



Programs & Activities

Women's Program



Spring 2026 | APRIL – JUNE
 Programs starting on April 7, 2026

FOR AGES 21+ *PLEASE NOTE*

Programs will be cancelled on Wednesday, June 10.

*****ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS*****

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Workshop
<p>NEW</p> <p>Sip, Game and Lounge 90 Littles Road 3:00 PM–5:00 PM Drop-in</p>	<p>Fashion Fits 1321 Neilson Road 4:00 PM–6:00 PM By appointment only.</p>	<p>Fashion Fits 90 Littles Road 12:00 PM–1:45 PM</p>	<p>Resume Clinic 1321 Neilson Road Apr 9, Apr 23, May 7, May 21, Jun 4, Jun 18 10:00 AM–12:00 PM</p> <p>90 Littles Road Apr 16, Apr 30, May 14, May 28, Jun 11, June 25 10:00 AM–12:00 PM</p> <p>Drop-in/By appointment email: women@mfr.org</p>	<p>HerArts Connect 90 Littles Road 5:30 PM–7:30 PM</p>	<p>Mother's Day Event Saturday, May 9 90 Littles Rd</p>
<p>SpeakHer Circle 90 Littles Road & Microsoft Teams Starting May 4 5:30 PM–7:00 PM</p>	<p>Fusion Fit (Aerobics, Pilates, Cardio, etc.) 90 Littles Road 5:30 PM–6:30 PM</p>	<p>Cooking with Joy 90 Littles Rd & Microsoft Teams Apr 8, May 6, Jun 3 2:00 PM–4:00 PM</p> <p>Apr 22, May 20, Jun 17 5:00 PM–7:00 PM</p>	<p>Boxing & Brain Fitness 90 Littles Road Apr 9, Apr 23, May 7, May 21, Jun 4, Jun 18 5:30 PM–6:30 PM</p>	<p>Saturday</p> <p>NEW</p> <p>Zumba 90 Littles Road 10:30 AM–11:30 AM</p>	<p>Wellness Event Saturday, June 20 90 Littles Rd</p>
		<p>Roots & Rhythms 90 Littles Road & Microsoft Teams Apr 15, Apr 29, May 13, May 27, Jun 24 3:00 PM–5:00 PM</p>	<p>Life & Transformational Changes Coaching 90 Littles Road 5:30 PM–6:30 PM By appointment only email: women@mfr.org</p>		<p>Women's Monthly Health Workshops Hybrid For more information, contact women@mfr.org</p>
					<p>Family Well-Being Workshops For more info & registration, contact ambassador@mfr.org</p>
					<p>Info & Referral / Form Filling Support</p> <p>Mondays: 1321 Neilson Road; 12:00 PM–3:00 PM Tuesdays: 90 Littles Road; 12:00 PM – 3:00 PM By appointment only</p>
					<p>Housing Support 1321 Neilson Road 2nd and 4th Thursdays of each month By appointment only</p>

For more information, contact
women@mfr.org

For hybrid programs on Microsoft Teams:

<https://shorturl.at/t5CbD>
 Meeting ID: 283 495 295 581 02
 Passcode: NS6PA2zu

To sign-up,
 please visit
www.mfr.org
 or scan the QR
 CODE.





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Program Descriptions

HerArts Connect



A relaxed space for women to unwind, enjoy paint-by-number or diamond art, share snacks, and connect in a calm, welcoming space.

Fashion Fits

Building on the former Knitting program, learn various tailoring techniques and creative ways to accessorize and style your clothing.



Life & Transformational Changes Coaching

Work with a certified life coach to help you gain clarity, set actionable goals, overcome obstacles, and achieve personal and/or professional growth.



Resume Clinic



Receive professional assistance with resumes, cover letters, and job-search support.

Cooking with Joy

Learn food and nutrition with a registered dietician through interactive learning and hands-on cooking.



Fusion Fit

Engage in various fitness routines each week, including pilates, aerobics, cardio, and more!



SpeakHer Circle



Develop confident public speaking skills and strong communication through practice and guidance from Toastmasters experts!

Roots & Rhythms

Building on the former Women's Diverse Voices, share stories and engage in meaningful conversations about culture, heritage, and identity.



Zumba

Get your body moving with high and low intensity dance steps along with joyful rhythms.



Sip, Game, and Lounge



A place for women to relax, play games, socialize and enjoy some refreshments!

Boxing & Brain Fitness

A blend of boxing, cardio, and resistance training to boost heart and brain health. Accessible for all comfort levels.



For more information, contact

women@mfr.org



SCAN ME

To sign-up, please visit www.mfrc.org or scan the QR CODE.