

# Programs & Activities

Seniors' Programs

Fall 2025 | September - December







Cancellation Notice: Sept 1<sup>st</sup> - 5<sup>th</sup>, Oct 10<sup>th</sup>, Nov 14<sup>th</sup> & Dec 12<sup>th</sup>

### Monday

Tamil Seniors Online Sept 15, 29, Oct 13, 27, Nov 10, 24 Dec 8, 22 09:00 AM - 12:00 PM Meeting ID: 861 3356 5777 Password: 2580

Tamil Seniors In-person 90 Littles Road Sept 8, 22 Oct 6, 20 Nov 3, 17 Dec 1, 15 10:00 AM - 01:00 PM

Caregiver Peer Support Group at 90 Littles Road Sept 15, Oct 6, Nov 3, Dec 1 10:30 AM - 12:30 PM

## Tuesday



Men's Club at 90 Littles Road 09:30 AM - 10:30 AM



Toastmasters for Seniors 90 Littles Road Sept 16, Oct 21, Nov 18, Dec 16 12:30 PM - 02:00 PM



Oigong at 90 Littles Road 01:30 PM - 02:30 PM

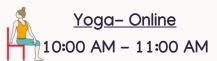
Seniors Advisory Committee Meeting

90 Littles Road (10:30 AM - 12:00 PM)

Sept 16, Oct 21, Nov 18, Dec 16

FOR MORE INFORMATION,

## Wednesday



**Falls Prevention** 1321 Neilson Road 10:30 AM - 11:30 AM

Seniors Social and Lunch 1321 Neilson Road 11:30 AM - 01:00 PM

**Falls Prevention** 90 Littles Road 11:45 AM - 12:45 PM

**Line Dancing** 90 Littles Road (Sep-Nov) 01:30 PM - 02:30 PM

# Thursday



Seniors Need to Know -Cyber Safety Tips for Seniors 90 Littles Road September 18 11:30 AM - 01:30 PM



Brain Games-Online Oct 2, 9, Nov 6, 13, Dec 11 01:00 PM - 02:00 PM

# Friday



**Wood Burning** 90 Littles Road

09:00 AM - 11:00 AM

Badminton, Pickle Ball and Games 90 Littles Road 09:30 AM - 11:00 AM

Seniors Social and Lunch 90 Littles Road 11:30 PM - 01:00 PM



<u>Mindful Yoga -</u> Online

11:30 AM - 12:30 PM

#### **Special Programs** 90 Littles Road

\*NEW Addition to Friday's Social & Lunch\*

#### Lunch & Learn

A short info session where organizations share available resources, services, and offer one-on-one support through scheduled Clinics. (3<sup>rd</sup> Friday of every Month) 11:00 AM to 12:00 PM

#### Clinics

One-on-one support (by appointment only) 09:30 AM to 01:30 PM (4<sup>th</sup> Friday of every Month)

Special Events

Seniors Afternoon Tea\* 90 Littles Road Sunday Oct 19

Seniors Dinner and Dance \* 90 Littles Road Dec 18 (05:30 PM - 09:00 PM)

Registration required\*

Meeting ID, and password for all Zoom programs (except Monday's Tamil Seniors Online Program) Meeting ID: 881 4198 2286, Password: senior

FOR DETAILED DESCRIPTION OF PROGRAMS AND ACTIVITIES AND TO SIGN-UP, PLEASE VISIT MFRC.ORG OR SCAN THE OR CODE





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