

NEW PROGRAM - MEN'S CLUB (+55)

A drop-in space for men to share and learn new skills & meet new people to enhance their well-being. A few activities in Men's Club include: games and cards, table tennis, gardening, community involvement projects and much more.

If you would like to be part of MFRC Men's Club Planning Committee or you would like to be a peer leader in the Men's Club, please contact **ALI HUSSEIN** 416-284-4184 ext. 242.

SENIORS SPECIAL EVENTS

- May 2 - Tea Party

JUNE IS SENIORS MONTH! We have the following events to celebrate with you:

- June 13- Senior Spring Dance
- June 28- Malvern Senior's Day

GET INVOLVED!

JOIN US IN OUR NEW & EXCITING INITIATIVES!

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 | MAY 22

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

**1321 Neilson Road
(lower level)
Scarborough, ON**

M1B 3C2

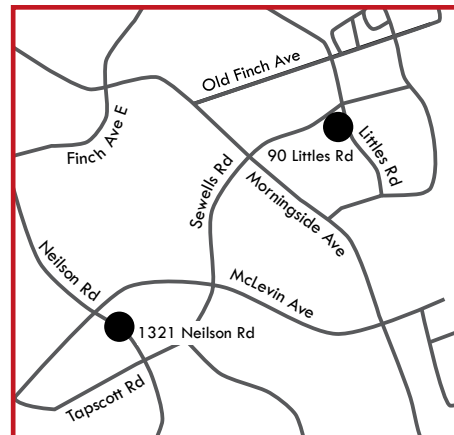
T: 416-281-1376

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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



welcome to the SENIORS CENTRE

What's Happening | Spring 2019

WEB: 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 THE 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

April 19- 22 | May 18-20

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





SENIORS PROGRAM SCHEDULE | April to June 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(P) Tai Chi 10:00 a.m. - 12:00 p.m. Low-impact exercise that combines deep breathing and slow, meditative movements 90 Littles Road</p> <p>Coffee Break 12:00 p.m. - 12:30 p.m. 90 Littles Road</p> <p>Tamil Social (Drop-In) 10:00 a.m. - 12:00 p.m. Play games and connect with other Tamil seniors 90 Littles Road</p> <p>(P) Seniors Writers Group 11:15 a.m. - 12:45 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) *Technology Class 10:00 a.m. - 11:30 a.m. Learn how to use tablets and smart technology 90 Littles Road</p> <p>(P) Loonie Tuesday (SAC) 11:15 a.m. - 12:15 p.m. Find out what it is all about! 90 Littles Road April 23, May 28 & June 25</p> <p>(P) Sunshine Seniors Folk Singing 11:30 a.m. - 12:30 p.m. Get together to sing songs from back home 90 Littles Road</p> <p>(P) Seniors Drumming Circle 12:30 p.m. - 1:30 p.m. Participate in basic drumming rhythms and beats 90 Littles Road</p>	<p>Seniors (Drop-In) 10:00 a.m. - 11:30 a.m. 1321 Neilson Road (lower level)</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>Coffee Break 11:00 a.m. - 11:30 a.m. 90 Littles Road</p> <p>(P) Art Expressions 11:00 a.m. - 12:15 p.m. Creative arts activities for fun and relaxation, everyone welcome! 90 Littles Road</p> <p>*Falls Prevention Gentle exercises for falls prevention, strength and balance 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road (lower level) & 1:00 p.m. - 2:00 p.m. 90 Littles Road</p> <p>Shuffle Board and Pickle Ball 11:15 a.m. - 12:45 p.m. 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 Road</p> <p>*\$*Line Dancing 11:30 a.m. - 12:30 p.m. Group dance class for seniors 90 Littles Road</p> <p>Note: \$20 for 11 Sessions. Subject to cancellation pending enrollment.</p> <p>(P)*Technology Class 11:00 a.m. - 12:30 p.m. 1321 Neilson Road (lower level)</p>	<p>(P) Badminton 9:30 a.m. - 11:15 a.m. Learn a racquet sport that helps increase physical fitness 90 Littles Road</p> <p>*Falls Prevention 11:00 a.m. - 12:00 p.m. at 1321 Neilson Road (lower level) & 1:00 p.m. - 2:00 p.m. at 90 Littles Road</p> <p>(P) Mindful & Laughter Yoga 11:30 a.m. - 12:30 p.m. Seated yoga and meditation for older adults 90 Littles Road</p> <p>Coffee Break 12:30 p.m. - 1:00 p.m. 90 Littles Road</p>
			MALVERN LIBRARY	
			<p>Seniors Need to Know 1:00 p.m. - 2:00 p.m. Workshops for seniors health and wellbeing April 11, May 9 & June 13</p> <p>Afternoon Movie 1:00 p.m. - 3:00 p.m. April 18, May 16 & June 20</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 April 4, 25, May 2, 23 & June 6, 27</p>	
			NEW PILOT PROGRAMS	
			<p>(P) Safety & Self- Defense Intergenerational Program (6 weeks) 4:00 p.m. - 5:30 p.m. 90 Littles Road April 10, 17, 24 & May 1, 8, 15</p> <p>Bootcamp and Yoga for Men (6 Weeks) 5:00 p.m. - 6:00 p.m. 1321 Neilson Road (lower level) May 22, 29 & June 5, 12, 19, 26</p>	
NEW PROGRAM				
			<p>Men's Club 9:30 a.m. - 12:30 p.m. Games & Cards, Table Tennis, Computer Drop- In, Cooking, Chess, Dominoes & much more 1321 Neilson Road (lower level)</p>	
<p>Peer-led Programs are led by seniors who volunteer their time and skills to facilitate programs to keep older adults active and healthy!</p>				

Note: All participants must complete a 2019 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.
To register for program, call 416-284-4184 ext. 246 or 242