



SCHEDULE: SUMMER 2024 - COMMUNITY AND FAMILY PROGRAMS

SCHEDULE: SUMMER 2024 - NEWCOMERS PROGRAMS

MONDAY

Health Balance Series

July 8 - August 19
10:00 - 11:30 AM

THURSDAY

Stitch Starters Beginners Sewing Class

August 8 - 29
10:00 - 12:00

Sangeetham Tamil Women's Group

July 18 & August 22
1:00 - 2:00 P.M.

TUESDAY

Talk Easy Conversation English

July 2 - August 26
10:00 - 11:30 AM

Dostee Hindi Friendship Group

July 16 & August 13
1:00 - 2:30 PM

ADDA - Bengali Social Group

July 30
1:00 - 2:30 PM

EVENTS

EVENT: NEWCOMER PICNIC

JULY 4

10:00 - 1:00 PM

TRIP: BIG APPLE - COBOURG

JULY 12

9:30 - 3:30 PM

TRIP: VISIT TO ONTARIO

LEGISLATURE

AUGUST 7

1:00 - 6:00 PM

TRIP TO VALUE VILLAGE

DATE- TBD

WEDNESDAY

Pathway to Citizenship

July 24 & August 14
11:00 - 12:00 PM

Learn It Now... Immigration

July 10 & August 21
11:00 - 12:00 PM

Garden Community Kitchen

July 31 & August 28

CONTACT US:

CATHY MWANZA

437-324-6926

EVANNA THIRUCHELVAM

416-990-1160

NAHIDA TANY

437-324-7509

NEDA QASEMI

437-324-7506

TARANNUM KHAN

416-994-6202

ABOUT THE PROGRAMS/EVENTS

(LOCATIONS SUBJECT TO CHANGE)

HEALTH BALANCE SERIES

This series will help you learn healthier habits and enhance your quality of life

Who: Newcomers Adults

When: Monday, July 8 - August 19

Where: Muslim Welfare Canada

TALK EASY

ENGLISH CONVERSATION

Elevate your English speaking skills and confidence with real-life communication scenarios

Who: Newcomer Adults

When: Tuesday, July 2 - August 26

Where: 1321 Neilson Road

DOSTEE HINDI FRIENDSHIP GROUP

Join us for vibrant gathering celebrating Hindi language & culture while building community connections

Who: Newcomer Families

When: Tuesday, July 16 & August 13

Where: Nielson Park

ADDA BENGALI SOCIAL GROUP

Celebrate Bengali culture, and provide educational and engaging experiences for all.

Who: Newcomer Families

When: Tuesday, July 30

Where: Nielson Park

SANGEETHAM TAMIL WOMEN'S GROUP

Join this women's social group, where friendship, empowerment, and support is encouraged

Who: Newcomers Women

When: Thursday, July 18 & August 22

Where: Nielson Park

PATHWAY TO CITIZENSHIP

Learn about eligibility requirements, application procedures and preparation for the citizenship test

Who: Newcomer Adults

When: Wednesday July 24 & August 14

Where: 1321 Neilson Road

LEARN IT NOW - IMMIGRATION

These workshops are designed to help you understand application procedures, required documentation, and tips to manage your immigration applications

Who: Newcomers Adults

When: Wednesday, July 10 & August 21

Where: 1321 Neilson Road

GARDEN TABLE COMMUNITY KITCHEN

Discover how to create vibrant, nutritious salads using fresh, seasonal ingredients that are perfect for warm weather

Who: Newcomers Adults

When: Wednesday, July 31 & August 28

Where: 1321 Neilson Road

STITCH STARTERS BEGINNERS SEWING CLASSES

Learn the basics of sewing. You will learn how to use a sewing machine & complete simple projects to kickstart your sewing journey.

Who: Newcomers Adults & Youth

When: Thursdays, August 8 - 29

Where: 1321 Neilson Road

SERVICES - MONDAY TO FRIDAY INFORMATION & REFERRAL

Our Information and Referral Service connects individuals with resources and guidance to access community services, programs, and information.

1:1 CASE MANAGEMENT (BY APPT ONLY)

Case Management Services provides personalized support and guidance helping you navigate through various challenges and access the resources you need for your specific situation.

SETTLEMENT PLANNING

Creating personalized plans designed to help you settle into your new community, addressing housing, employment, education, and other needs.

