



Programs & Activities

Seniors' Programs

Winter 2026 | January – March



***** IMPORTANT NOTICE: ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS *****

Monday

Tamil Seniors' Online

Jan 5, 19, Feb 2, Mar 2, 16

09:00 AM – 12:00 PM

Meeting ID: 221 718 880 404 59

Passcode: ub2N95C3

Tamil Seniors' In-person 90 Littles Road

Jan 12, 26, Feb 9, 23, Mar 9, 23

10:00 AM – 01:00 PM

Caregiver Peer Support Group at 90 Littles Road

Feb 2, Mar 2

10:30 AM – 12:30 PM

Tuesday



Brain & Fit Boxing

90 Littles Rd.

10:00 AM – 11:00 AM

Toastmasters for Seniors'

90 Littles Road

Jan 20, Feb 17, Mar 17

12:30 PM – 02:00 PM



Qigong at 90 Littles Road

01:30 PM – 02:30 PM

Wednesday



Yoga – Online

10:00 AM – 11:00 AM

Meeting ID: 255 466 514 647 72

Passcode: Kp9z5YP3

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 – 12:30 PM

Line Dancing

90 Littles Road

02:00 PM – 03:00 PM

Thursday



Mindful Yoga –

Online

10:00 AM – 11:00 AM

Meeting ID: 232 696 700 070 93

Passcode: 54fF6FN3

Seniors' Need to Know

90 Littles Road

Brain Health Workshop



January 15

01:00 PM – 02:15 PM

Fraud Prevention Workshop

March 12

11:30 AM – 12:30 PM

Friday



Wood Burning

90 Littles Road

09:00 AM – 11:00 AM

Badminton, Pickleball and Games

90 Littles Road

09:30 AM – 11:00 AM

Seniors' Social and Lunch

90 Littles Road

11:30 AM – 01:00 PM

Special Programs

90 Littles Road

Lunch & Learn

A short info session
where organizations
share available
resources, services.

(Feb 20 and Mar 20)

11:00 AM to 12:00 PM
during the Seniors' Social
and Lunch program

Clinic

One-on-one support
(by appointment only)

10:00 AM to 01:00 PM

(Feb 27 and Mar 27)

Seniors' Advisory Committee Meeting

90 Littles Road (10:45 AM – 12:00 PM)

Jan 20, Feb 17, Mar 17

Special Events
Registration required*

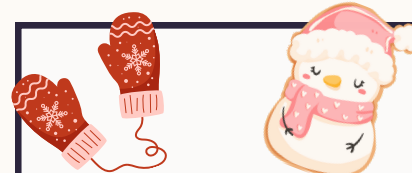
Seniors Health Fair

90 Littles Road

Friday January 30

FOR MORE INFORMATION,
CONTACT AMENA BEGUM

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

