













Programs & Activities

Seniors' Programs

Spring 2026 | April – June



***** Important Notice: All Programs will be cancelled on Wednesday, June 10th *****

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events Registration required*
<p><u>Tamil Seniors' Online</u> Apr 20, May 4, June 1, 15, 29 09:00 AM – 12:00 PM Meeting ID: 221 718 880 404 59 Passcode: ub2N95C3</p> <hr/> <p>Tamil Seniors' In-person 90 Littles Road April 13, 27, May 11, 25, June 8, 22 10:00 AM – 01:00 PM</p> <hr/> <p>Caregiver Peer Support Group at 90 Littles Road April 13, May 4, June 1 09:45 AM – 11:45 AM</p>	<p>Zumba for Seniors  90 Littles Road 11:30 am–12:30 pm</p> <hr/> <p> Toastmasters for Seniors' 90 Littles Road April 21, Ma 19, June 16 12:30 PM – 02:00 PM</p> <hr/> <p> Qigong 90 Littles Road 01:30 PM – 02:30 PM</p>	<p> <u>Yoga- Online</u> 10:00 AM – 11:00 AM Meeting ID: 255 466 514 647 72 Passcode: Kp9z5YP3</p> <hr/> <p>Falls Prevention 1321 Neilson Road 10:30 AM – 11:15 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 – 12:30 PM</p> <hr/> <p>Line Dancing 90 Littles Road 02:00 PM – 03:00 PM</p>	<p> <u>Mindful Yoga – Online</u> 10:00 AM – 11:00 AM Meeting ID: 232 696 700 070 93 Passcode: 54fF6FN3</p> <hr/> <p><u>Seniors' Need to Know Online</u> 1:00 pm to 2:00 pm Thursday April 16</p> <p> </p>	<p> Wood Burning 90 Littles Road 09:30 AM – 11:30 AM</p> <hr/> <p>Badminton, Pickleball and Games 90 Littles Road 09:30 AM – 11:30 AM</p> <hr/> <p>Seniors' Social and Lunch 90 Littles Road 11:30 AM – 01:00 PM</p>	<p>Seniors Afternoon Tea 90 Littles Road Postpone until Oct</p> <hr/> <p>Seniors Spring Dinner and Dance 90 Littles Road Thursday June 25 05:30 PM– 09:30 PM</p> <p></p> <p>Both events are hosted by Seniors Advisory Committee</p> <p></p>
<p>Seniors' Advisory Committee Meeting 90 Littles Road (10:45 AM – 12:00 PM) April 21, May 19, June 16</p>		<p>Special Program 90 Littles Road (by appointment only)</p>		<p>Wellness Clinic 10:00 AM to 01:00 PM May 15</p>	



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



SCAN ME



Programs & Activities

Seniors' Programs Description



Tamil Seniors (Online and In-Person)

Tamil-language programs offering a welcoming space for seniors, featuring exercise, health and wellness sessions, and cultural celebrations that promote social connection, active participation, and healthy aging.

Caregiver Peer Support Group

A welcoming space where caregivers can share experiences and connect with others who understand their journey. The group fosters mutual support, understanding, and encouragement.

Seniors Advisory Committee

A group of seniors within the MFRC that meets monthly to share ideas, provide feedback, and help plan programs. It supports seniors' well-being by ensuring activities are inclusive, responsive, and guided by seniors' voices.

Zumba for Seniors

A fun, low-impact dance fitness class with gentle movements to improve balance, flexibility, coordination, and heart health.

The Toastmasters for Seniors

A supportive program where seniors practice public speaking and communication skills. Designed to build confidence, leadership, and self-expression in an encouraging setting.

Qigong

Qigong is a gentle, mind-body exercise practice that combines slow, deliberate movements with focused breathing, balanced posture, and meditation to support overall health and well-being.

Seniors' Afternoon Tea

A relaxed social gathering with tea, light refreshments, and engaging activities, offering seniors a chance to connect and enjoy time together.

Yoga

Gentle chair-based yoga to improve flexibility, balance, and relaxation. Accessible for all fitness levels and ideal for enhancing well-being from home.

Falls Prevention

The program supports seniors in reducing the risk of falls by offering targeted exercises, education, and guidance on maintaining a safe and confident lifestyle.

Line Dancing

A fun, energetic group activity with choreographed steps performed in rows to music. It helps improve coordination, memory, and heart health while fostering social connection.

Mindful Yoga

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

Seniors Need to Know

These interactive workshops and seminars provide seniors with practical information and resources to support independence and well-being.

Seniors' Social and Lunch

This program offers seniors a weekly nutritious meal in a friendly, inclusive setting while encouraging social connection, healthy eating, and community engagement.

Wellness Clinic

A community-based program offering one-on-one support and preventative health services to help participants understand their health, make informed choices, and access wellness resources in a welcoming environment.

Wood Burning

The Wood Burning (Pyrography) class for seniors offers a hands-on creative experience to design and decorate wood. The program encourages creativity, focus, and relaxation while building artistic confidence.

Badminton, Pickleball and Games

This recreational program offers fun, low-impact activities that help seniors stay active and connected in a welcoming environment. Participants enjoy friendly badminton and pickleball games, suitable for all skill levels.

Seniors Dinner and Dance

A lively evening with dinner, music, dancing, and socializing, giving seniors a chance to reconnect and enjoy time together in a welcoming setting.