SCHEDULE: SUMMER 2024 - SENIORS PROGRAMS

MONDAY

TAMIL SENIORS PROGRAM - ONLINE
09:30 AM
(JULY 8, 22 & AUG 5, 19)

TAMIL SENIORS PROGRAM - IN
PERSON
TRIP / OUTDOOR ACTIVITY
(JULY 15, 29 & AUG 12, 26)

THURSDAY

ECO FIT - ONLINE
10:00AM

TELECONFERENCE - ONLINE
11:00 AM

BRAIN GAMES - ONLINE
1:00 PM (JULY 11, 18)

SENIORS NEED TO KNOW - ONLINE
01:00 PM (JULY 25)

GROW IN TECHNOLOGY - IN PERSON
01:00 PM (START DATE AUGUST 1)

TUESDAY

MENS CLUB - IN PERSON
09:30 AM

TELECONFERENCE - ONLINE
11:00 AM

QIGONG - IN PERSON
01:30 PM

FRIDAY

BADMINTON & PICKLE BALL - IN
PERSON
10:00 AM

WOOD BURNING - IN PERSON
09:30 AM (JULY ONLY)

SENIOR SOCIAL & LUNCH - IN
PERSON
11:30 AM

MINDFUL YOGA - ONLINE
11:30 AM

WEDNESDAY

YOGA - ONLINE
10:00 AM

FALLS PREVENTION - IN PERSON
10:30 AM

SENIOR SOCIAL & LUNCH - IN
PERSON
11:30 AM

FALLS PREVENTION - IN PERSON
12:00 PM

UPCOMING TRIP DATES

JULY 12TH - BIG APPLE
AUGUST 9TH - WARDS ISLAND

FOR MORE INFORMATION
ON SENIORS' PROGRAMS
AND EVENTS

CONTACT AMENA BEGUM
416-284-4184 EXT. 246
ABEGUM@MFRC.ORG

ABOUT THE PROGRAMS/EVENTS

MENS CLUB

Social gathering for senior men, involving board games, socializing, and coffee and tea.

Who: Seniors 55+

When: Tuesday at 9:30 am

Where: 90 little's road

TELECONFERENCE

A phone-based program in which seniors can play brain games, socialize, and fun facts over the phone

Who: Seniors 55+

When: Tuesday at 11:00 am

Where: Over the phone - Call (416-507-1616) & Passcode (943780 followed by #)

QIGONG

Chair exercise program, involving coordination with the posture, movement, and breathing.

Who: Seniors 55+

When: Wednesday at 1:30 am

Where: 90 Little's Road

FALLS PREVENTION

Exercise based program, involving moderate movement. Resistance bands are used (but can you substitute them if necessary)

Who: Seniors 55+

When: Wednesday

Where: 1321 Neilson Road (10:30 am) & 90 Little's Road (12:00 pm)

SENIOR SOCIAL & LUNCH

Social gathering for all seniors, involving word searches, brain games, coffee and tea, and even lunch.

Who: Seniors 55+

When & Where:

Wednesdays: 1321 Neilson Road at 11:30 am &

Fridays: 90 Little's Road at 12:00 pm

ECO FIT

Medium cardio exercise program involving fast-paced moves. Resistance bands are used (but you can substitute them if necessary)

Who: Seniors 55+

When: Thursdays at 10:00 am

Where: Zoom

WOODBURNING

Free handed art of decorating woods with the use of other material, to create burn marks resulting from the controlled application

Who: Seniors 55+

When: Friday at 9:30 am

Where: 90 Little's Road

MINDFUL YOGA

Meditation practices, that involves movement, stretching and breathing exercises.

Who: Seniors 55+

When: Friday at 11:30 am

Where: Zoom

SCHEDULE: SUMMER 2024 - GROWING TOGETHER

**TUESDAYS
(NOT JULY 9TH OR
AUGUST 6TH)**

Farm Volunteering 9:30 AM- 12:30 PM

JULY 3

**4-7pm: Farmers'
Market
Special Event:
Strawberry Festival**

JULY 10

**4-7pm: Farmers'
Market
Special Event: Sewing
and Jewelry Repair**

JULY 17

**4-7pm: Farmers'
Market
Special Event:
Kitchen Stuff Swap**

JULY 24

**4-7pm: Farmers'
Market**

JULY 31

**4-7pm: Farmers'
Market
Special Event: Peach
Festival**

AUGUST 7

**4-7pm: Farmers'
Market
Special Event: Bike
Repair, Advocacy
Initiative- No More
Food Insecurity**

AUGUST 14

**4-7pm: Farmers'
Market
Special Event:
Advocacy Initiative-
No More Food
Insecurity**

AUGUST 21

**4-7pm: Farmers' Market
Special Event: Kids Stuff
Swap**

AUGUST 28

**4-7pm: Farmers' Market
Letter writing: No More
Food Insecurity**

ABOUT THE PROGRAMS/EVENTS

FARM VOLUNTEERING

Who: Everyone is welcome!

When: Tuesdays, 9am-12pm

Where: 2775 Morningside Avenue
(Morningside Avenue just north of
Neilson/Nightstar Rd Intersection)

If arriving by car, park by 47
Polarlights Way.

Join us and get your hands dirty
at the farm! Possible tasks include
turning compost, weeding,
harvesting, transplanting,
mulching, mowing, and other
yard work tasks.

We have gloves and tools. Please
bring a water bottle and weather
appropriate clothing.

In case of heat warnings,
volunteering may be rescheduled.

