

HIGHLIGHT 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. Men's Club activities 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 call 416-284-4184 ext. 242 or 246

UPCOMING EVENTS

SENIORS ACTIVE LIVING FAIR

Nov 18, 2019 | 10 a.m. - 2 p.m. | 90 Littles Road

SENIORS DINNER & DANCE

Dec 12 | 6 p.m. - 10 p.m. | 90 Littles Road | Call for details.

GET INVOLVED!

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 | NOV 13

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

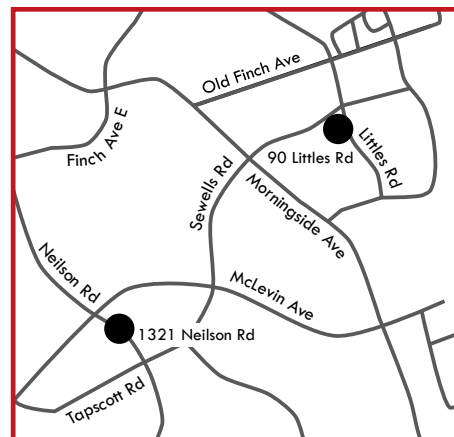
Ontario
Trillium
Foundation



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 | Fall 2019

WEB: www.mfrc.org TEL: 416-284-4184 ext. 246 or 242

Follow us on Instagram and Facebook

@malvernfrc | @malvernfamilyresourcecentre

SUPPORTING HEALTHY AGING & CONNECTING SENIORS TO OUR COMMUNITY

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 14

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





SENIORS PROGRAM SCHEDULE | September to December 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>(P) Men's Club 9:30 a.m. - 12:30 p.m. Drop-In Games & Cards, Chess & Dominoes 1321 Neilson Road (lower level)</p> <p>*\$*Seniors Move & Groove 10:00 a.m. - 11:00 a.m. 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. 90 Littles Road Sept 24, Oct 22 & Nov 26</p> <p>(P) Sunshine Seniors Folk Singing 11:30 a.m. - 12:30 p.m. Get together to sing folk songs. 90 Littles Road</p> <p>(P) Seniors Drumming Circle 12:30 p.m. - 1:30 p.m. Learn to play the drums and participate in basic drumming rhythms. 90 Littles Road</p>	<p>Seniors (Drop-In) A variety of activities offered. 10:00 a.m. - 12:00 p.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 to help with 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>Shuffleboard and PickleBall Bring a friend. 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>(P) Men's Club 10 a.m. - 11 a.m. 90 Littles Road</p> <p>*\$*Line Dancing 11:30 a.m. - 12:30 p.m. Practice line dancing in a group dance class. 90 Littles Road Note: \$20 for 10-12 sessions. Subject to 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. Chair 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. Sept 12, Oct 10, Nov 14 & Dec 12</p> <p>Afternoon Movie 1:00 p.m. - 3:00 p.m. Sept 19, Oct 17, Nov 21 & Dec 19</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. Sept 5, 26, Oct 3, 24, Nov 7, 28 & Dec 5</p>	<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</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!