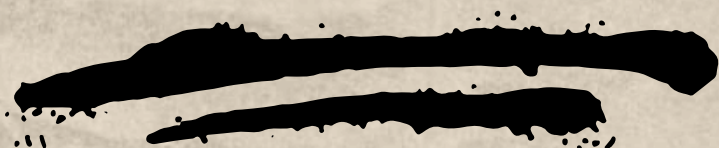




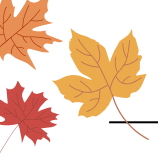
FALL 2024



Community and
Family Programs

Growing Together: Food
Justice in Malvern





SCHEDULE: FALL (SEPT-DEC) 2024 - GROWING TOGETHER

Farmers' Market Schedule Wednesdays, 4-7pm, 90 Littles Road

**September 4- Letter
Writing: Food
Security Advocacy
Initiative**

**September 11-
Regular Market**

**September 18- Apple
Festival!**

**September 25-
Orange Shirt Day Tie-
Dye**

**October 2- Winter
Stuff Swap**

**October 9- Last
Market- raffle and
season celebration**

Tuesdays, 9:30am-12:30pm- Farm Volunteering

**Saturday October 26- Annual Farm Fall Clean Up and
Potluck**



ABOUT THE PROGRAMS/EVENTS

FARM VOLUNTEERING



Everyone is welcome!

Tuesdays, 9:30-12:30pm

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 or
thunderstorms, volunteering may be
rescheduled.

FARMERS' MARKET



Everyone is welcome!

Wednesdays, 4:00-7:00 pm

90 Littles Road garden and pavilion

Come by the farmers' market to
enjoy fresh vegetables grown at
Malvern Urban Farm, discover artisan
goods from local vendors, listen to
music, savor hot food and snacks,
and participate in 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.

FARM CLEANUP AND POTLUCK



Everyone is welcome!

Saturday, October 26th, 10am-3pm
2775 Morningside Avenue

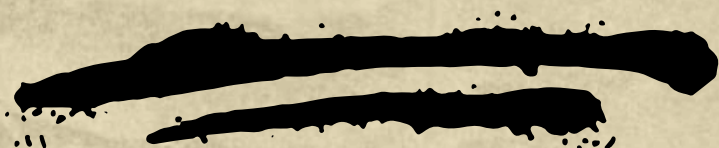
Come by the farm to meet the
farmers and help put the farm to
sleep for the winter! Possible tasks
include turning compost, weeding,
harvesting, mulching, mowing, and
other yard work tasks.

Enjoy some tasty food made with
ingredients from the farm, too!

Contact
malvernurbanfarm@mfrfc.org for
more information or to ask any
questions



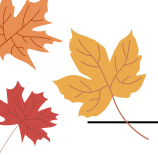
FALL 2024



Community and
Family Programs

WOMEN'S PLACE





FALL 2024 (SEPT-DEC) - WOMEN'S PLACE PROGRAMS

MONDAY

Morning Fitness – Virtual
10:00–11:00 AM

Coaching – In-Person
90 Littles Road
BY APPOINTMENT: 4:30–5:30 PM

Pouring It Out – In-Person
90 Littles Road
5:30 – 7:00 PM

Pilates – In-Person
90 Littles Road
5:45–6:45 PM

TUESDAY

Drop-In Support Services – In-Person
90 Littles Road
1:00–3:00 PM

Chair Yoga – Virtual
2:30–3:30 PM

WEDNESDAY

Tamil, Lets Connect – Virtual Meeting
ID: 979 762 7167
Passcode: 2580
9:30–11:30 AM

Knitting Social – In-Person
90 Littles Road
12:00–1:15 PM

Women's Diverse Voices – In-Person
90 Littles Road
Sept. 25
Cohort 1: 10:00 AM–12:00 PM
Cohort 2: 2:30–4:30 PM

THURSDAY

Housing Support – In-Person
1321 Neilson Road
BY APPOINTMENT: 9:30 AM – 4:30 PM

Health & Wellness Discussions – In-Person
Malvern Library, 30 Sewells Road
Sept. 12
2:00–3:00 PM

