

Supporting Healthy Aging & Connecting Seniors to our Community

What is Seniors Centre?

The Seniors Centre provides a diverse range of programs and services to older adults (age 55+) which promote physical, social, educational, and personal development in a welcoming and inclusive environment.

Programs & Services:

- High & Low Impact Fitness Programs
- Skills Development Programs
- Social Programs
- Computer Classes
- Counselling
Free, confidential counselling is now available by appointment at 90 Littles Road
- Caregiver Support
- Information & Referrals
- Tamil Seniors Social Programs
- Cooking & Arts Programs
- Health Fairs, Workshops & Seminars
- Trips & Special Events
- Volunteer Opportunities

Locations:

90 Littles Road
Scarborough, ON M1B 5E2
Tel: 416.284.4184
Fax: 416.293.1997
www.mfrc.org

1321 Neilson Road
Scarborough, ON M1B 3C2
Tel: 416.281.1376



What's Happening

SENIORS CENTRE

Spring 2017

SPECIAL EVENTS

June is Seniors Month "Living Your Best Life"

Keep a look out for special events and programs celebrating our seniors!

- ◆ **Caregiver Series:** The Seniors Centre invites caregivers in the Malvern community for workshops and activities that help those taking care of the elderly, palliative, chronically ill or living with a disability.
- ◆ **Seniors Self-Defence:** Thurs. May 18th
- ◆ **World Elder Abuse Awareness Day Senior Anti-Ageism Symposium:** Thurs. June 15th

Seniors Spring Trip Series

- ◆ Friday April 21st: **Royal Ontario Museum**
- ◆ Friday May 18th: **Casa Loma**
- ◆ Friday June 9th: **The Caregiver Show**

GET INVOLVED!

Join us at
MFRC's 4th Annual Walk-a-thon

- Be a participant by doing 5 km walk around the community.
- Pledge for someone who will be walking

Be a Newsletter contributor

Be a Program Peer Leader

- Recruiting new positions including:
 - Health & Wellness Programs (Nutrition & Physical Activity)
 - Social Programs
 - Personal Development

Join the Seniors Advisory Committee

- Meets monthly, works on projects to address the needs of Seniors in Malvern.

For more information
please call the Seniors
Department:
416-284-4184 ext. 246 or 242

Programs and services may be subject to change or cancellation without notice.

MFRC CLOSURES
Closed: April 14, April 17
No Programs: Jun 26th to Jun 30th



MONDAY

Tai Chi

10:00 - 11:30 a.m.

Low-impact exercise class combining deep breathing and slow, meditative movements

90 Littles Road

Tamil Social Drop-In

10:00 a.m. - 12:00 p.m.

Play games, connect with other Tamil seniors, and meet new friends

90 Littles Road

Conversational English

11:00 a.m. - 12:00 p.m.

Practice your English language skills through conversation and fun activities

90 Littles Road

*Tamil Seniors Wellness

12:00 - 3:00 p.m.

Discussions, guest speakers, games, and activities

90 Littles Road

**Programs marked with an asterisk requires registration and/or program fees. Please call 416-284-4184 ext. 246 to register or for information about seniors programs.*

TUESDAY

*Seniors Move & Groove

10:00 - 11:00 a.m.

Break a sweat with this high impact cardio exercise class

90 Littles Road

*Computer Class

10:00 - 11:30 a.m.

Learn computer basics, such as Microsoft Office and social media

90 Littles Road

Level 1: April 4, 11, 18, 25
May 2, 9

Level 2: May 16, 23, 30
June 6, 13, 20

Seniors Drumming Circle

Peer-led Program

11:30 a.m. - 12:30 p.m.

Participate in basic drumming rhythms and beats!

90 Littles Road

Close Knit Circle

1:00 - 3:00 p.m.

Knitters & crocheters of all skill levels welcome!

1321 Neilson Road

WEDNESDAY

*Yoga for Older Adults

9:30 - 10:30 a.m.

Gentle movements, stretching, and mindful breathing for seniors

90 Littles Road

*Seniors-Fit Bootcamp

10:30 - 11:30 a.m.

Medium impact exercises with cardio and strength training drills

90 Littles Road

*Community Kitchen

12:00 - 2:00 p.m.

Cooking together while learning about nutrition, community resources, and seniors safety

90 Littles Road

April 19 – June 21

Diabetes Support for Older Adults

2:30 - 3:30 p.m.

Learn more about diabetes, tips on how to manage a diagnoses and much more

90 Littles Road

April 19, May 17, June 21

*Falls Prevention

11:30 - 12:30 p.m. at

1321 Neilson Road &

1:00 - 2:00 p.m. at

90 Littles Road

THURSDAY

Eco Fit

Peer-led

8:30 - 9:15 a.m.

Medium impact exercise class with light cardio and strength training

Malvern Town Centre Food Court

Laughter Yoga

Peer-led

10:00 - 11:00 a.m.

Laugh as a form of exercise & stress relief

90 Littles Road

*Line Dancing

11:15 - 12:15 p.m.

Group dance class for older adults

90 Littles Road

Sunshine Seniors Folk Singing

11:15 a.m. - 12:30 p.m.

Get together to sing songs from back home.

90 Littles Road

Seniors Need to Know

1:00 - 2:00 p.m.

Monthly workshops for health & wellbeing

Malvern Library

April 13, May 11, June 8

Afternoon Movie

1:00 - 3:00 p.m.

Malvern Library

April 20, May 18

Brain Games

1:00 - 2:30 p.m.

Puzzles and games to help improve your memory and exercise your mind

Malvern Library

April 27, May 25

FRIDAY

Walking Club

Peer-led

10:00 a.m.-11:00 a.m.

Enjoy a walk or hike with friends in our gym or local hiking trails

90 Littles Road

*Falls Prevention

11:30 a.m. - 12:30 p.m. at

1321 Neilson Road &

1:00-2:00 p.m. at **90 Littles Road**

Mindful Yoga

Peer-led

11:30 a.m. - 12:30 p.m.

Chair yoga and meditation for older adults

90 Littles Road

Creative Women

1:00 - 2:30 p.m.

Explore 'do it yourself' craft projects

90 Littles Road

Peer-led Programs are led by seniors who volunteer their time and skills to facilitate programs to keep older adults active and healthy!