

## CARING COMMITTEE (Providing Moral Support)

Your Senior Advisory Committee cares. If you know someone who is experiencing illness or bereavement submit personal information, with the person's permission, to either the MFRC reception desk or to a member of the SAC or the Caring subcommittee.

## SPECIAL EVENTS

### REMEMBRANCE DAY EVENT

Presented by MFRC Seniors Advisory Committee!  
Details to be announced

### SENIORS TRIPS

- Seniors Day at Toronto Zoo: Sept 10th
- Blue Mountain: TBA

## ACTIVE LIVING FAIR

Get information to help you live an active lifestyle

- AGENCY TABLES
- DEMONSTRATIONS
- PRESENTATIONS

Lunch Provided | FREE Event | Registration Required  
Oct 2nd

## GET INVOLVED!

### BE A PROGRAM PEER LEADER!

We are looking for volunteers to support programs that keep seniors active and healthy.  
Orientation & Training Provided | NO EXPERIENCE NEEDED!

PEER LEADER AND VOLUNTEER MEETING | Oct 25

For more information, please call the Seniors Department

T: 416-284-4184 ext. 246 or 242

### LOCATIONS

90 Littles Road  
Scarborough, ON  
M1B 5E2

T: 416-284-4184

F: 416-293-1997

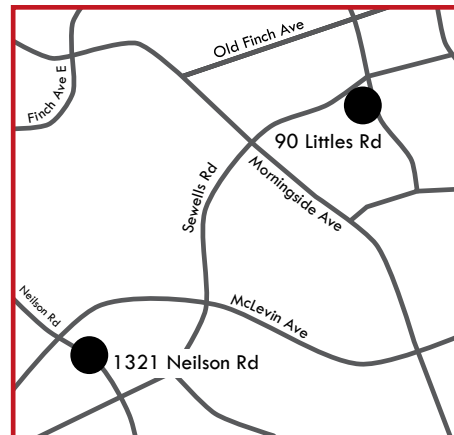
WEB: [www.mfrc.org](http://www.mfrc.org)

1321 Neilson Road  
(lower level)

Scarborough, ON

M1B 3C2

T: 416-281-1376



Ontario Trillium Foundation



Fondation Trillium de l'Ontario



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



## SENIORS CENTRE

What's Happening Fall 2018

WEB: [www.mfrc.org](http://www.mfrc.org) TEL: 416-284-4184 ext. 246 or 242

Follow us on Instagram and Facebook



## SUPPORTING HEALTHY AGING & CONNECTING SENIORS TO OUR COMMUNITY

### WHAT IS A 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+).

### MFRC CLOSURES

Oct 8

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



United Way  
Toronto & York Region



# SENIORS PROGRAM SCHEDULE | September to December 2018

**PROGRAM LEGEND** \* Registration Required \$ Program Fee (P) Peer Led Programs (led by Senior Volunteers)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>(P) Tai Chi</b> 10:00 a.m. - 11:30 a.m. Low-impact exercise that combines deep breathing &amp; slow, meditative movements 90 Littles Road</p> <p><b>Tamil Social Drop-In</b> 10:00 a.m. - 12:00 p.m. Play games &amp; connect with other Tamil seniors 90 Littles Road</p> <p><b>(P) Seniors Writers Group</b> 11:15 a.m. - 12:15 p.m. Share your stories and experiences with fellow seniors. 90 Littles Road</p> <p><b>*\$*Tamil Seniors Wellness</b> 12:00 p.m. - 3:00 p.m. Discussions, guest speakers, games, and activities 90 Littles Road</p> 	<p><b>Seniors Drop-In</b> 10:00 a.m. - 11:30 a.m. at 1321 Neilson Road (lower level)</p> <p><b>*\$*Seniors Move &amp; Groove</b> 10:00 a.m. - 11:00 a.m. Break a sweat with this high impact cardio exercise class 90 Littles Road</p> <p><b>\$(P) *Computer Class</b> 10:00 a.m. - 11:30 a.m. Learn computer basics, such as Microsoft Office and social media 90 Littles Road Level 1: Oct 2,9,16,23,30,Nov 6 Level 2: Nov 13,20,27, Dec 4,11,18</p> <p><b>(P) Loonie Tuesday (SAC)</b> 11:15 a.m.- 12:15 p.m. Find out what is all about! 90 Littles Road Sept 25, Oct 23, Nov 27</p> <p><b>(P) Sunshine Seniors Folk Singing</b> 11:15 a.m. - 12:15 p.m. Get together to sing songs from back home 90 Littles Road</p> <p><b>(P) Seniors Drumming Circle</b> 12:15 p.m. - 1:15 p.m. Participate in basic drumming rhythms and beats 90 Littles Road</p>	<p><b>Seniors Drop-In / Cards and Games</b> 10:00 a.m. - 11:30 a.m. at 1321 Neilson Road (lower level)</p> <p><b>*\$*Yoga for Older Adults</b> 10:00 a.m. - 11:00 a.m. Gentle movements, stretching, and mindful breathing for seniors 90 Littles Road</p> <p><b>(P) Art Expressions</b> 11:00 a.m. - 12:45 p.m. Creative arts activities for fun and relaxation, everyone welcome! 90 Littles Road</p> <p><b>*Falls Prevention</b> Gentle exercises for falls prevention, strength and balance 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road (lower level) &amp; 1:00 p.m. - 2:00 p.m. 90 Littles Road</p>	<p><b>(P) Eco Fit</b> 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><b>(P) Laughter Yoga</b> 10:00 a.m. - 11:00 a.m. Laughter as a form of exercise &amp; stress relief 90 Littles Road Sept 13, Oct 11, Nov 8, Dec 13</p> <p><b>*\$*Line Dancing</b> 11:30 - 12:30 p.m. Group dance class for older adults. 90 Littles Road</p> <p><b>Note: \$20 for 12 Sessions. Subject to cancellation pending enrollment.</b></p> <p><b>Computer Drop-In</b> 11:00 a.m. - 12:30 p.m. at 1321 Neilson Road (lower level)</p>	<p><b>(P) Badminton</b> 10:00 a.m. - 12:00 p.m. Session 1: 10:00 a.m. - 11:00 a.m. Session 2: 11:00 a.m. - 12 p.m. Learn a racquet sport that helps increase physical fitness 90 Littles Road</p> <p><b>*Falls Prevention</b> 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road (lower level) &amp; 1:00 p.m. - 2:00 p.m. at 90 Littles Road</p> <p><b>(P) Mindful Yoga</b> 11:30 a.m. - 12:30 p.m. Seated yoga and meditation for older adults 90 Littles Road</p>
			<p><b>MALVERN LIBRARY</b></p> <p><b>Seniors Need to Know</b> 1:00 p.m. - 2:00 p.m. Workshops for seniors health &amp; wellbeing Sept 13, Oct 11, Nov 8, Dec 13</p> <p><b>Afternoon Movie</b> 1:00 p.m. - 3:00 p.m. Sept 20, Oct 18, Nov 15, Dec 20</p> <p><b>(P) Brain Games</b> 1:00 p.m. - 2:30 p.m. Puzzles and games to help improve your memory and exercise your mind Sept 6, 27, Oct 4, 25, Nov 1, 22, Dec 6</p>	
<p><b>NEW PROGRAM</b></p> <p><b>Shuffle Board/ Cards and Game</b> Shuffle Board, Cards, Dominoes, Jenga 1:00 p.m. - 3:00 p.m. 90 Littles Road</p>				
<p><b>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.</b></p> <p>To register for program, call 416-284-4184 ext. 246 or 242</p>				

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