FRIDAY

Beginner Fitness – Virtual
Starting Sept. 20
10:00–11:00 AM

Drop-In Support Services – In-Person
90 Littles Road
11:00 AM – 1:00 PM

SATURDAY

Family Fun Activities – In-Person
90 Littles Road
Starting Sept. 14
10:00 – 11:00 AM

Family Wellbeing Retreats – In-Person
90 Littles Road,
Sept. 21
10:00 AM – 12:00 PM

UPCOMING EVENTS

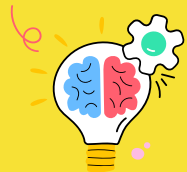
Women's Place Relaunch
Oct. 2
4:00–5:00 PM

For More Information:

Contact Mimi Quong
416–284–4184 x243
ymquong@mfrf.org

ABOUT THE WOMEN'S PLACE PROGRAMS/EVENTS

COACHING



Coaching sessions are available for women seeking to make positive changes in their lives. A certified coach will guide participants towards achieving their personal and professional goals. By appointment only.

PILATES



Pilates classes focus on core strength, flexibility, and balance, offering a low-impact exercise option.

DROP-IN SUPPORT SERVICES



Drop-in support services provide information, referral services, one-on-one meetings, and assistance with form filling.

DIVERSE VOICES



A monthly social group for Black, Indigenous and Women of Color (BIWOC) in the Malvern Community. The program is to create a space in community building and open discussion about systemic and interpersonal approach. Pre-registration required.

HOUSING SUPPORT



Housing support services are offered by a Housing Worker from ACSA, available by appointment only on Thursdays from 9:30 AM to 4:30 PM at 1321 Neilson Road.

BEGINNER FITNESS



Beginners Fitness is a cardio workout that focusses on strength training for starters looking to engage in light physical exercise.

WOMEN'S PLACE RELAUNCH



Save the date! The Women's Place Relaunch is scheduled for Wednesday, October 2. Further details to follow.

FAMILY WELLBEING RETREAT



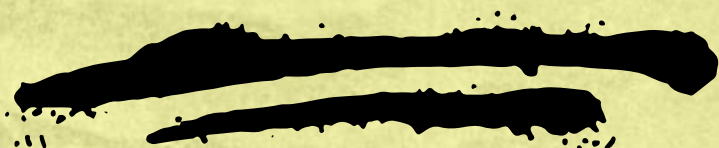
The Family Wellbeing Retreat offers a day filled with engaging activities, fitness sessions, and meaningful discussions. It's a chance for parents, caregivers, and kids to come together, share experiences, and focus on wellbeing in a supportive and inclusive environment. Pre-registration required.

ZOOM VIRTUAL MEETING

ID: 382 386 0855
PASSCODE: women



FALL 2024



Community and
Family Programs

NEWCOMERS PROGRAMS





FALL 2024 (SEPT-DEC) - NEWCOMERS

MONDAY

Work Skills Lab – Digital Drop-In
Sept 16–Oct 7 | 1:30–3:00 P.M.

Strong Her Women’s Workout
Sept 16–Oct 7 | 6:15–7:15 P.M.

Diwali Celebration
Nov 4 | 10:00–1:00 P.M.

Festival Holiday Treats
Dec 23 12:30–4:00 PM

TUESDAY

Speak English Together
Sept 10 – Dec 17
10:00–11:30 A.M.

Sangeetham Tamil Social Group
Sept 17 & Nov 26 12:00–1:30 P.M.

Work Skills Lab – Employment
October 8, 15, 22, 29 from 2 –3 P.M.

Trip to Pingles Farm
Oct 1 – 10:00–3:00 P.M.

FRIDAY

Youth PA Day Activity
Sew Sustainable Workshop
Sept 27 | 2:00–3:30 P.M.

Family PA Day Activity
Family Game Challenge
Nov 15th | 11:30–1:30 P.M.

