



Programs & Activities

Seniors' Programs



Fall 2025 | September – December

Cancellation Notice: Sept 1st – 5th, Oct 10th, Nov 14th & Dec 12th

Monday	Tuesday	Wednesday	Thursday	Friday	Special Programs 90 Littles Road
<p><u>Tamil Seniors Online</u> 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</p> <hr/> <p>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</p> <hr/> <p>Caregiver Peer Support Group at 90 Littles Road Sept 15, Oct 6, Nov 3, Dec 1 10:30 AM – 12:30 PM</p>	<p> Men's Club at 90 Littles Road 09:30 AM – 10:30 AM</p> <hr/> <p> Toastmasters for Seniors 90 Littles Road Sept 16, Oct 21, Nov 18, Dec 16 12:30 PM – 02:00 PM</p> <hr/> <p> Qigong at 90 Littles Road 01:30 PM – 02:30 PM</p>	<p> <u>Yoga– Online</u> 10:00 AM – 11:00 AM</p> <hr/> <p>Falls Prevention 1321 Neilson Road 10:30 AM – 11:30 AM</p> <hr/> <p>Seniors Social and Lunch 1321 Neilson Road 11:30 AM – 01:00 PM</p> <hr/> <p>Falls Prevention 90 Littles Road 11:45 AM – 12:45 PM</p> <hr/> <p>Line Dancing 90 Littles Road (Sep–Nov) 01:30 PM – 02:30 PM</p>	<p> Seniors Need to Know – Cyber Safety Tips for Seniors 90 Littles Road September 18 11:30 AM – 01:30 PM</p> <hr/> <p> <u>Brain Games– Online</u> Oct 2, 9, Nov 6, 13, Dec 11 01:00 PM – 02:00 PM</p>	<p> Wood Burning 90 Littles Road 09:00 AM – 11:00 AM</p> <hr/> <p>Badminton, Pickle Ball and Games 90 Littles Road 09:30 AM – 11:00 AM</p> <hr/> <p>Seniors Social and Lunch 90 Littles Road 11:30 PM – 01:00 PM</p> <hr/> <p> <u>Mindful Yoga – Online</u> 11:30 AM – 12:30 PM</p>	<p>*NEW Addition to Friday's Social & Lunch*</p> <p><u>Lunch & Learn</u> A short info session where organizations share available resources, services, and offer one-on-one support through scheduled Clinics. (3rd Friday of every Month) 11:00 AM to 12:00 PM</p> <p><u>Clinics</u> One-on-one support (by appointment only) 09:30 AM to 01:30 PM (4th Friday of every Month)</p>

Seniors Advisory Committee Meeting
90 Littles Road (10:30 AM – 12:00 PM)
Sept 16, Oct 21, Nov 18, Dec 16

Special Events
Registration required*

Seniors Afternoon Tea *
90 Littles Road
Sunday Oct 19

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

FOR MORE INFORMATION,
CONTACT AMENA BEGUM
P. 416-284-4184 X 246 | ABEGUM@MFRC.ORG

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 QR CODE

