



COMMUNITY & FAMILY SPRING PROGRAM SCHEDULE

SENIORS PROGRAMS FOR ADULTS 55+

THE SENIORS CENTRE OFFERS A VARIETY OF PROGRAMS THAT FOSTER HEALTHY AGING

Virtual Program Link
(except for Tamil Seniors Programs)

[CLICK TO JOIN](#)

Zoom Log In info
ID: 88141982286 Password: senior

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!



Virtual/Via Zoom



In-Person



Telephone

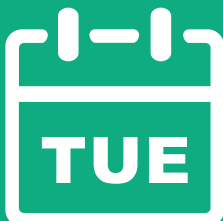
For more information on
Seniors Programs & Events:

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

SPRING CALENDAR | APRIL - JUNE 2024



09.30 AM: Tamil Seniors Online Program [Click to Join](#)
Dates: Apr 8, 22 / May 13 / June 3, 17
10 AM-1 PM: Tamil Seniors In-Person Program
Dates: Apr 15, 29 / May 6, 27 / June 10, 24
10:30 AM: Seniors Writers Group



09:30 AM: Men's Club at 90 Littles Road
11:00 AM: Teleconference: Phone-Based Program
01:30 PM: Qigong at 90 Littles Road
03:00 PM: Just Joking (offered in Tamil language)



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
12:00 PM: Falls Prevention Exercise at 90 Littles Road
01:30 PM: Line Dancing at 90 Littles Road



10:00 AM: Eco Fit
11:00 AM: Teleconference: Phone-Based Program
01:00 PM: Malvern Seniors GROW in Technology at 90 Littles Rd | Dates: April 4th - May 9th
Seniors Need to Know Seminar: May 16, June 20
Brain Games: May 23, 30 / June 6, 13



09:30 AM: Badminton & Pickle Ball at 90 Littles Road
09:30 AM: Wood Burning at 90 Littles Road
11:30 AM: Seniors Social and Lunch at 90 Littles Road
11:30 AM: Mindful Yoga



EVENTS

- May Trip: Details coming soon
- Seniors Spring Fun-Fest, Wednesday April 17, 09:30 am- 02:30 pm, 90 Littles Road
- Seniors Month to be celebrated in June, more details to come.
- Seniors Spring Dance, Thursday June 27, 6 pm- 9 pm , 90 Littles Road, Hosted by the Seniors Advisory Committee

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WOMEN'S PLACE PROGRAMS

SERVICE NAVIGATION; INFORMAL COUNSELLING; INTIMATE/GENDER BASED VIOLENCE SUPPORTS; SOCIAL & RECREATION PROGRAMS, EMPLOYMENT SUPPORT.

Virtual Program Link

[CLICK TO JOIN](#)

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

Drop-In Support Services

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

Saturdays | 90 Littles Rd, 10:00 AM-11:30 AM

April 20th, May 11, June 15



Virtual/Via Zoom



In-Person

For more information or to register:
Contact Mimi Quong
P. 416-284-4184 x 243
E. ymquong@mfr.org

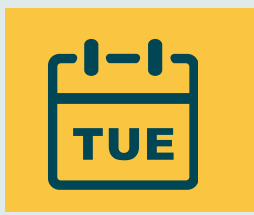
SPRING CALENDAR | APRIL - JUNE 2024

SAVE THE DATE

Mother's Day Event - Tuesday May 14, 12:00-2:00 PM



- 10:00 AM: Morning Fitness
- 04:30 PM: Coaching: A certified coach will guide you towards making positive changes in your life. Pre-register with Mimi
- 05:30 PM: Pouring It Out TO. A support group for women experiencing trauma
- 05:45 PM: Pilates & Wall Pilates: A low-impact modality exercise that focuses on finding your core strength, flexibility and balance.



