
Publisher

**MUSKOKA SENIORS MAGAZINE**

***Not just a read... It's a connection!***

It's a new year and a new season, and both have many new aspirations that follow.

Some of you may be setting new goals for the upcoming year, or are getting back into your healthy routines, and others may be enjoying a trip south for the warmer weather or simply enjoying a quiet winter in Muskoka.

In this edition, we can meet you wherever you are with everything from cozy nourishing foods, to managing some of the physical pain that comes with the colder weather, suggestions for embracing daylight, and some entertaining stories and chuckles along the way.

Kenn Page shares another funny story about his first and possibly last attempt at ice fishing.

Allan Schwartz takes us on a trip

down memory lane – truly – in a nostalgic story about laneways. Anita Krajnc, of the *Plant Based Treaty* informs us about the link between environmental matters and the food we eat.

Bruce Lenton shares an inspirational poem about Canada, “The country of worth.”

In the last edition, we hinted that something new was on the way...

For 10 years we've created a regional magazine that supports you, our readers, with a mission to connect you with information, inspiration, support, and inclusion.

Connections have always been at the heart of MUSKOKA SENIORS MAGAZINE - which is why we've taken things a step further...

We've created a new online community hub just for you, called

*MSM Connect*, to expand the ways we serve you, including seniors' news, learning and events, local and broader supports, special member offers for community products and services, *Moments of Joy* challenges, and more.

To learn more, visit the new website at [msmconnect.ca](http://msmconnect.ca).

You'll also notice new interactive links throughout the magazine now to make browsing and discovering easier and more enjoyable for you.

We hope you enjoy this edition as much as we enjoy putting it together for you.

All the best to you in the New Year!

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

# Introducing *MSM Connect*

A new online community hub created by  
**MUSKOKA SENIORS MAGAZINE** -  
to help you stay connected and informed.

## What you'll find?

- Local senior's news
- Community and broader resources
- Learning opportunities
- Events (online + in-person)
- Discounts & Perks (coming soon!)
- Moments of Joy challenges
- Intergenerational programs (seniors + youth)
- Opportunities to be part of something special
- And more coming over the next several months!

To learn more - or join - visit:

[msmconnect.ca](https://msmconnect.ca)

If you enjoy staying connected, here are a couple extra places to find us:

Facebook group: [MSM Social](#)

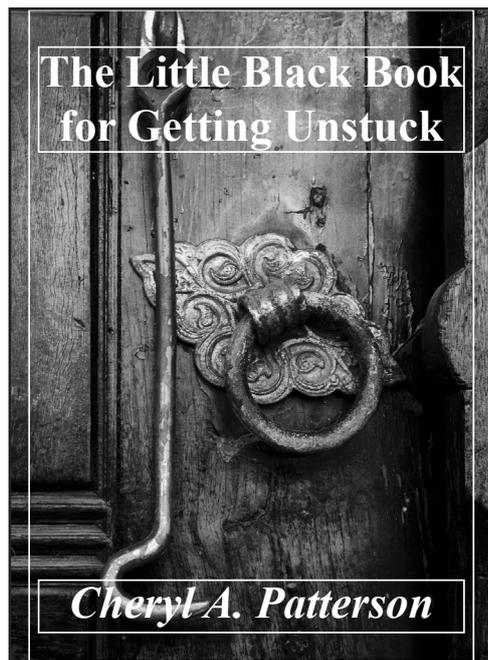
Instagram: [@msmconnect.ca](#)



*Where connections become community*

[msmconnect.ca](https://msmconnect.ca)

# Feeling Stuck in a Rut?



**4 1/2 Star Rating on Amazon!**

## What Readers Are Saying:

*“Loved it. Finished very quick. Totally hit home. You know my story... No more being stuck!”  
-C. C., Muskoka, ON*

*“It was amazing. Since I have been going through a lot of changes. So it really did help me out. It was great timing.”*

**Get your paperback copy today!**

[Order Here](#)

## MUSKOKA SENIORS MAGAZINE

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

### Our Mission:

**Inform, inspire, support and include you!**

#### PUBLISHER

Cheryl Patterson  
cpatterson@muskokaseniorsmagazine.ca  
705-783-2203

#### CONTRIBUTORS

Peter Cassidy  
Kenn R. E. Page  
Linda Smith  
Bruce Lenton  
Geraldine O'Meara  
Kristine Parenteau  
Brenda J. Wood  
Anita Krajnc  
Bessie Grimes

MUSKOKA SENIORS MAGAZINE is published quarterly.

#### 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.

#### MUSKOKA SENIORS MAGAZINE

subscriptions are FREE!

Digital has it's advantages!

If you want to receive it directly, or want to send a subscription as a gift, send your email address to:

[subscriptions@muskokaseniorsmagazine.ca](mailto:subscriptions@muskokaseniorsmagazine.ca)

\*The **holiday print edition** requires membership.

Learn more about it on [msmconnect.ca](http://msmconnect.ca).

**\*NEW: To be a part of our new community hub for discounts, perks, events, resources, seniors news, weekly updates, and more, visit: [msmconnect.ca](http://msmconnect.ca).**

<http://muskokaseniorsmagazine.ca>

[info@muskokaseniorsmagazine.ca](mailto:info@muskokaseniorsmagazine.ca)

705-783-2203

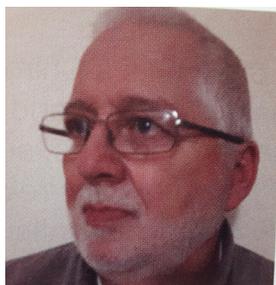
PO Box 283, Dorset, ON, P0A 1E0

# CONTRIBUTORS

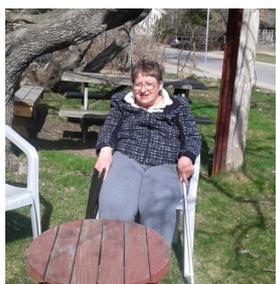
## WINTER 2026



**Plant Based Treaty** - You can visit our website [www.Plant-BasedTreaty.org](http://www.Plant-BasedTreaty.org) to learn more about our programs. Anita Krajnc is campaign coordinator for Plant Based Treaty and co-author of *The Secret Lives of Pigs*.



**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.



**Bessie Grimes** is the author of *Bible Stories From a Different Point of View*, *Little Pigs and Big Carrots and Other Amazing Tales*, and the editor of *Pioneer Homemaking in Muskoka*.



