

Supporting Healthy Aging & Connecting Seniors to our Community

What is Seniors Centre?

The Seniors Centre provides a diverse range of programs and services for 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
- 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

Fall 2017

SENIORS SPECIAL EVENTS AND PROGRAMS

- ♦ **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.

Workshop Dates:

August 31st, Sept 7th, Sept 14th

- ♦ **Toronto Zoo:** Sept. 11th
- ♦ **Niagara Falls:** Sept. 25th
- ♦ **Seniors Dinner & Dance:** Nov. 30th
- ♦ **Remembrance Day Event**
presented by MFRC
Seniors Advisory Committee:
Details to be Announced

GET INVOLVED!

- ⇒ **Join the Seniors Advisory Committee (Monthly Meetings)**
 - Work on projects to address the needs of Seniors in Malvern.
- ⇒ **Be a Newsletter contributor**
- ⇒ **Be a Program Peer Leader**
(Recruiting for new positions):
 - Health & Wellness Programs (Nutrition & Physical Activity)
 - Social Programs
 - Personal Development

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: Oct 9, Dec 23 - Jan 1
No Programs: Oct 6, Nov 3, Dec 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tai Chi 10:00 a.m. - 11:30 a.m. Low-impact exercise class combining deep breathing and slow, meditative movements 90 Littles Road</p> <p>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</p> <p>Computer Literacy for Tamil Seniors 11:00 a.m. - 12:00 p.m. Learn computer basics through web-surfing and fun games. 90 Littles Road</p> <p>Seniors Writers Group 11:15 a.m. - 12:15 p.m. Share your stories and experiences with fellow seniors. 90 Littles Road</p> <p>*Tamil Seniors Wellness 12:00 p.m. - 3:00 p.m. Discussions, guest speakers, games, and activities 90 Littles Road</p>	<p>*Seniors Move & Groove 10:00 a.m. - 11:00 a.m. Break a sweat with this high impact cardio exercise class 90 Littles Road</p> <p>*Computer Class 10:00 a.m. - 11:30 a.m. Learn computer basics, such as Microsoft Office and social media 90 Littles Road <u>Level 1:</u> Sep 5, 12, 19, 26 Oct 3, 10 <u>Level 2:</u> Oct 17, 24, 31 Nov 7, 14, 21</p> <p>Seniors Drumming Circle <i>Peer-Led</i> 11:30 a.m. - 12:30 p.m. Participate in basic drumming rhythms and beats 90 Littles Road</p> <p>Sunshine Seniors Folk Singing <i>Peer-Led</i> 12:30 p.m. - 1:30 p.m. Get together to sing songs from back home 90 Littles Road</p>	<p>*Yoga for Older Adults 10:00 a.m. - 11:00 a.m. Gentle movements, stretching, and mindful breathing for seniors 90 Littles Road</p> <p>Art Expressions Creative arts activities for fun and relaxation, everyone welcome! 11:00 a.m. - 12:00 p.m. at 90 Littles Road</p> <p>*Eat for Wellness Lunch & Learn 12:00 p.m. - 1:30 p.m. Enjoy a delicious and nutritious lunch while learning more about nutrition, community resources and seniors safety 90 Littles Road Sept. 27, Oct 25, Nov 29</p> <p>*Falls Prevention Gentle exercises for falls prevention, strength and balance 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road & 1:00 p.m. - 2:00 p.m. at 90 Littles Road</p>	<p>Eco Fit 8:30 a.m. - 9:15 a.m. Medium impact exercise class with light cardio and strength training Malvern Town Centre Food Court 31 Tapscott Rd</p> <p>Laughter Yoga <i>Peer-Led</i> 10:00 a.m. - 11:00 a.m. Laughter as a form of exercise & stress relief 90 Littles Road</p> <p>*Line Dancing 11:15 a.m. - 12:15 p.m. Group dance class for older adults 90 Littles Road</p> <p>Seniors Need to Know 1:00 p.m. - 2:00 p.m. Workshops for seniors health & wellbeing Malvern Library Sept 14, Oct 12, Nov 9, Dec 14</p> <p>Afternoon Movie 1:00 p.m. - 3:00 p.m. Malvern Library Sept 21, Oct 19, Nov 16, Dec 21</p> <p>Brain Games 1:00 p.m. - 2:30 p.m. Puzzles and games to help improve your memory and exercise your mind Malvern Library Sept 28, Oct 5, 26, Nov 2, 23, Dec 7</p>	<p>Walking Club 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 <i>*Weather Permitting</i> No Program Sept 8, Oct 6, Nov 3. No Walking Club in December</p> <p>Seniors Social 11:00 a.m. - 12:00 p.m. Social activities, themed events 90 Littles Road Sept 22, Oct 13, Nov 10, Dec 15</p> <p>*Falls Prevention 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road & 1:00 p.m. - 2:00 p.m. at 90 Littles Road</p> <p>Mindful Yoga <i>Peer-Led</i> 11:30 a.m. - 12:30 p.m. Seated yoga and meditation for older adults 90 Littles Road</p>
<p>*Programs marked with an asterisk requires registration and/or program fees. Please call 416-284-4184 ext. 242 or 246 to register or for information about seniors programs.</p>				

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