

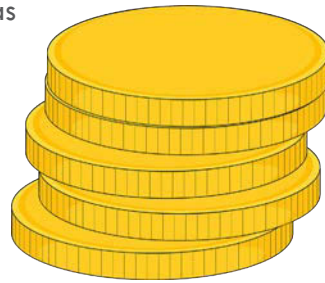
## HIGHLIGHT PROGRAM - LOONIE TUESDAY

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**

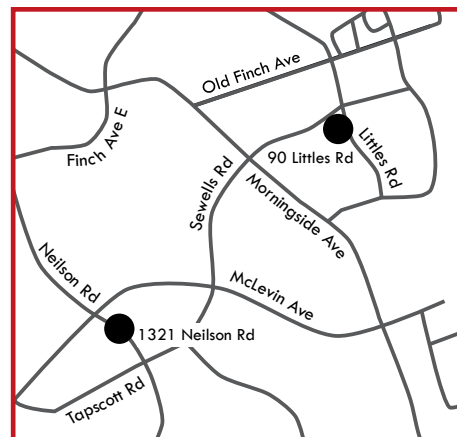
**WEB: [www.mfrc.org](http://www.mfrc.org)**

**1321 Neilson Road  
(lower level)**

**Scarborough, ON**

**M1B 3C2**

**T: 416-281-1376**



## SENIORS CENTRE

**What's Happening | Winter 2020**

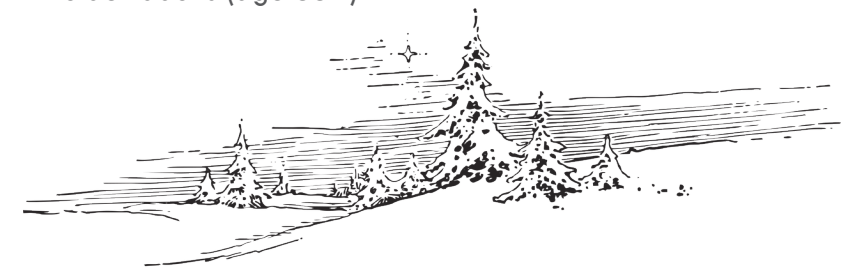
**WEB: [www.mfrc.org](http://www.mfrc.org) TEL: 416-284-4184 ext. 246 or 242**

*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

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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>(P) Tai Chi</b> 10:00 a.m. - 12:00 p.m. Low-impact exercise that combines deep breathing and slow, meditative movements. 90 Littles Road</p> <p><b>Coffee Break</b> 12:00 p.m. - 12:30 p.m. 90 Littles Road</p> <p><b>Tamil Social (Drop-In)</b> 10:00 a.m. - 12:00 p.m. Play games and connect with other Tamil seniors. 90 Littles Road</p> <p><b>(P) Seniors Writers Group</b> 11:15 a.m. - 12:45 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>(P) Men's Club</b> 9:30 a.m. - 12:30 p.m. Drop-In Games &amp; Cards, Chess &amp; Dominoes 1321 Neilson Road (lower level)</p> <p><b>*\$*Seniors Move &amp; Groove</b> 10:00 a.m. - 11:00 a.m. High impact cardio exercise class. 90 Littles Road</p> <p><b>(P) *Technology Class</b> 11:00 a.m. - 12:30 p.m. Learn how to use tablets and smart technology 90 Littles Road</p> <p><b>(P) Sunshine Seniors Folk Singing</b> 11:30 a.m. - 12:30 p.m. Get together to sing folk songs. 90 Littles Road</p> <p><b>(P) Seniors Drumming Circle</b> 12:30 p.m. - 1:30 p.m. Learn to play the drums and participate in basic drumming rhythms. 90 Littles Road</p>	<p><b>Seniors (Drop-In)</b> A variety of activities offered. 10:00 a.m. - 11:30 a.m. 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>Coffee Break</b> 11:00 a.m. - 11:30 a.m. 90 Littles Road</p> <p><b>(P) Art Expressions</b> 11:00 a.m. - 12:15 p.m. Creative arts activities for fun and relaxation, everyone welcome! 90 Littles Road</p> <p><b>*Falls Prevention</b> Gentle exercises to help with 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>Shuffleboard and PickleBall</b> Bring a friend. 11:15 a.m. - 12:45 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 Road</p> <p><b>(P) Men's Club</b> 9:30 a.m. - 11 a.m. 90 Littles Road</p> <p><b>*\$*Line Dancing</b> 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><b>(P)*Technology Class</b> 11:00 a.m. - 12:30 p.m. 1321 Neilson Road (lower level)</p>	<p><b>(P) Badminton</b> 9:30 a.m. - 11:15 a.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 &amp; Laughter Yoga</b> 11:30 a.m. - 12:30 p.m. Chair yoga and meditation for older adults. 90 Littles Road</p> <p><b>Coffee Break</b> 12:30 p.m. - 1:00 p.m. 90 Littles Road</p>
			<b>MALVERN LIBRARY</b>	
			<p><b>Seniors Need to Know</b> 1:00 p.m. - 2:00 p.m. Jan 9, Feb 13 &amp; Mar 12 Workshops for seniors health and wellbeing.</p> <p><b>Afternoon Movie</b> 1:00 p.m. - 3:00 p.m. Jan 16, Feb 20 &amp; Mar 19</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. Jan 23, Feb 6, 27 &amp; Mar 5, 26</p>	

**Note:** All participants must complete a 2020 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 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!**