

## 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 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



Summer 2017

What's Happening .....

# SENIORS CENTRE

### Seniors Summer Trip Series

- ♦ Whittamore's Farm: July 7<sup>th</sup>
- ♦ St. Jacobs: July 28<sup>th</sup>
- ♦ Niagara Falls: August 10<sup>th</sup>

### SPECIAL EVENTS

Canada 150 Celebration Presented by  
the Seniors Advisory Committee:  
July 17<sup>th</sup>

Seniors Summer Picnic:  
August 18<sup>th</sup>

### Caregiver Series:

The Seniors Centre invites caregivers in the Malvern community for workshops and activities that can support them while taking care of the elderly, palliative, chronically ill or those living with a disability.

Workshop Dates: July 13, 20, 27

### 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: July 3, Aug 7  
No Programs: Aug 25



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>Tai Chi</b> 10:00 - 11:30 a.m. Low-impact exercise class combining deep breathing and slow, meditative movements <b>90 Littles Road</b></p> <p><b>Tamil Social Drop-In</b> 10:00 a.m. - 12:00 p.m. Play games, connect with other Tamil seniors, and meet new friends <b>90 Littles Road</b></p> <p><b>Conversational English</b> 11:00 a.m. - 12:00 p.m. Practice your English language skills through conversation and fun activities <b>90 Littles Road</b></p> <p><b>*Tamil Seniors Wellness</b> 12:00 - 3:00 p.m. Discussions, guest speakers, games, and activities <b>90 Littles Road</b></p>	<p><b>*Seniors Move &amp; Groove</b> 10:00 - 11:00 a.m. Break a sweat with this high impact cardio exercise class <b>90 Littles Road</b></p> <p><b>*Computer Class</b> 10:00 - 11:30 a.m. Learn computer basics, such as Microsoft Office and social media <b>90 Littles Road</b> <b>Level 1:</b> July 4, 11, 18, 25 Aug 1, 8 <b>Level 2:</b> Aug 15, 22, 29 Sept 5, 12, 19</p> <p><b>Seniors Drumming Circle</b> <i>Peer-Led</i> 11:30 a.m. - 12:30 p.m. Participate in basic drumming rhythms and beats <b>90 Littles Road</b></p> <p><b>Sunshine Seniors Folk Singing</b> <i>Peer-Led</i> 12:30 p.m. - 1:30 p.m. Get together to sing songs from back home <b>90 Littles Road</b></p>	<p><b>*Yoga for Older Adults</b> 10:00 - 11:00 a.m. Gentle movements, stretching, and mindful breathing. <b>90 Littles Road</b></p> <p><b>*Community Kitchen</b> 12:00 - 2:00 p.m. Cooking together while learning about nutrition, community resources, and seniors safety <b>1321 Neilson Road</b> July 5-Aug 30</p> <p><b>*Falls Prevention</b> Gentle exercises for falls prevention, strength and balance 11:00 - 12:00 p.m. at <b>1321 Neilson Road</b> &amp; 1:00 - 2:00 p.m. at <b>90 Littles Road</b></p> <p><b>REACH Counselling</b> 1:00 - 5:00 pm Free and confidential counselling. By appointment only. <b>90 Littles Road</b> July 12, 26 August 9, 23</p>	<p><b>Eco Fit</b> 8:30 - 9:15 a.m. Medium impact exercise class with light cardio and strength training <b>Malvern Town Centre Food Court</b> <b>31 Tapscott Rd</b></p> <p><b>Laughter Yoga</b> <i>Peer-Led</i> 10:00 - 11:00 a.m. Laughter as a form of exercise &amp; stress relief <b>90 Littles Road</b></p> <p><b>*Tablet Technology</b> 11:30-12:30 p.m. Hands-on lessons on how to use your smartphone, tablets and computers <b>90 Littles Road</b></p> <p><b>*Caregiver Support Series</b> 2:00 - 4:00 p.m. Support for seniors and their caregivers <b>1321 Neilson Road</b> July 13, 20, 27</p>	<p><b>*Seniors - Fit Bootcamp</b> 9:30 - 10:30 a.m. Medium impact exercises with cardio and strength training drills <b>90 Littles Road</b></p> <p><b>Walking Club</b> 10:00 a.m.-11:00 a.m. Enjoy a walk or hike with friends in our gym or local hiking trails. <b>90 Littles Road</b> <i>*Weather Permitting</i></p> <p><b>*Falls Prevention</b> 11:00 a.m. - 12:00 p.m. at <b>1321 Neilson Road</b> &amp; 1:00-2:00 p.m. at <b>90 Littles Road</b></p> <p><b>Mindful Yoga</b> <i>Peer-Led</i> 11:30 a.m. - 12:30 p.m. Seated yoga and meditation for older adults <b>90 Littles Road</b></p>
<p><b><i>*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.</i></b></p>				