

Supporting Healthy Aging & Connecting Seniors to our Community

What is Seniors Centre?

The Seniors Centre promotes physical, social, educational, and personal development in a welcoming and inclusive environment through diverse programs and services for older adults (age 55+).

Programs & Services:

- High & Low Impact Fitness Programs
- Skills Development Programs
- Social Programs
- Computer Classes
- Trips & Special Events
- Volunteer Opportunities
- Caregiver Support
- Information & Referrals
- Tamil Seniors Social Programs
- Cooking & Arts Programs
- Health Fairs, Workshops & Seminars

Locations:

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

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



Winter 2018

What's Happening **SENIORS CENTRE**

SPECIAL EVENTS

Seniors Adventure Week:

Monday February 12, 2018
to Friday February 16, 2018
Join us for week long activities and trips
for older adults!

Seniors Active Living Fair:

Friday March 23, 2017
90 Littles Rd - Gym
No Registration Required.

SENIORS WINTER TRIP SERIES

Canadian Broadcast Company &

Canadian Opera Company
Wednesday January 17, 2018

Art Gallery of Ontario

Friday January 26, 2018

GET INVOLVED!

Join us in our new & exciting initiatives
this year!

- **Participate in Seniors Advisory Committee (Monthly Meetings)**
 - Work on projects to address the needs of Seniors in Malvern.
- **Be a Program Peer Leader!**
 - We are looking for older adults to volunteer their time and skills to facilitate programs to keep seniors active and healthy.

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: Jan 1, Feb 19, Mar 30 - April 2
No Programs: Jan 2-5, Feb 2, Mar 2



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

Peer Seniors Writers Group

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

Senior Tamil Seniors Wellness

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

TUESDAY

Senior Move & Groove

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

Peer 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: Jan 9, 16, 23, 30
Feb 6, 13

Level 2: Feb 20, 27
Mar 6, 13, 20, 27

Peer Seniors Drumming Circle

11:30 a.m. - 12:30 p.m.
Participate in basic drumming rhythms and beats
90 Littles Road

Peer Sunshine Seniors Folk Singing

12:30 p.m. - 1:30 p.m.
Get together to sing songs from back home
90 Littles Road

WEDNESDAY

Senior Yoga for Older Adults

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

Peer Art Expressions

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

Senior Eat for Wellness

Lunch & Learn
12:00 p.m. - 1:30 p.m.
Enjoy a delicious & nutritious lunch while learning about nutrition, community resources & seniors safety
90 Littles Road
Jan 24, Feb 21, Mar 21

Senior 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

Peer 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

Peer Laughter Yoga

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

Senior Line Dancing

11:15 a.m. - 12:15 p.m.
Group dance class for older adults
90 Littles Road
Jan 11 - March 29

Senior Need to Know

1:00 p.m. - 2:00 p.m.
Workshops for seniors health & wellbeing
Malvern Library
Jan 11, Feb 8, Mar 8

Afternoon Movie

1:00 p.m. - 3:00 p.m.
Malvern Library
Jan 18, Feb 15, Mar 22

Peer Brain Games

1:00 p.m. - 2:30 p.m.
Puzzles and games to help improve your memory and exercise your mind
Malvern Library
Jan 25, Feb 1, 22, Mar 1

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*

Peer Seniors Social

10:30 a.m. - 11:30 p.m.
Social activities, themed events
90 Littles Road
Jan 19, Feb 16 Mar 23

Senior 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

Peer Mindful Yoga

11:30 a.m. - 12:30 p.m.
Seated yoga and meditation for older adults
90 Littles Road

Note: All participants must complete a 2018 Access Registration form to attend programs (\$5 fee)

- Membership available (additional \$5) for discount on program fees and member only events
- Membership tag required when registering for programs
- \$10 card replacement fee charged for lost or damaged membership tags
- All Fitness programs require a consent form

Program Legend:

* Require Registration

\$ Program Fee

Peer Led Programs
(led by Senior Volunteers)

To register for program, call
416-284-4184 ext.242 or 246