FARMERS' MARKET

Who: Everyone is welcome!

When: Wednesdays, 4-7pm

Where: 90 Littles Road garden
and pavillion

Come by the farmers' market for:

- fresh vegetables grown at
Malvern Urban Farm
- artisan goods from local
vendors
- music
- hot food and snacks
- and special events

MARKET BUCKS

No cash? No problem! Stop by the
outreach booth to purchase
market bucks that you can use
like cash to buy produce from the
farmers. If you are able, you can
also donate to the market bucks
program to support other
community members facing food
insecurity.

STUFF SWAPS

Who: Everyone is welcome!

When: Some Wednesdays, 4-7pm

Where: Farmers' Market, 90 Littles
Road Pavillion

Join us this summer at our stuff
swaps and trade some of your too
small/unwanted items in clean,
good condition for other items
that other people bring. This
keeps clothes, backpacks, kitchen
items, etc. out of landfills, saves
everyone money, and helps
refresh your wardrobe and home!

July 17- Kitchen Stuff Swap
August 21- Kids/Back to School
Stuff Swap

SCHEDULE: SUMMER 2024 - WOMEN'S PLACE PROGRAMS (V-VIRTUAL, P-IN-PERSON)

MONDAY

MORNING FITNESS -V
10:00 AM

COACHING - P JULY ONLY
BY APPOINTMENT: 4:30 PM

POURING IT OUT TO - P
5:30 - 7:00 PM

PILATES - P JULY ONLY
5:45 - 6:45 PM

THURSDAY

HOUSING SUPPORT - P
9:30 AM - 4:30 PM

ART ESCAPE - P
STARTING JULY 11, 2:30 PM

SNACKS AROUND THE WORLD -P
STARTING JULY 11, 3:30 PM

HEALTH & WELLNESS
DISCUSSION-P- MALVERN PUBLIC
LIBRARY
AUGUST 8, 2:00 PM

TUESDAY

GARDEN CLUB -P
STARTING JULY 9
10:30 AM

FAMILY WELLBEING WORKSHOP- P
JULY 23
1:00 PM

YOGA - V
2:30 PM

FRIDAY

DROP-IN SUPPORT SERVICES
11:00 AM - 1:00 PM

FOR MORE INFORMATION ON
WOMEN'S PROGRAMS
AND EVENTS:

CONTACT: MIMI QUONG

416-284-4184 EXT. 243 EMAIL:
YMQUONG@MFRC.ORG

WEDNESDAY

TAMIL, LET'S CONNECT - V
MEETING ID: 979 762 7167
PASSCODE: 2580
9:30-11:30 AM

KNITTING CLUB SOCIAL - P
12:00-1:30 PM

DROP-IN SUPPORT SERVICES - P
10:00 AM - 12:00 PM

DIVERSE VOICES -P
JULY 31, AUGUST 28
2:30 PM

SUMMER EVENTS

PRE-REGISTRATION REQUIRED.
FAMILY WELLBEING TRIP:
FRI. JULY 12

LUNCHEON WITH FRIENDS:
WED. AUG. 14 | 1:30 PM

FAMILY PICNIC:
TUES. AUG. 20 | 12:30 PM

ABOUT THE PROGRAMS/EVENTS

ZOOM LINK ID: 382 386 0855 PASSCODE:
WOMEN

COACHING

A certified coach will guide you towards making positive changes in your life.

Who: Women

When: Mondays, 4:30 PM

By appointment only

Where: 90 Littles Road

PILATES

Pilates is a low impact modality exercise that focuses on finding your core strength, flexibility and balance.

Who: Women

When: Mondays, 5:45 PM. July 8-29

Where: 90 Littles Road

DROP-IN SUPPORT SERVICES

Information & referral services, 1-1 meetings, form filling and more.

Who: Women and Family

When: Tuesdays, 1:00 - 3:00 PM
and Fridays, 11:00 AM - 1:00 PM

Where: 90 Littles Road

FAMILY WELLBEING WORKSHOP

A workshop for parents about online safety and gaming safety.

Who: Parents and caregivers

When: Wednesday, July 23, 1:00 PM

Where: 90 Littles Road

DIVERSE VOICES

Women discuss and share about important issues and causes.

Who: Women

When: Wednesday July 31, August 28, 2:30 - 4:00 PM

Where: 90 Littles Road

HOUSING SUPPORTS

A Housing Worker from ACSA will support with housing issues.

Who: Everyone

When: Thursdays, 9:30 AM-4:30 PM
By appointment only

Where: 1321 Neilson Road

ART ESCAPE

Join us to learn various art activities, such as Diamond Art, painting and more.

Who: Women

When: Thursdays, 2:30 PM

Where: 90 Littles Road

SNACKS AROUND THE WORLD

Let's make some tasty and easy snacks from other cultures.

Who: Women

When: Thursdays, 3:30 PM

Where: 90 Littles Road

