

COMMUNITY & FAMILY WINTER PROGRAM SCHEDULE



January – March 2024



Growing Together: Food Justice Programs & Initiatives

WORKSHOPS



Hydroponics at Home - Tuesday, January 16th
10 to 11am- 90 Littles Rd

Making the Most of Your Groceries- Friday
January 19th, 12 to 2pm- ACSA Dorset Hub 1911
Kennedy Rd #105

Intro to Hydroponics- February 6th, 10 to 11am-
90 Littles Rd

Fundamentals of Preservation- February 9th, 12
to 2pm- ACSA Dorset Hub 1911 Kennedy Rd #105

Coming soon

**Nutrition for Individuals with Diabetes,
Pre-Natal and Early Childhood Nutrition, and
Nutrition for Athletes**

To register or for more information please
email Elliot at eberthelet@mfrc.org.

COMMUNITY COOKBOOK



Sometimes you just need some cooking
inspiration. We'd love to hear how you cook
eggplant, bitter melon, callaloo, long beans,
okra, potatoes, jalapenos, and any other
meals you'd like to share! Please send any
questions, recipes and pictures to
growing@mfrc.org

COMMUNITY SUPPORTED AGRICULTURE

Get ready for Malvern's first hydroponic CSA
box, grown at 90 Littles Road! You'll receive a
variety of fresh, affordable produce available
for pickup on a monthly basis. The pilot will run
in mid-January, and monthly boxes will start in
April. For more information or to register for
the pilot food box please email Sebastien at
skavanagh@mfrc.org



FUTURE FARMING PROGRAM

The Future Farming training program is a free,
13-week (3h/week) program for youth aged 16
to 24 to learn employable skills in the field of
agriculture, hydroponic growing, and food
systems. Free TTC fares, work boots, and a
Food Handler's Certificate Course will be
provided. The program will run from mid-April
to early June. Registration opens February 1st.
Email Elliot at eberthelet@mfrc.org for more
information.



Newcomer & Settlement Winter Program Schedule



Event: Thai Pongal Celebration
Event: International Women's Day
Trip: Sugar Maple Festival

Friday January 19
Friday March 8
Wednesday March 13

PROGRAM SCHEDULE

Note: The agency is closed on
statutory holidays

[Virtual Program Link](#)

[CLICK TO JOIN](#)

[Zoom Log In info: ID: 248 651 9571 Password: newcomers](#)

Zoom

In-Person

MONDAY

10:00 AM
06:00 PM



English Conversation Circle - January 8th - March 25
Community Income Tax Clinic (appointment only) February 5 - March 25

TUESDAY

10:00 AM
12:00 PM
01:00 PM
01:00 PM



Beginners Conversation English, January 9 - March 26
Global Community Kitchen, January 30, February 27, March 26
Citizenship Prep Class, January 23, February 20, March 19
Dostee Hindi Friendship , January 16, February 13, March 5

WEDNESDAY

09:30 AM
01:00 PM



Housing Support (Newcomers), January 17, February 21, March 20
மகிழ்ச்சி (Maki|cci) Women's Group, February 14, March 6

THURSDAY

11:00 AM
01:00 PM



Life Skills Program *registered program, January 18 - March 28
Employment Series, January 25, February 29, March 28

FRIDAY

12:00 PM
1:00 PM



Meet & Greet Community Lunch, January 19, February 16, March 15
Thai Pongal Celebration, January 19th

Support Services offered Monday-Friday

Information & Referral Services
Needs Assessments & Settlement Plans
Case Management (by appointment)

For more information or to register contact:

Arif Rahman (Bengali) 437-324-7506
Evanna Thiruchelvam (Tamil) 416-990-1160
Tarannum Khan (Bengali, Gujarati, Hindi, Punjabi, Urdu) 416-994-6202

Cathy Mwanza 437-324-6926
Nahida Tany (Bengali) 437-324-7509



COMMUNITY & FAMILY WINTER PROGRAM SCHEDULE



January – March 2024



Seniors Programs for Adults 55+

Virtual Program Link (except for Tamil Seniors Programs)

[CLICK TO JOIN](#)

Zoom Log In info: ID: 88141982286 Password: senior



In-Person



Zoom



Telephone

Program Schedule

Note: The agency is closed on statutory holidays

MONDAY

- 09:30 am: 📺 Tamil Seniors Online Program
Dates: Jan 8, 22 Feb 5, 26 Mar 11, 25
- 10 am-1 pm: 🚶 Tamil Seniors In-Person Program
Dates: Jan 15, 29 Feb 12 Mar 4, 18
- 10:30 am: 📺 Seniors Writers Group