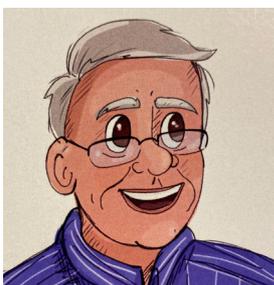
**Peter Cassidy**, born in Scotland and came to Canada in 1948. I played Canadian sports, and loved hockey and boxing. I love to write stories of those wonderful players and characters who were the stars in my day.



**Geraldine O'Meara**, Geraldine O'Meara, spent 21 years in England, working for a spirituality/environmental centre before residency in Huntsville, and now in Guelph to move closer to her family.



**Kristine Parenteau**. Retiring from 43 years in the banking industry and raising 3 children, I finally have time to pursue my goal of writing. Drawing inspiration from hiking and nature has been paramount.



**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](mailto:b.lenton@shaw.ca).



**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](http://hopestreamradio.com).



**Allan Schwartz** is a 79 year-old, retired Canadian who spent decades manufacturing stainless steel specialties. Married for 56 years, with children and grandchildren, he now writes anecdotal short stories.



***Warm From the Inside Out:  
Winter Foods That Comfort and Nourish***

## NUTRITION CONT'D...

When winter settles in, our bodies seem to ask for something different. Colder days, darker evenings, and time spent indoors can leave us craving foods that feel cozy, satisfying, and warming. Instead of focusing on diets or restriction, winter can be a wonderful season to enjoy meals that both comfort the spirit and support good health.

Eating with the season isn't a new idea. For generations, people adapted their meals to what was grown, stored, and cooked during colder months. Today, many of those same foods still provide exactly what our bodies need: warmth, nourishment, and steady energy.

### **Soups and Stews: Warmth in a Bowl**

Few things say "winter" like a simmering pot of soup or stew. Beyond tasting delicious, warm soups are easier to digest, help us stay hydrated, and provide a simple way to pack in vegetables, beans, grains, and protein.

Think hearty vegetable soup, chicken soup, chili, lentil stew, or minestrone. A single pot can stretch into several meals, making it budget-friendly and convenient. Add whole-grain bread or a side salad, and you have a balanced, satisfying meal.

### **Root Vegetables and Winter Produce**

Winter produce may not be as colorful as summer berries, but it's just as valuable. Root vegetables like carrots, beets, sweet potatoes, parsnips, onions, and squash are full of fiber, vitamins, and natural sweetness. Roasting brings out their flavour and creates that comforting,

caramelized taste many people love. Add olive oil, garlic, or herbs, and you've got a side dish that pairs beautifully with almost any meal.

Cabbage, brussels sprouts, kale, and other sturdy greens also shine in winter. Whether sautéed, added to soup, or roasted, they contribute important nutrients that support overall wellness.

### **Whole Grains for Steady Energy**

With shorter daylight hours, it's common to feel a dip in energy. Whole grains like oats, barley, quinoa, and brown rice can help maintain a steady fuel supply.

Oatmeal topped with fruit and nuts makes a warming breakfast. Barley added to soup creates a hearty texture. Brown rice or quinoa can be the base for nourishing grain bowls topped with vegetables and protein.

### **Spices That Warm From Within**

Certain spices have long been associated with winter cooking, not only for flavour but also for the way they make us feel. Cinnamon, ginger, turmeric, garlic, and cloves add warmth, aroma, and depth to meals.

A cup of ginger tea, cinnamon sprinkled on oatmeal, or turmeric added to soup can brighten both taste and mood.

### **Protein for Strength and Comfort**

Winter is not the time to skimp on protein. Foods like eggs, beans, fish, poultry, tofu, nuts, and yogurt help maintain strength, support immunity, and keep hunger steady.

Protein doesn't need to be complicated. A vegetable omelet, bean chili, baked fish with roasted veg-

-etables, or yogurt with fruit can all be simple, nourishing choices.

### **A Season for Comfort — Without Guilt**

Winter invites slower cooking, warmer meals, and a gentler approach to nourishment. Instead of worrying about strict rules, think about adding foods that warm you, sustain you, and make meals enjoyable.

Soups, roasted vegetables, whole grains, cozy spices, and comforting proteins remind us that food isn't only fuel — it's also connection, tradition, and care.

As the temperatures drop, let your kitchen become a place of warmth. A pot simmering on the stove or vegetables roasting in the oven may be just what both body and spirit need. **MSM**



Join us on  
Facebook

Looking to keep  
updated or share  
what's happening?

Check out our  
brand new **MSM Social**  
community group  
created just for you!

Events,  
community information,  
updates,  
and more...

Join today...  
[MSM Social](#)



## Family Truly Matters... Geraldine O'Meara and Her Family

*By Geraldine O'Meara*

As I age, I am beginning to reflect on the special events in my life, of which there have been many. Although they have all been good, there is one in particular that stands out for me, and that was my 75th birthday party that my daughter, Trish, had for me at her house.

My birthday was on a cold and bitter day in January, and many extended family members were invited from various corners of the province but, as we got closer to the evening, the snow became a blizzard and so many were unable to come. As it turned out, the people who helped me celebrate were the ones who lived close by and my four children and 5 grandchildren.

My son John, who was living in Taiwan at the time, flew in two days before and arrived just in time. My daughters Colleen and Cathy came to Trish's house earlier in the day in order to help, so they also missed the storm (the universe was on my side).

We had lots of good conversations and laughs, delicious food and drinks, and presents. My older granddaughter put together a memory poster with photos from the past, which I took home to treasure, and is still hanging on the wall in our new condo in the front hall.

At the end of the evening, someone suggested that we have a photo taken. Very spontaneously, we jumped on

the sofa, and my children, Colleen, Cathy, John, and Trish crossed their legs across mine. We were all full of laughter, and I felt such joy to have them surround me that way. It truly was the best gift ever for my birthday.

***Have a family story to share?***

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

***We want to hear about it!***

**Email it to:  
editorial@  
muskoseniormagazine.ca**

## MOMENTS OF JOY



The winner of  
December's invite to submit a  
photo is...

