

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
- Social Programs
- Computer Classes
- Trips & Special Events
- Volunteer Opportunities including Peer Leadership
- 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



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Spring 2018

What's Happening

SENIORS CENTRE

SPECIAL EVENTS

Spring Dance

Wednesday June 13th, 2018
This fundraiser supports activities for seniors planned by the **SAC**
Tickets available for purchase in May

Elder Abuse Awareness Day

Friday June 15, 2018
Join us to get active, learn about different resources to keep you safe.

Seniors Trip

Ward Island:
- Call for more Details -

For more information
please call the Seniors
Department:
416-284-4184 ext. 246 or 242

GET INVOLVED!

Join us in our new & exciting initiatives!

Participate in the SAC
(Seniors Advisory Committee)

- Work on projects to address the needs of Seniors in Malvern.
- Participate in Monthly Meetings

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.

Training provided!

MFRC CLOSURES:

Closed: March 30 - April 2, May 21
June 30 - July 2

No Programs: April 6, May 4 & June 8

Programs and services may be subject to change or cancellation without notice.



MONDAY

Tai Chi

10:00 a.m. - 11:30 a.m.
Low-impact exercise that combines deep breathing & 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
90 Littles Road

English Conversation Circle

10:00 a.m. - 11:00 a.m.
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

Computer Literacy for Tamil Seniors

2:00 p.m. - 3:30 p.m.
Learn computer basics through web-surfing and fun games.
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.
90 Littles Road
Level 1: Mar 27, Apr 3, 10, 17, 24, May 1
Level 2: May 15, 22, 29 Jun 5, 12, 19

Seniors Games & Cards

Euchre, dominoes, scrabble
11:15 a.m. - 12:15 p.m.
90 Littles Road
Apr 10, May 8, June 12

Loonie Tuesday (SAC)

11:15 a.m. - 12:15 p.m.
Find out what it is all about!
90 Littles Road
Apr 24, May 22, June 26

Seniors Drumming Circle

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

Sunshine Seniors Folk Singing

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

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

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 access to 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 an informed consent form

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

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
Apr 12, May 10, June 14

Afternoon Movie

1:00 p.m. - 3:00 p.m.
Malvern Library
Apr 19 May 17, June 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
Apr 5, 26, May 3, 24, June 28

FRIDAY

Badminton

10:00 a.m. - 11:15 a.m.
NEW!!!
Learn a racquet sport that helps increase cardio.
90 Littles Road

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

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



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