

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 Feb 12 2018
to Friday Feb 16 2018

Join us for week long activities and trips for older adults!

Seniors Active Living Fair:

Friday March 22 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	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>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>P *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</p> <p>P Seniors Drumming Circle 11:30 a.m. - 12:30 p.m. Participate in basic drumming rhythms and beats 90 Littles Road</p> <p>P Sunshine Seniors Folk Singing 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>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>*P 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</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>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>P Laughter Yoga 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 Jan 11- March 29</p> <p>Seniors Need to Know 1:00 p.m. - 2:00 p.m. Workshops for seniors health & wellbeing Malvern Library Jan 11, Feb 8, Mar 8</p> <p>Afternoon Movie 1:00 p.m. - 3:00 p.m. Malvern Library Jan 18, Feb 15, Mar 15</p> <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 Jan 25, Feb 1, 22, Mar 1</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></p> <p>P Seniors Social 10:30 a.m. - 11:30 p.m. Social activities, themed events 90 Littles Road Jan 19, Feb 16 Mar 23</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>P Mindful Yoga 11:30 a.m. - 12:30 p.m. Seated yoga and meditation for older adults 90 Littles Road</p> <p>Program Legend: * Require Registration \$ Program Fee P Peer Led Programs (led by Senior Volunteers) To register for program, call 416-284-4184 ext.242 or 246</p>
<p>Note: All participants must complete a 2018 Access Registration form to attend programs (\$5 fee)</p> <ul style="list-style-type: none"> 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 				