**Geraldine O'Meara!**

*"The wreath is a Christmas memory wreath. I put it together this year with pieces from the past that hold special memories for me.*

*The base of the wreath, with the pink flowers on it, was passed on to me after a dear family member died last spring. I added to it a red cardinal that was part of a bouquet of flowers that I sent for my sister's funeral who died in Christmas 2024. The Scottish doggie was given to me 5 years ago by my granddaughter who lives in Scotland. The figure of the little girl, Anne of Green Gables, was sent to me by another sister, while I was living overseas. The poinsettia flowers are of past Christmas's, as are the little Santa's."*

Each season everyone is welcome to submit a fun or heartwarming pic to help us spread a little joy to the community.

If you have a pic you'd like to share, send it in to:  
[editorial@muskokaseniorsmagazine.ca](mailto:editorial@muskokaseniorsmagazine.ca)  
or simply post it on our new [MSM Social](#)

Facebook group.

(MSM Connect members will be entered in a draw to win a \$25 gift certificate!)

To learn more visit [msmconnect.ca](http://msmconnect.ca)

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

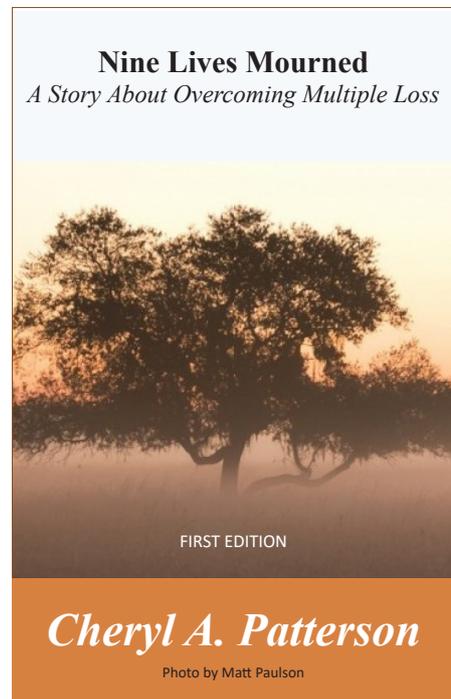
*We have this notion that we should stay suffering to somehow prove our loyalty to the loved one that passed, but is that what they would have wanted?*

*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.*



**Order your paperback copy today!**

[Learn more](#)



**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.

## Ideas to Help with Winter Inflammation

With winter here and the cold all around us, many of us may tend to get a few more aches and pains than we are used to. If you are open to wellness alternatives such as cannabis, I have a few items that could help you in this cold winter weather.

With there being so many different cannabis options out there, here are a few that you can focus on:

Infused back salts are wonderful to add to a warm bubbly bath along with a nice cup of infused tea.

Having a dose of CBD and or THC added into your bath can help reduce inflammation and are quite relaxing. Do not worry though, these bath products are not going to make you high or cause any kind of intoxication, just added relaxation and some pain relief.

When you are looking at the products, keep in mind THC. When not taken orally, it is great for carrying CBD down deeper into the skin and will provide relief. Many bath products utilize CBD in higher doses; this cannabinoid is great for many different reasons but for bath time, inflammation relief and relaxation.

Many of the bath products are also mixed with complimentary terpenes (terpenes are what provides

aroma and have their own health benefits).

So, all you must choose is if you want to use bath salt (no different than Epson salts, just unique additives) or a bath bomb. At our store, we offer a few options. Yes, these products may cost you a little more than your day-to-day products from your regular big box stores but treating yourself is worth it.

Another great product for the winter is a lovely topical, there are so many on the market to choose from. Here are a few things to focus on:

The cannabinoid ratio (cannabinoids are what is removed from the cannabis plant such as THC, CBD and CBG). Many ratios are either high in CBD and/or THC.

Again, what is the difference? Well, CBD is great for reducing inflammation as mentioned but overall, it is not the best carrier to get deep down into our skin, however, having a little menthol as an ingredient is a good choice as it will aid in carrying the CBD deeper down, helping it treat the pain issues that you are wanting to get corrected.

Many of these products also have unique mixtures of terpenes and different forms of applications - from roll-ons to lotions and even

salves. Now figuring out the best ratio for you, well that comes down to you and trying different products and finding the best product that works for you. Talk with your Bud-tender if you have questions; they are there to help.

Now did I mention tea before? Currently there are no infused teas sold, however, there are a ton of different products that you are able to add to any beverage. And of course, you can control your dosing from 1mg of THC or CBD or both.

How much do you want to add? Well, that again is up to you. My advice if you are new to cannabis, start low and go slow and a product like this will take a bit of time to get to work. as it must go through our stomachs and livers and will last for a while in our systems.

So, take it when you are ready to relax and watch the snowflakes fall gently to the ground.

Other options while you're relaxing and you feel like you want to nibble on a little snack to go with your tea or hot beverage, are options like infused cookies or biscuits, or maybe some chocolate.

With so many different products out there the options are endless.

In the meantime, stay warm and have a great New Year!



### Letting Winter Be Restful

Winter can arrive with a quiet invitation many of us have forgotten how to accept.

For much of our lives, we've been taught that every season should be busy, productive, and full of plans. But nature tells a different story. Trees rest. Gardens lie still. Even the animals slow down. Nothing is "falling behind" — it is simply pausing so it can grow again later.

When we allow ourselves to lean into this slower rhythm, something softens inside us. Instead of pushing through dark mornings or judging ourselves for having less energy, we can say, "This is a quieter time — and that's okay." Giving ourselves permission to rest is not laziness. It is care.

Gentle winter rhythms might look simple: sleeping a little longer, enjoying a warm drink without rushing, choosing one small task instead of five, or spending part of the afternoon reading, reflecting, or sitting by the window. These small pauses help the nervous system settle. Worry eases. Shoulders drop. Breathing deepens.

There is also less pressure in winter to "improve" ourselves. Instead of resolutions and big goals, we can ask softer questions:

What would feel kind today?

What would help my body relax? Who could I connect with, even briefly? These questions reduce stress because they focus on well-being, not performance.

The world will become busy again in its own time. For now, we can let

winter do what winter does — offer rest, reflection, and slower days that gently restore our energy.

Perhaps the healthiest thing we can do this season is simply allow ourselves to be human: warm, quiet, unhurried, and enough — just as we are. **MSM**

### Knowledge You Can Count On. Products You Can Trust.

- Credible knowledge
- Caring and friendly team
- Professional service
- Comfortable environment
- Convenient location
- Competitive prices
- Quality products



In store shopping or curbside pick up available.

