

Supporting Healthy Aging & Connecting Seniors to our Community

What is Seniors Centre?

The Seniors Centre provides a diverse range of programs and services to 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

Web: www.mfrc.org

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



United Way
Toronto & York Region

Winter 2017

What's Happening

SENIORS CENTRE

SPECIAL EVENTS

Seniors Active Living Fair:

Friday March 17, 2017

90 Littles Rd—Gym

No Registration Required.

Project REACH 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:

March 8, 15, 22, 29

**For more information
about Seniors events, and
programs, please call the Seniors
Department:
416-284-4184 ext. 246 or 242**

GET INVOLVED!

The seniors department has new & exciting initiatives you can be a part of this year!

- **Project REACH** is about raising awareness on elder abuse and getting seniors the resources and support they need. **Contribute** to the Seniors Newsletter. All skill levels welcome.

- **Learning Across Ages**—help bridge the gap between generations and create new opportunities for children to learn and interact with seniors!

- **Caribbean Folk Singing** - Get together with your peers and sing along to the songs from back home. Details to be announced.

- **Be a Volunteer** - volunteer at MFRC as a program assistant, help out with special events and much more. Contact **Carmen Tan** for more information: 416-284-4184 ext.205

MFRC CLOSURES

Closed: Feb 20

No Programs: Feb 21-Feb 24



MONDAY

Tai Chi

10:00-11:30 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

Conversational English

11:00 a.m.-12:00 p.m.

Practice your English language skills through conversation and fun activities

90 Littles Road

*Tamil Seniors Wellness

12:00-3:00 p.m.

Discussions, guest speakers, games, and activities

90 Littles Road

TUESDAY

*Seniors Move & Groove

10:00-11:00 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: Jan. 3, 10, 17, 24, 31, Feb. 7

Level 2: Feb. 14, 21, 28, Mar. 7, 14, 21

Seniors Drumming Circle

Peer-led Program

11:30 a.m.-12:30 p.m.

Participate in basic drumming rhythms and beats!

90 Littles Road

Close Knit Circle

1:00-3:00 p.m.

Knitters & crocheters of all skill levels welcome!

1321 Neilson Road

WEDNESDAY

*Yoga for Older Adults

9:30-10:30 a.m.

Gentle movements, stretching, and mindful breathing for seniors

90 Littles Road

*Seniors-Fit Bootcamp

10:45-11:45 a.m.

Medium impact exercises with cardio and strength training drills

90 Littles Road

*Community Kitchen

12:00 p.m.-2:00 p.m.

Cooking together while learning about nutrition, community resources, and seniors safety

90 Littles Road

(Jan. 11– Mar. 15)

*Eat for Wellness:

Nutrition Consultations

Advice on individual nutrition needs and goals including meal planning

9 a.m. - 5:00 p.m.

By Appointment.

90 Littles Road

*Falls Prevention

11:30-12:30 p.m. at 1321

Neilson Road &

1:00-2:00 p.m. at 90 Littles Road

Gentle exercises for falls

prevention, strength and balance

THURSDAY

Eco Fit

Peer-led

8:30-9:15 a.m.

Medium impact exercise class with light cardio and strength training
Malvern Town Centre Food Court

Laughter Yoga

Peer-led

10:00-11:00 a.m.

Laughter as a form of exercise and stress relief

90 Littles Road

*Line Dancing

11:15-12:15 p.m.

Group dance class for older adults

90 Littles Road

Seniors Need to Know

1:00-2:00 p.m.

Monthly workshops for seniors health & wellbeing

Malvern Library

Jan. 12, Feb. 9, Mar. 9

Afternoon Movie

1:00-3:00 p.m.

Malvern Library

Jan. 19, Feb. 16, Mar. 16

Brain Games

1:00-2:30 p.m.

Puzzles and games to help improve your memory and exercise your mind

Malvern Library

Jan. 26, Mar. 23

FRIDAY

Walking Club

Peer-led

Enjoy a walk or hike with friends in our gym or local hiking trails

9:30 a.m.-10:30 a.m.

90 Littles Road

*Eat for Wellness Lunch & Learn

11:00 a.m.-12:00 p.m.

Discussion and workshops on nutrition & healthy eating.

90 Littles Road

*Falls Prevention

11:30 a.m.-12:30 p.m. at 1321

Neilson Road &

1:00-2:00 p.m. at 90 Littles Road

Mindful Yoga

Peer-led

11:30 a.m.-12:30 p.m.

Gentle yoga and meditation for older adults

90 Littles Road

Creative Women

1:00-2:30 p.m.

Explore 'do it yourself' craft projects

90 Littles Road

One to One Info & Referral

2:00-4:00 p.m.

Information on services and resources in the Malvern community for seniors & caregivers

90 Littles Road

**Programs marked with an asterisk require registration and/or program fees. Please call 416-284-4184 ext. 246 to register or for information about seniors programs.*

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