SATURDAY

Malvern Career Accelerator
Oct 26 (90 Littles Rd)
Financial Literacy Event
Nov 9 (90 Littles Rd)

THURSDAY

Pitha Utshob Bengali Festival
Sept 19 | 11:30–1:30 P.M.

Stitch Starters
Sept 19 – Nov 21
11:00 – 11:30 P.M.

Kitchens of Malvern
Sept 26, Oct 17, Nov 21,
12:00–1:30 P.M.

Meet & Eat
Nov 7 | 5:30–7:00 P.M.

Women’s Beauty Night
Dec 19 | 5:30–7:30 P.M.

WEDNESDAY

Global English Circle
Sept 11–Dec 18
10:30–11:30 A.M.

Lunch & Learn: Citizenship Prep
Sept 11 – Oct 2
12:00–1:30 P.M.

Fall Harvest Festival Dinner
Oct 9
5:30 – 7:30 PM (90 Littles Rd)

Financial Literacy Workshop
Oct 16th & Nov 20
1:30–2:30 P.M.

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 NEWCOMERS PROGRAMS/EVENTS

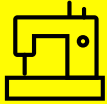
ALL NEWCOMERS PROGRAMS/EVENTS TAKE PLACE AT 1321 NELSON RD UNLESS SPECIFIED OTHERWISE

WORK SKILLS LAB: DIGITAL DROP-IN



A program designed for newcomer adults to enhance their job market skills, digital literacy, and job search strategies.

STITCH STARTERS



An introductory sewing class where newcomers learn to use a sewing machine and complete simple projects.

GLOBAL ENGLISH CIRCLE



These interactive activities designed to improve English conversation skills for newcomer adults.

SANGEETHAM TAMIL SOCIAL GROUP

This is a social group for Tamil newcomer women to foster friendship, empowerment, and develop mutual support from each other.

WORK SKILLS LAB EMPLOYMENT



This focused session provides practical skills for newcomer adults, including resume development, interview preparation, and understanding local employment norms.

SPEAK ENGLISH TOGETHER



Join MFRC's group conversation space where newcomer adults can practice and improve their English-speaking skills.

LUNCH AND LEARN CITIZENSHIP PREP



This is a short series that provides essential information on the key elements of gaining a Canadian citizenship.

STRONG HER WOMEN'S WORKOUT



Newcomer women are invited to enjoy a rhythmic and energetic dance workout to take their first steps toward a healthier lifestyle.

FINANCIAL LITERACY WORKSHOP



This workshop offers crucial financial guidance on managing debt, budgeting, and improving credit health.

KITCHENS OF MALVERN



An opportunity to sample global food prepared by community members, fostering friendships and community connections.

MEET & EAT

Join us for a warm and welcoming meal where you can build connections and settle into your new community.

ABOUT THE NEWCOMERS PROGRAMS/EVENTS

ALL NEWCOMERS PROGRAMS/EVENTS TAKE PLACE AT 1321 NELSON RD UNLESS SPECIFIED OTHERWISE

WOMEN'S SELF CARE BEAUTY NIGHT



An evening dedicated to pampering, self-care routines, and connecting with other women in a supportive environment.

SPECIAL EVENTS/TRIPS

PITHA UTSHOB BENGALI CELEBRATION



Pitha Utshob is a celebration of Bengal's rich culinary tradition, offering a variety of regional delicacies, creating a space for newcomers to connect and share cultural experiences.

DIWALI CELEBRATION



Celebrate the Festival of Lights with our community.

PA DAY - SEW SUSTAINABILITY



A Peer-Led program, Sew Sustainability program introduces newcomer youth to sewing basics, allowing them to develop their own designs.

PA DAY - CONNECTION FAMILY GAMES



An afternoon filled with fun where newcomer families and youth can engage in a variety of games, fostering family connections and community bonding.

FALL HARVEST FESTIVAL DINNER



Celebrate the Fall season with a festive dinner, providing newcomers with an opportunity to connect with others in the community in a warm and welcoming environment.

TRIP: PINGLES FARM FALL FESTIVAL

A family-friendly outing to Pingles Farm, offering newcomers the chance to experience a traditional fall festival and create lasting memories with their community.

