

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
- 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



Fall 2017

What's Happening

SENIORS CENTRE

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:** Oct. 16th
- ◆ **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

Tai Chi
10:00 a.m. - 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

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

Seniors Writers Group
11:15 a.m. - 12:15 p.m.
Share your stories and experiences with fellow seniors.
90 Littles Road

***Tamil Seniors Wellness**
12:00 p.m. - 3:00 p.m.
Discussions, guest speakers, games, and activities
90 Littles Road

TUESDAY

***Seniors Move & Groove**
10:00 a.m. - 11:00 a.m.
Break a sweat with this high impact cardio exercise class
90 Littles Road

***Computer Class**
10:00 a.m. - 11:30 a.m.
Learn computer basics, such as Microsoft Office and social media

90 Littles Road
Level 1: Sep 5, 12, 19, 26
Oct 3, 10
Level 2: Oct 17, 24, 31 Nov 7, 14, 21

Seniors Drumming Circle
Peer-Led
11:30 a.m. - 12:30 p.m.
Participate in basic drumming rhythms and beats
90 Littles Road

Sunshine Seniors Folk Singing
Peer-Led
12:30 p.m. - 1:30 p.m.
Get together to sing songs from back home
90 Littles Road

WEDNESDAY

***Yoga for Older Adults**
10:00 a.m. - 11:00 a.m.
Gentle movements, stretching, and mindful breathing for seniors
90 Littles Road

Art Expressions
Creative arts activities for fun and relaxation, everyone welcome!
11:00 a.m. - 12:00 p.m. at
90 Littles Road

***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 22 & Dec 13

***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

THURSDAY

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

Laughter Yoga
Peer-Led
10:00 a.m. - 11:00 a.m.
Laughter as a form of exercise & stress relief
90 Littles Road

***Line Dancing**
11:15 a.m. - 12:15 p.m.
Group dance class for older adults
90 Littles Road

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

Afternoon Movie
1:00 p.m. - 3:00 p.m.
Malvern Library
Sept 21, Oct 19, Nov 16, Dec 21

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

FRIDAY

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
**Weather Permitting*
No Program Sept 8, Oct 6, Nov 3.
No Walking Club in December

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

***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

Mindful Yoga
Peer-Led
11:30 a.m. - 12:30 p.m.
Seated yoga and meditation for older adults
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!

***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.**