15 South Mary Lake Rd. #2, Port Sydney, ON  
705-385-9333, <https://www.thegreenbouquetcannabis.com>



### How Winter Light Affects Our Mood — and Simple Ways to Feel Brighter

If you notice your mood, motivation, or energy dip in winter, you are not imagining it. Shorter days and weaker sunlight can change how our bodies feel and function — especially for those of us who spend more time indoors.

Light plays an important role in the brain. It helps regulate our “body clock,” supports sleep, and influences chemicals like serotonin (which can lift mood) and melatonin (which helps us rest). When daylight fades earlier, our bodies sometimes act as if it is time to slow down long before we’re ready — leaving us feeling tired, unfocused, or a little low.

The good news: small changes can make a meaningful difference.

Start with natural light whenever possible. Open curtains fully, raise blinds, and sit closer to a window during the morning hours. Even on cloudy days, outdoor light is brighter than most indoor lighting, and it gently signals the brain to “wake up.”

If you’re able, take short day-

-light walks — even 5–10 minutes helps. Notice the sky, trees, and fresh air.

This isn’t exercise for fitness; it’s

simply exposure to light and a moment to breathe.

Indoors, add warm, soft lamps rather than relying on one bright overhead light. Some people also find benefit from light therapy lamps designed for winter months. If you try one, use it briefly (about 20–30 minutes in the morning), and speak with your health professional if you have questions.

In the evening, dim lights gradually. Softer light supports calmer sleep, which in turn supports a steadier mood.

Most importantly, be kind to yourself. Winter naturally invites slower days. With small, thoughtful adjustments to light, many people find they feel a little clearer, a little lighter, and more themselves again.

A brighter day doesn’t always require big changes — sometimes it begins by simply letting more light in. **MSM**

### **Loss is challenging enough...without the added costs and complications!**

We take pride in making sure you get the services that you need at an affordable price. *Simple and affordable!*

- Stress-free arrangements made in our office, your home, or emailed
- Professional services include death certificates, and assistance with cancellation of government issued documents
- Executors Advantage - assisting families with estate matters
- A large line of Urns, and funeral and memorial products
- Our customers say that we “make them feel comfortable,” are “easy to deal with,” and that our services and arrangements are “affordable, quick and easy.”
- We’re here for you 24 hours a day...everyday



## Muskoka

CREMATION & BURIAL SERVICES LTD.

705-789-0086

<https://muskokacremation.ca>



# Returning Home

*By Kristine Parenteau*

As I pull up to the parking lot, I am feeling very shaky and overwhelmed with all my feelings, but I still feel the rumble of excitement inside that I am finally back.

Point Pleasant Park holds many memories for me and as I gaze around, I can't help feeling a sense of peace wash over me. As I park the car and start down the central trail within the park the sharp smell of pine needles hit me. Immediately that evokes so many wonderful thoughts and emotions in me of being a little girl in the park. I keep walking, the sound of my shoes crunching on the gravel path and the colourful fall leaves that have fallen. The forest around me is colourful and the air is crisp with the smell of the ocean. I am feeling reflective and content being back here with all its fond memories.

As I follow the pathway a new one branches out to the left, so I travel that way for a while. As I walk, I can hear a dog barking, the cry of the seagulls in the distance and the quiet murmurings of couples as they walk

past me. Mostly it is a quiet peaceful place, and my thoughts roam wildly. I am thinking so many things at once.

Memories of being here with my beloved aunt every summer, as well as my pain of missing Mom and Dad. It is all jumbled inside of me, and I know that much must be worked out, but I keep walking the path and breathing deeply. In, out, in, out, as I stop and lean my head back and look up at the clear blue sky.

As I round the corner of the new path I suddenly come to the point of the park where land meets the sea. An open vista spreads before me with a bright green lawn and random benches facing out to the ocean and Halifax harbour. My eyes target one of the benches and I quickly walk towards it and sit down.

The scenery before me is breathtaking. Wide open ocean at the mouth of the harbour with multiple sail boats flying back and forth across the water. Seagulls crying and crows squawking as they swoop down and

CONTINUED PAGE 16 >>>

## CONT'D FROM PAGE 15

look for fish and pickings. Far off into the distance I see a small island and an old lighthouse marking the entrance to the harbour. I quickly look it up and find it is called Devils Lighthouse. How many boats and sailors have that lighthouse guided I wonder?

As I feel the sun on my face and the breeze rustle my curly hair, I close my eyes and let my thoughts come. It hasn't been long since Mom has died and Dad only 6 months before her, so it is all very recent and raw. So many questions tumble through my mind – Are they together in heaven now? What does that look like? These are unknowable thoughts and yet they don't stop coming.

I believe in God and heaven deeply, so it is not my faith that is in question. I know God has directed me through the past 6 months of stress and sorrow but after all I am human, so I do think about these unanswerable questions as I strive to make sense out of loss and change.

I glance up and see a huge ship laden with containers lumber its way into the harbour to land at the shipyard. It moves slowly and steadily as it glides in and is met by two very tiny tugboats. As I watch, the tugboats move tightly by the ship's side; one at the front and one at the rear. It looks so funny these tiny boats helping such a big ship. As the large container boat approaches the docks you can see the front tugboat pulling it and the back one pushing against it.

It seems as it would never make a difference, however as I watch, the ship slowly is being turned and backs smoothly into its berth. I realize that this is an analogy of how God directs our paths in all circumstances. The obstacles sometimes are huge and cumbersome, however we are embraced and guided from the front and the back by our Lord as he ensures we remain steady and sure and brings us to exactly where we need to be.

It is time to go. I would stay forever on my little bench if I could. As I stand and start to stroll back along the path to exit the park I look up to the sky and say hi to Mom and Dad and a thank you to God for his faithfulness to me. I am feeling refreshed, and my breathing is easier now. I am glad I came today.

***Kristine Parenteau.** After retiring from 43 years in the banking industry and raising 3 children, I finally have time to pursue my goal of writing. Drawing inspiration from hiking and nature has been paramount.*

## '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.

# Wellness Habits

A Compilation of Writings  
for Emotional Health

**Cheryl Patterson**

[Order Your Copy Today!](#)

## ENVIRONMENT MATTERS



### The Way Food Impacts the Environment and What You Can Do About It

By Anita Krajnc

Ever wonder how we can grow enough food to nourish both people and the planet? More and more research shows that shifts toward plant-based food can make a meaningful difference.