02:00 PM: Chair Yoga



- 09:30 AM: Seniors with Maithily
- 12:00 PM: Knitting Club Social **NEW!**
- 03:00 PM: Food Hacks Demo Series: April 3, 10, 17, pre-registration required
- 03:00 PM: Workshop Series May 1, 8, 15, 22
- 03:00 PM: Financial Literacy June 5, 12, 19
- 03:00 PM: Diverse Voices April 24, May 29, June 26



09:30 AM: Housing Support
A Housing Worker from ACSA will support with housing issues. By appointment only | 1321 Neilson Road, Lower Level

02:00 PM: Workshops - Wellness, Health and Food Hacks Series



10:00 AM: Beginner Fitness



- 10 AM-12 PM: Family Frenzy Fun: May 4, June 1
- 10:00 AM: Family Fitness - April 6, 13, 20, 27; May 11, 25. Join us for pickleball, board games and light refreshments
- 10:00 AM: Tech Literacy - June 8, 15, 22, pre-registration required
Learn basic tips and various functions for your cell phone and laptop



COMMUNITY & FAMILY SPRING PROGRAM SCHEDULE

NEWCOMER & SETTLEMENT PROGRAMS

[Virtual Program Link](#)

[CLICK TO JOIN](#)

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



Virtual/Via Zoom



In-Person

For more information or to register contact:

- Arif Rahman (Bengali) 437-324-7506
- Cathy Mwanza 437-324-6926
- Evanna Thiruchelvam (Tamil) 416-990-1160
- Nahida Tany (Bengali) 437-324-7509
- Tarannum Khan (Bengali, Gujarati, Hindi, Punjabi, Urdu) 416-994-6202

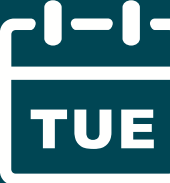
SPRING CALENDAR | APRIL - JUNE 2024

SAVE!
THE DATE

- Eid Celebration, April 16, & June 11, 1:00-2:30 PM
- শুভ নববর্ষ (Shuvo Noboborsho) Celebration, April 17, 1:00 - 2:30 PM
- Tamil New Year Celebration, April 19, 1:00 - 2:30 PM
- Mothers Day Celebration, May 14, 12:00 - 2:00 PM
- Trip: Toronto Newcomers Day, May 23, 10:00 - 3:00 PM



10:00 AM: English Conversation Circle - April 8th - June 24
01:00 PM: Computer Lab Drop in - 90 Littles Rd



10:00 AM: Beginners Conversation English, April 2 - June 25
12:00 PM: Global Community Kitchen, April 30, May 28, June 25
01:00 PM: Dostee Hindi Friendship, April 16, May 14, June 11



11:00 AM: Citizenship Prep Class, April 17, May 15, June 12
01:00 PM: மகிழ்ச்சி (Makilcci) Women's Group, April 19, May 22, June 19



11.00 AM: Life Skills Program April 4 - June 27
05:00 PM: Meet & Greet Community Dinner, April 25, May 16, June 20



Support Services offered Monday-Friday



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



COMMUNITY & FAMILY SPRING PROGRAM SCHEDULE

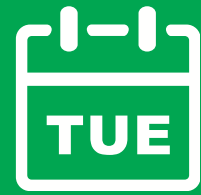
GROWING TOGETHER: FOOD JUSTICE PROGRAMS & INITIATIVES

For more information or to register
contact Claire Perttula
malvernurbanfarm@mfrfc.org

www.mfrfc.org



SPRING CALENDAR | APRIL - JUNE 2024



09:00 AM - 12:00 PM

Volunteer at the farm! (Starts April 30th)
Join us at 2775 Morningside avenue to help out in the donation plot



4:00 PM- 7: 00 PM

Farmers' market (opening day June 5th)

COMMUNITY SUPPORTED AGRICULTURE (CSA)



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. Starting in May, boxes will be available every month. For more information or to register please email Sebastien at skavanagh@mfrfc.org

DELISH 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@mfrfc.org

FUTURE FARMING TRAINING 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. Registration for the July-October session is on now! Scan the QR code to register. Email Elliot at eberthelet@mfrfc.org for more information.