HIGHLIGHT PROGRAM - LOONIE TUESDAY

These events are hosted by our Seniors Advisory Committee three times per year as a fundraiser. Any funds collected through these activities support the SAC in purchasing program supplies and hosting events.

At Loonie Toonie Tuesdays, we offer a variety of activities such as dancing, karaoke, group games and delicious refreshments.

Starting January 28th | 11 a.m. - 12:30 p.m.
Come join us and don’t forget your spare change!

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 | FEB 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
Scarborough, ON
M1B 3C2
T: 416-281-1376

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
Feb 15 - 17
Programs and services may be subject to change or cancellation without notice.
**SENIORS PROGRAM SCHEDULE | January to March 2020**

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

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| **(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  
**Coffee Break**  
12:00 p.m. - 12:30 p.m.  
90 Littles Road  
**Tamil Social (Drop-In)**  
10:00 a.m. - 12:00 p.m.  
Play games and connect with other Tamil seniors.  
90 Littles Road  
**(P) Seniors Move & Groove**  
10:00 a.m. - 11:00 a.m.  
High impact cardio exercise class.  
90 Littles Road  
**$*Tamil Seniors Wellness**  
12:00 p.m. - 3:00 p.m.  
Discussions, guest speakers, games, and activities.  
90 Littles Road | **(P) Men’s Club**  
9:30 a.m. - 12:30 p.m.  
Drop-In Games & Cards, Chess & Dominos  
1321 Neilson Road (lower level)  
**Seniors (Drop-In)**  
A variety of activities offered.  
10:00 a.m. - 11:30 a.m.  
1321 Neilson Road (lower level)  
**$*Seniors Move & Groove**  
10:00 a.m. - 11:00 a.m.  
High impact cardio exercise class.  
90 Littles Road  
**(P) *Technology Class**  
11:00 a.m. - 12:30 p.m.  
Learn how to use tablets and smart technology  
90 Littles Road  
**Senior Citizens**  
A variety of activities offered.  
10:00 a.m. - 11:30 a.m.  
1321 Neilson Road (lower level)  
**(P) *Technology Class**  
11:00 a.m. - 12:30 p.m.  
1321 Neilson Road (lower level)  
**$*Line Dancing**  
11:30 a.m. - 12:30 p.m.  
Practice line dancing in a group dance class.  
90 Littles Road  
**Note: $20 for 10-12 sessions. Subject to enrollment.** | **(P) Eco Fit**  
8:30 a.m. - 9:15 a.m.  
Medium impact exercise class with light cardio and strength training.  
Malvern Town Centre Food Court  
31 Tappscott Rd  
**(P) Men’s Club**  
9:30 a.m. - 11 a.m.  
90 Littles Road  
**$*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) Badminton**  
9:30 a.m. - 11:15 a.m.  
Learn a racquet sport that helps increase physical fitness.  
90 Littles Road  
**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) Mindful & Laughter Yoga**  
11:30 a.m. - 12:30 p.m.  
Chair yoga and meditation for older adults.  
90 Littles Road  
**Coffee Break**  
12:30 p.m. - 1:00 p.m.  
90 Littles Road |

**Note:** All participants must complete a 2020 Access Registration form to attend programs ($5 fee). Membership available (additional $5 fee) 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 a signed waiver form and proper attire.

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!