When we think about how our daily choices connect to the land around us, it becomes clear that what we put on our plates is a powerful way to care for the environment we all share.

Preventing climate change, biodiversity loss and major land use changes are considered essential for maintaining a stable Earth system. They are sometimes referred to as planetary boundaries, and we need to keep these within a safe and just zone to ensure a healthy environment and promote UN Sustainability Goals.

Ten years ago, at the Global Climate Talks in Paris, world leaders set the goals of holding the global temperature rise to no more than 1.5 - 2 degrees Celsius. Scientists warn that 1.5°C is a physical limit, not a political target because 10 climate tipping points are already at danger zone at 1.1 C increased temperature and under the 1.5 - 2 degrees Celsius threshold.

These include Greenland and West Antarctic ice sheet collapse, tropical coral reef die-off, Northern permafrost abrupt thaw, Labrador Sea current collapse, Barents Sea ice loss, mountain glaciers loss, Atlantic current collapse, and northern forests dieback. Many of these tipping points encompass northern Canada and the Arctic where warming is three to four times faster than the global average.

Current policies could lead to a third of the human population being displaced outside a safe climate niche towards the end of this century. If current climate policies are not implemented there could be 4.4 degrees Celsius warming by 2100 and over half the human population living outside the climate niche. We need to redouble climate action beyond current policies and focus on the impact of food.

### Improving food security:

In 2021, the global food system contributed to over 54% of methane emissions - most from animals raised for food (36%) and the remaining from mainly rice cultivation (10%) and food waste (8%).

One of the quickest and easiest ways to a system that addresses the methane emergency is through food consumption. Methane is a short-lived gas unlike carbon dioxide, so if we act now on radically reducing methane it could buy us time to build up our carbon sinks and revert a climate catastrophe in the coming decades.

The United Nations Environment Program estimates that a 45% reduction in methane emissions by 2030 could prevent a 0.3 degrees Celsius rise by 2045. A shift towards a plant-based food system could slow methane emissions and thus temperature rises and potentially prevent us from breaching a number of the dangerous climate tipping points listed above.

Animal agriculture is a leading driver of deforestation and biodiversity loss. Animal agriculture takes up 83% of all farmlands yet inefficiently produces only 18% of calories. Steering the global food system away from animal-based food sources is a positive move for a sustainable future in where we free up land and reforest and rewild the Earth. This will also mitigate the climate crisis by recreating carbon sinks.

### How can you help?

There's lots you, your family and friends can do every day. And it's fun, delicious and healthy!

You can help the environment and become healthier by eating a whole foods plant-based diet. Choosing meals that rely more on fruits, vegetables, grains, legumes, and nuts and seeds can help protect forests and wildlife, support cleaner air and water, strengthen food security, and even lower health-care costs — while still enjoying delicious food.

The World Health Organization recommends 5 portions (80 grams each) of fruits and vegetables daily. Plant-Based Health Professionals recommend 10 servings daily as ideal. Our Plant Based Treaty website also has a hyper nourishing green smoothie challenge.

The Plant Based Treaty, a global initiative, promotes a shift towards a just plant-based food system that would enable us to live safely within our planetary boundaries and reforest the Earth.

**Plant Based Treaty** - You can visit our website [www.PlantBasedTreaty.org](http://www.PlantBasedTreaty.org) to learn more about our programs. Anita Krajnc is campaign coordinator for Plant Based Treaty and co-author of *The Secret Lives of Pigs*.



### Did You Know You Can Encourage Branches to Bloom Indoors in Winter?

During winter, when everything outside feels quiet and grey, many shrubs and trees are already quietly holding next spring's flower buds. With a little patience, some of these branches can be encouraged to bloom indoors, bringing colour and a hint of spring into your home long before the snow melts.

This simple winter activity is called "forcing branches," though it's really more about gently waking the buds rather than forcing anything to happen. By bringing branches into a warmer environment with water and light, they

gradually begin to believe that spring has arrived. Over a few weeks, the tight buds begin to swell, open, and eventually flower.

Good candidates include early-blooming shrubs such as forsythia, pussy willow, lilac, cherry, crabapple, and apple.

Choose small, non-structural pieces that would normally be fine to prune anyway. Aim for branches with lots of visible buds.

Once indoors, recut the stems under water, place them in a vase of fresh water, and keep them in a bright room away from direct heat.

Change the water every few days.

Some branches may bloom in as little as two weeks, while others may take three or four.

What makes this activity enjoyable is its simplicity. There's no mess, no special equipment, and nothing to lose if it doesn't work. When it does work, the reward is lovely: a small reminder that even in the heart of winter, the garden is quietly preparing for spring.

If you try it, start with just a few branches and enjoy watching the slow, gentle changes from week to week. **MSM**



*By Peter Cassidy*

# Sports in New Brunswick

Since moving to the east coast, it has been a minor disappointment sports wise. There is the usual sprinkling of minor sports, however, there is no junior hockey out here, or at least in Woodstock.

I was under the impression that there was a junior level hockey team here. It turns out it is the high school team. While they put a decent product on the ice it is most certainly not what I had hoped for, nor what I am used to.

I am 78 so I suppose my time has come to watch the games. To give a further example of a seemingly lack of sports, my granddaughters are into archery and basketball. And I hung up my golf shoes and gave my clubs to my son.

It is sad when he uses them better than I ever did. The fun for the grand old game went out of me a couple of years ago.

I did not enjoy it anymore. I tried to play a little last spring, but it was an effort. Perhaps it might be because of moving to a new area that I am unfamiliar with.

I have always had an ability to make new friends, which I have done through my church. However, without the atmosphere of sports in my life I have had to make big adjustments. I am looking forward to driving to Montreal.

My son and I are making arrangements to meet at the Centre Bell to see a Montreal Canadiens game. I really think I need the emotional lift this hopefully will give me.

In some ways it seems somewhat retro. When I was a boy Hockey Night IN CANADA was what kept us going.



It was mostly on the radio until Foster Hewitt began broadcasting his famous, “He shoots... He scores!” It seems that life has gone back to that somewhat. Saturday night to me is hockey night, unless I can watch my team on another night.

Perhaps it is this that has made me slow down and relax. I know I cannot do the physical things anymore. I do however enjoy life out here. The people are very friendly. When I wear my team colours, they seem to prompt immediate conversations with those I don't even know.