MALVERN CAREER ACCELERATOR

A career development event - Details TBC*

FINANCIAL LITERACY EVENT

Workshops designed to equip newcomers with essential financial knowledge, including managing debt, budgeting, and improving credit health.

SERVICES MON-FRI

- **INFO & REFERRAL**
- **1:1 CASE MANAGEMENT (BY APPT ONLY)**
- **SETTLEMENT PLANNING**



FALL 2024

Community and
Family Programs

Seniors Programs





FALL 2024 (SEPT-DEC) - SENIORS PROGRAMS

MONDAY

Tamil Seniors Program – online

09:30 am (Sep 16, 30, Oct 14, 21, Nov 11, 18,
Dec 9, 16)

Tamil Seniors program – in-person

10:00 am at 90 Littles Road (Sep 9, 23, Oct 7, 28
Nov 4, 25 Dec 2, 23)

THURSDAY

Eco Fit – online

10:00 am

JUST Joking in the Tamil Language – online

11:00 am

Teleconference – online

11:00 am (September only)

GROW in Technology – in-person

1:00 pm (Sep 12, 19, 26)

Seniors Need to Know – online

01:00 pm (Oct 3, Nov 7)

Brain Games – online

1:00 pm (Oct 10, 17 / Nov 14, 21 / Dec 12, 19)

TUESDAY

Men's club – in person

09:30 am at 90 Littles Road at

Seniors Writers Group – Online

10:30 am (1st and 2nd Tuesdays)

Toastmasters for Seniors – in-person

10:30 am at 90 Littles Road (4th Tuesday)

Teleconference – online

11:00 am (September only)

Qigong – in person

1:30 pm at 90 Littles Road

FRIDAY

Badminton & Pickle ball – in-person

10:00 am at 90 Littles Road

Wood Burning – in-person

09:30 am at 90 Littles Road

Senior Social & Lunch – in-person

11:30 am at 90 Littles Road

Mindful Yoga – online

11:30 am

WEDNESDAY

Yoga – online

10:00 am

Falls Prevention – in-person

10:30 am at 1321 Neilson Road

Senior Social & Lunch – in-person

11:30 am at 1321 Neilson Road

Falls Prevention – in-person

12:00 pm at 90 Littles Road

Line Dancing – in-person

1:30 PM at 90 Littles Road (September only)

UPCOMING EVENTS

Oct 1st – BINGO Day

(Celebrate International Day of Older Persons)

Nov TRIP – TBD

Dec 5th – Seniors Winter Wonderland Dinner
and Dance

For more information on seniors' programs
and events

Contact Amena Begum

416-284-4184 ext. 246

abegum@mfr.org

ABOUT THE SENIORS PROGRAMS/EVENTS

TAMIL SENIOR PROGRAM



The Tamil Seniors Program offers for exercise sessions and health seminars in Tamil, promoting physical and mental well-being among seniors.

MENS CLUB



The Men's Club is a social group for elders to engage in recreational games with tea and coffee, leading to a sense of community and friendships.

QIGONG



Qigong is a gentle exercise practice that combines slow, deliberate movements focusing on body posture, breathing, and meditation for overall well-being.

TOASTMASTER FOR SENIORS

The Toastmasters Seniors program helps elders enhance their public speaking skills, and engage in exercises, fostering confidence in a supportive environment.



ECO FIT

The Eco Fit exercise class is a medium cardio workout designed to improve cardiovascular health and endurance through energizing.



SENIOR SOCIAL & LUNCH



The Seniors Social and Lunch program offers a weekly nutritious meal, promoting healthy eating and community involvement.

FALLS PREVENTION



Falls Prevention is a program designed to reduce the risk of falls among seniors through targeted exercise, education, and safety awareness,

WOODBURNING

The Wood Burning class for seniors offers an opportunity to explore artistic expressions, craft unique designs and enhance their skills in decorating wood.



MINDFUL YOGA



Mindful Yoga combines gentle poses with mindfulness techniques to enhance physical and mental well-being, improving flexibility, strength, and relaxation.