TUESDAY

- 09:30 am: 🚶 Men's Club at 90 Little's Road
- 11:00 am: 📞 Teleconference Phone-Based Program
- 01:30 pm: 🚶 Qigong at 90 Little's Road
- 03:00 pm: 📺 Just Joking (offered in Tamil)



WEDNESDAY

- 10:00 am: 📺 Yoga
- 10:30 am: 🚶 Falls Prevention Exercise at 1321 Neilson Road
- 11:30 am: 🚶 Seniors Social and Lunch at 1321 Neilson Road
- 01:30 pm: 🚶 Line Dancing at 90 Little's Road

THURSDAY

- 10:00 am: 📺 Eco Fit
- 11:00 am: 📞 Teleconference Phone-Based Program
- 01:00 pm: 📺 Seniors Need to Know Seminar: Jan 11, Mar 7
Malvern Seniors GROW in Technology at 90 Little's Rd
Dates: Jan 18 - Feb 22
- 📺 Brain Games: Mar 14, 21

FRIDAY

- Dates for Friday in-person programs: Jan. 26 Feb 2, 16, 23 Mar 1, 15, 22
- 09:30 am: 🚶 Badminton & Pickle Ball at 90 Little's Road
- 09:30 am: 🚶 Wood Burning at 90 Little's Road
- 11:30 am: 🚶 Seniors Social and Lunch at 90 Little's Road
- 11:30 am: 📺 Mindful Yoga

For more information on Seniors Programs and events:

Contact Amena P: 416-284-4184 ext. 246 E: Email: abegum@mifrc.org

The Seniors Centre offers a variety of programs that foster healthy aging.

Adults 55+ Trip Series

January 26th:

Bowling & Buffet

Cost \$10 per person

Registration opens January 8th.

Register with Alyah Persaud

416-284-4184 ext. 246
Email
seniors@mifrc.org

Note: You must book a time to make a payment for the trip, payments will not be accepted at reception

Teleconference: Phone Based Program

Call-In Phone Number (416-507-1616)

& Passcode (943780 followed by #)

Tuesdays & Thursdays at 11:00 am: CHAT,

BRAIN GAMES, FUN FACTS & MORE

Events

Seniors Active Living Fair

Friday January 19

10 am - 2 pm

90 Little's Road

Tea-Party fundraiser

Sunday February 11

Hosted by the Seniors Advisory Committee

Women's Place

Service Navigation; Informal Counselling; Intimate/Gender Based Violence Supports; Social & Recreation Programs, Employment Supports.



Event: International Women's Day - Friday March 8

PROGRAM SCHEDULE

Note: The agency is closed on statutory holidays

Virtual Program Link

[CLICK TO JOIN](#)

Zoom Log In info: ID: 382 386 0855 Password: women



Zoom



In-Person

*Registration required.

MONDAY

- 10:00 AM 📺 Morning Fitness
- 09:30-11:30 AM 🚶 Housing Support | 1321 Neilson Rd, Lower level Jan. 8, Feb. 12, Mar. 11
- 05:30 PM 🚶 *Pouring It Out TO.
A support group for women experiencing trauma

TUESDAY

- 02:00 PM 📺 Chair Yoga
- 09:30 AM-12 PM 📺 Seniors with Maithily
- 03:00 PM 📺 Fraud and Scams Series January 10, 17, 24
- 03:00 PM 📺 Women's Health Series February 7, 14, 21
- 03:00 PM 🚶 Empowerment Self-Defense March 13, 20
Learn verbal and physical self-defense techniques

WEDNESDAY

- 03:00 PM 🚶 Diverse Voices Jan. 31, Feb. 28, Mar. 27
- 04:00 PM 🚶 *Coaching A certified coach will guide you towards making positive changes in your life. Pre-register with Mimi



THURSDAY

- 02:00 PM 📺 Women's Wellness
- 10:00 AM 📺 Beginner Fitness Start date: To be announced

FRIDAY

- 10:00 AM 🚶 *Family Snacks 2 Go January 13, 20, 27
Make simple snacks with your child and bring home a snack bag
- 10:00 AM 🚶 Family Fitness February 3, 10, 24
Have fun spending active time with the family!
- 10-11:30 AM 🚶 *Family Self-Defense March 9, 16, 23
A trained instructor will teach verbal & physical self-defense techniques



Drop-In Support Services

Digital literacy, resume support, computer lab, and information & referral services

Saturdays | 90 Little's Rd, 10:00 AM-11:30 AM

Jan. 27, Feb. 24, Mar. 23

For more information or to register:

Contact Mimi Quong

P. 416-284-4184 x 243

E. ymquong@mifrc.org