***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.*



## Where Have All the Laneways Gone?

*By Allan Schwartz*

As some of us attain a certain age demographic, there is a tendency to sometimes reflect back on our life experiences as opposed to looking forward and I found this to be very much the case as I took a stroll the other day through my childhood neighbourhood. Talk about the apple not falling far from the tree, here it is some 70 years later, and my wife and I now live in a condo that is less than one-half a mile from where I grew up! Many images flooded back into my mind as I walked through streets some of which have had name changes and others are just as I remembered.

Flinging back the pages of time my mind superimposed what I, as a youngster witnessed at a time when radio serial programs such as Amos'n Andy, Fibber McGee and Molly and the Great Gildersleeve captured our imagination, before the infamous television test pattern arrived and earlier programs such as Howdy Doody, The Plouffe Family and I Love Lucy.

I probably could not have been more than four or five years old, probably four because I distinctly remember going to the hospital to have my tonsils out and that entailed an overnight stay with hospital nursing staff bringing me both ice cream and ginger ale in a distinctly striped juice glass to ease my throat discomfort. My first experience with elective surgery, but by no means

my last.

Growing up in a neighbourhood that developed just after the end of World War Two, Supermarkets, Superstores and Wholesale food clubs did not exist as we know them today.

Of course, there were small grocery stores consisting of perhaps five or six aisles of basics and staples and then there were specialty stores such as Butcher Shops, Fish Mongers, Fruit and Vegetable vendors and even some higher end Pastry shops.

Usually, three to four times a week we had a horse-drawn wagon come right up our laneway to deliver fresh milk and on alternate days, I could swear it was the same horse, the same wagon but the driver in a different uniform, complete with hat, delivering bread, again to our side door. Rarely did the horse fail to leave evidence of his attendance.

These were simpler times and the honour system prevailed... money for milk purchases was left in empty milk bottles and the bread deliveryman ran a tab for the week. There were always corner stores for any last-minute requirements and often my grandfather who lived next door to us would send me on an errand to pick up his filterless, Sweet Caps cigarettes which were selling for twenty-five cents a package. Noone asked to see my proof of age. Today those same packages of twenty cigarettes sell for close to \$15.00 a pack.

There were other deliveries made directly to our house and these included blocks of ice for our pre-refrigerator icebox. Perhaps two to three times a week a very muscular delivery person with a huge set of tongs would lug the square blocks of ice into our home, each of which were about a cubic foot in size and weighed some 60 lbs. Never saw this man again once we acquired our very first electric refrigerator.

Finally, there was coal delivery. Most of our homes in the early 1950's were heated with coal which was delivered by truck to the front of our house and shovelled down a chute through an access door leading into our basement coal storage room. The coal dust was everywhere.

How our family all escaped black lung disease is beyond me. As kids, it was our job to take a wheelbarrow load of coal every day to the furnace and throw it in and of course, the next morning, collect the ashes which had cooled by then into pails and bring those up to the garbage shed. No-one complained about child labour, especially if we wanted to stay warm.

Continuing down memory lane, how could I forget about our Inglis wringer-washer? Granted, it was >>>

## CONT'D FROM PAGE 20...

still necessary to run the washed clothes, using Rinso detergent, maybe Fab in later years, through the rubber wringers to eliminate excess water before hanging everything out to air dry on a unique system called a clothesline, consisting of a wire cable strung between two pulleys about sixty feet apart and the clothes suspended from the cable by funny little hinged wooden pegs called clothes pins. These very same clothes pins were used by my friends and I to secure the cardboard dividers found in egg cartons to our bicycles to simulate an engine sound when the dividers flapped repeatedly against the spokes of the bicycle wheels.

There were no “devices” in those days, other than a rotary, landline, Northern Electric telephone. No smart phones, no flip-phones, no I-pads, no laptops, no Nintendo nor Game boxes... We children had to generate our own fun and excitement. Parents would often send us off to the park or playground with the simple admonition to come home...when it got dark.

Those of us with backyards would often flood them in the winter and create skating rinks where the boys would play shinny hockey and the girls would practice figure skating. This was obviously before women's hockey became popular.

I do remember that my father came home one day with a big box to surprise me. In it was a brand-new hockey uniform, the shirt, shorts, stockings, even a helmet. I opened the box and was totally dismayed. The uniform was that of the New York Rangers hockey team, not my beloved Montreal Canadiens nor even that “other” Canadian team, the Toronto Maple Leafs, whose most famous player ultimately started the Tim Hortons Coffee shops. What could my father have been thinking when he purchased this hockey uniform?

In the summers that same backyard became the venue for homemade circus acts performed on swing sets, teeter-totters and slides by my siblings and I and our nearby neighbours. Again, we created our own fun with our parents as a built-in audience.

Saturday afternoons were special. My mother would give me a quarter and send me off to the neighbourhood movie theatre, sometimes accompanied by friends and sometimes even with my sisters where fifteen cents was the price of admission and the remaining ten cents was used to buy popcorn and a drink. Entering the theatre around noon, we would exit, bleary and blurry eyed around six in the evening after having watched four films, a News of the World clip, a Fitzgibbons travelogue and two cartoons.

Arriving home just in time for dinner, I could visualize the predecessor to Swanson's TV dinners. The plate put down in front of me was tastefully arranged with peas in one sector; mashed potatoes in another; chicken or beef in the 3rd area and perhaps corn on the cob or niblets to fill up the balance of the plate. No foodstuffs could touch or mix with each other, heaven forbid.

There were a number of other memories that skittered across my mind as I continued my walk. Mail delivery came twice a day and on Saturdays as well. Streetcar fare for kids my age was such that you could buy five tickets for twenty-five cents and transfers were valid for the entire day. Sometimes we would simply get on the streetcar to see where it went and watched in awe as the conductor manually rotated the streetcar using some sort of geared-crank device at the end of the track so it could return the same way it had come.

Telephones, as I mentioned before, were rotary dial. Before that, although I don't remember having one in our house, the phones used a crank to call the Operator. One telephone set was sufficient for the entire household. The telephone numbers always started with two letters and then five numbers, such as CE (for Central) 45528 or SH (for Sherwood) 78989 and between my sisters who never strayed far from the phone in anticipation of calls from potential dates, or my father who was expecting business calls, or my mother who was involved with charitable and social events, I rarely used the phone or even anticipated a call. I would simply strap on my Roy Rogers cap pistols and holsters and seek out my friends to play Cowboys and Indians before that delineation became politically incorrect.

As my stroll took me past the house in which I was raised, I looked for... the lane! In our “hood” there had been numerous easements and service lanes intersecting the streets behind our houses, presumably used by the utilities to service water, hydro and gas. There was no lane to be seen. I walked from one block to the next looking through yards to see if “our lane” existed and it simply was no longer there! In their wisdom, the city fathers and mothers, had, over the years, no doubt sold off or gifted the lane property to the adjacent homeowners.

That had probably the most telling impact on me as I returned from my walk because once a lane is gone, it's gone and all the memories associated with it.

*Allan Schwartz is a 79 year-old, retired Canadian who spent decades manufacturing stainless steel specialties. Married for 56 years, with children and grandchildren, he now writes anecdotal short stories.*



# Sub-Zero Misadventure

*Kenn R. E. Page*

***“It amazes me what trouble people will go to just to have fish for supper when they wouldn’t go to all that trouble for a hamburger.”***

A few years back, a co-worker of Susan’s was talking about fishing so much during breaks it got her all fired up about fishing. Or I should say fishing again, because she had fished when she was in her home country as a child.

All that talk about fishing over and over led to Susan being invited to go ice fishing for Lake Trout, something totally new to her.

In turn Susan invited me to go along with her and the others. How many people that all came to I have no idea but the outing had to be cancelled due to rain.

In all my years of fishing, like Susan, I never once had gone ice fishing, although I had watched other people do it. I wasn’t exactly thrilled with the idea of starting now. The rain saved me from having to make a decision. With the cancellation Susan was rather disappointed as you can well imagine.

The fish didn’t know how lucky they were. However, the rather damp weather did nothing to dampen Susan’s enthusiasm and she still wanted to give it a go at the next earliest opportunity.

Then, on a cold but sunny Sunday afternoon drive we ended up in Dwight parked down by the beach watching, from the warmth of our vehicle, several brave souls ice fishing. I say brave because out on

the open ice it was obviously rather windy. Suddenly, much to my surprise, Susan was out of the vehicle, across the road and headed out across the ice. She was apparently aiming for a couple of people fishing that just happened to be farther away than anybody else.

The two people in question I’m sure must have been shivering in place as they were sitting bent over huddled against the wind staring down at the hole they had made in the ice. There was no visible evidence of any fish there resting beside them. It was beyond me what Susan was up to and when the two people finally realized Susan was headed straight for them they must have wondered the same thing. With Susan bent forward into the wind and only slowly gaining ground, I started to question whether she would reach her goal or not.

She finally did, but she didn’t stay long. She must have been frozen stiff and her mouth wouldn’t function, or the two people thought her trek across the ice was scaring the fish. She didn’t seem to be all that welcome and it looked like a wasted trip.

Already I had turned the heat up inside where I sat, I was starting to shiver just watching all this play out. Susan was far from properly dressed for such an extended

journey in the sub-zero wind. In the back of my mind I was already planning a rescue mission. At least if she did make it back she would get a warmer welcome in more ways than one, more than I thought she got out there on the ice.

It amazes me what trouble people will go to just to have fish for supper when they wouldn’t go to all that trouble for a hamburger.

Then, turned around and with the wind at her back, Susan made it back to our vehicle in less than half the time. The wind was in her favour, not that it was any warmer. She was so cold she could hardly open the door and climb inside.

We sat there until she stopped shaking the whole vehicle and she could once again speak. If I remember correctly her first words were, “Take me home.”

If that didn’t dampen her enthusiasm, nothing would. To tell you the truth, I can’t remember Susan ever mentioning ice fishing again except maybe in way of comment in warmer weather.

***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.***



## I am part of the North

*By Bruce Lenton*

I am part of the North,  
The Country of worth.  
I have seen the mountains and the valleys.  
My heart fills with pride,  
Oh, I will confide,  
That there's no other nation for me.

Then sing of the Land,  
Join hand to hand,  
Sing of the people and their story.  
For it's Canada true,  
We are fighting for you,  
For your future, your children and your Glory.

I am part of the North,  
The Country of worth.

I have seen the mountains and the valleys.  
My heart fills with pride,  
Oh, I will confide,  
That there's no other nation for me.

Then sing of the Land,  
Join hand to hand,  
Sing of the people and their story.  
For it's Canada true,  
We are fighting for you,  
For your future, your children and your Glory.

***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](mailto:b.lenton@shaw.ca).*



## Terror Ride

By Bessie Grimes

A dark night;  
A lonely country road  
A railway track.  
One car  
Speeding to its destination.  
Two people,  
Driver,  
Passenger,  
One lone light  
Moving along the track.  
“Aren’t you going to stop for the train?”  
“There’s no train. That’s a house.”  
“There’s no house there. I know this area.”  
The passenger reached for the door handle.  
She would jump  
If necessary,  
If the car stalled.  
Would she make it if she did?  
She didn’t know.  
She couldn’t save the driver.  
The train was coming from that side.  
The car kept moving.  
When we were a hundred yards past the railway track  
The train went by.

**Bessie Grimes** is the author of *Bible Stories From a Different Point of View*, *Little Pigs and Big Carrots* and *Other Amazing Tales*, and the editor of *Pioneer Homemaking in Muskoka*.



## Try Me

By Brenda J. Wood

I’m just a little something, (Hardly worth a look)  
But Jesus mentioned me. I’m even in his book!

People totter at their edges, flailing in needless fear;  
When all they need is me to make their pathways clear.

They keep me in their pockets, or on their  
pantry shelves  
Yet I am their best helper. Try me for yourselves.

Plant me every season; in good times or in bad  
I am your daily helper in happy times or sad.

So small, folks barely notice, but plant me now and see  
The glories of conquering, with me the mustard tree.

I grow biggest when I am planted in a heart that’s full  
of doubt  
I’m always there awaiting to help my users out.

We defy the odds together. Behold the dread of life  
Together we will win as we conquer all the strife..

Oh, yes, we win the battles. Your motto now should be.  
I’m only a tiny mustard seed. Don’t be afraid. Use me!  
(From Matthew 13:31-32)

**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 <http://hopestreamradio.com>.



### 100 People Who Care

The charity, Muskoka 100 People Who Care, shared a letter they received with MUSKOKA SENIORS MAGAZINE about a holiday initiative they helped with that occurred at the Port Carling Community Centre November 2, 2025, which they explained “was a shoebox raiser in support of the Muskoka Shoebox project.”

With their permission we thought we’d share this heartfelt letter, which highlights their hard work in the community as follows:

*“Dear Muskoka 100 People Who Care,*

*What an incredible day! Whether you joined us in person, supported from afar, or donated items to help us assemble the shoeboxes — thank you. Because of your generosity and community spirit, we wrapped, packed, and wrote heartfelt letters to 205 women in our community today.*

*Each box was filled with love, care, and hope — and every letter was written with kindness. It was so special to come together, catch up, and share in the joy of giving.*

*A special thank you to the fire department and police for stopping by to ensure the community centre was safe and ready for us an hour before the event began. Your care and support mean so much.*

*We are truly grateful to every one of you. This community’s compassion continues to shine bright — thank*

*you for being part of something so meaningful.*

*With heartfelt appreciation, Muskoka 100 People Who Care, in support of The Shoebox Project for Women.”*

The 100 PWC charity adds, “This was Muskoka 100 People Who Care’s 2nd year doing the event. Last year we successfully wrapped 149 boxes and this year we surpassed our 200 goal! Please save the date for our June 18, 2026, event. More details to come and you can check out our givings here;

[https://www.muskoka100peoplewhocare.ca/.](https://www.muskoka100peoplewhocare.ca/)”

**Do you have a story to share about your community group?**

**We want to hear about it!**

**Email it to:  
editorial@  
muskokaseniorsmagazine.ca  
for your chance to get published  
in an upcoming season!**

# Love Learning - and From the Comfort of Your Own Home?

## ***MSM Connect Learning Series***

Our new *MSM Connect Online Learning Series* brings interesting, helpful, and inspiring talks right to you - from the comfort of home.

Each workshop, we'll feature a variety of topics led by local organizations, industry leaders, professionals and community groups. These are designed to be relaxed, friendly, and easy to enjoy, whether you're learning something new or simply exploring an interest.

### **Topics include:**

- Health and wellness
- Shopping on a budget
- Home
- Internet safety and IT
- Travel
- Accessibility

The series begins this spring,  
and everyone is welcome to learn more and follow along as we prepare.

To learn more - or join - visit: [msmconnect.ca](https://msmconnect.ca)

If you enjoy staying connected, here are a couple extra places to find us:

Facebook group: [MSM Social](#)

Instagram: [@msmconnect.ca](#)



*Where connections become community*

[msmconnect.ca](https://msmconnect.ca)

# MUSKOKA SENIORS MAGAZINE

## Community Page

### ANNOUNCEMENTS

The winner of December's *Moments of Joy* invite is Geraldine O'Meara with a pic of a lovely handmade wreath that included decorations with special memories on it. Congradulations Geraldine! Visit our [Moments of Joy page](#) to learn more.

Introducing *MSM Connect* Community Hub created just for you! Featuring resources, online learning series and other virtual and in-person events, seniors news, seniors & youth programs, a Discounts & Perks page (coming soon!), *Moments of Joy* challenges including both pics and Muskoka themed word finds, and more. Visit [msmconnect.ca](http://msmconnect.ca) to learn more.

### 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](http://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](http://muskokaradio.com)

**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 visit: <https://www.muskokacremation.ca>. [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](http://www.muskokahillsretirement.com), [p. 30](#)

**THE GREEN BOUQUET CANNABIS** - Our team is Cannsell 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](http://www.bracebridgeseniorscentre.ca)

**MUSKOKA 100 PEOPLE WHO CARE** - unites community members who meet twice a year, each contributing \$100 to create a meaningful impact for local charities. <https://www.muskoka100peoplewhocare.ca>

**PROBUS CENTRAL MUSKOKA BRACEBRIDGE** - We are a Social Club who meets to enjoy numerous activities, share similar interests, learn and stay engaged. [www.centralmuskokaprobis.ca](http://www.centralmuskokaprobis.ca)

**MSM Connect...**  
*Where Connections become community.*  
[msmconnect.ca](http://msmconnect.ca)

# Looking for a little lift this winter? Something fun right from home?

*Moments of Joy*  
...is our way of bringing a little brightness  
into everyday life.

*Moments of Joy* features  
seasonal challenges designed to  
brighten spirits  
through photos and word finds,  
all at your own pace.  
It offers a little enjoyment  
and a sense of connection along the way.

And as part of the fun,  
*MSM Connect* members are entered for a  
chance to receive a \$25 gift card.

To learn more or take part online, choose your challenge:

- [Pictures](#)
- [Word Find](#)

If you enjoy staying connected, here are a couple extra places to find us:

Facebook group: [MSM Social](#)

Instagram: [@msmconnect.ca](#)



*Where connections become community*

[msmconnect.ca](http://msmconnect.ca)



# HAPPINESS LIVES HERE



## QUALITY BRACEBRIDGE INDEPENDENT LIVING.

Nestled in the heart of the beautiful Muskoka Lakes region, Muskoka Hills Retirement Villa is located just outside of Bracebridge, Ontario, close to restaurants, ship excursions, shopping, many churches, the local library and parks.



**WE BELIEVE**  
*there is a time to relax,  
retire and enjoy stress-free living*



Stroll the walking trails and relax in the gazebo by the pond. Deer, moose and many varieties of wild birds are just a few of the pleasures to enjoy while relaxing in the Grand Lounge, with the stone Muskoka Fireplace. Meet our Chaplain and wonderful staff. Our nurses care about your needs and we have 24 Hour Care.

Muskoka Hills Retirement Villa offers round the clock wellness services to enhance your retirement and assisted living needs. Enjoy great meals, room service laundry facilities, and trips into town in the Villa van. Stay active and take part in daily Programmed Events, Game Clubs, Exercise Room, or trim the plants in our Garden Room. Take it easy next to one of the fireplaces with a good book from our library. Listen to the monthly music concerts or watch hockey on the big screen TV.

Yes, Happiness lives here. Just talk to our long time residents and staff.



*Respite Assistance in Muskoka*

- Nurse 24/7
  - Respite now available
  - Friendly & Caring Staff
- Come for a tour and free lunch**



**MUSKOKA HILLS RETIREMENT VILLA**

690 Highway 118W Bracebridge ON P1L 1W8 (Just West of Bracebridge) Tel: 705-645-6364

[www.muskokahillsretirement.com](http://www.muskokahillsretirement.com)