



Programs & Activities

Women & Family Programs

Summer 2026 | JULY – AUGUST

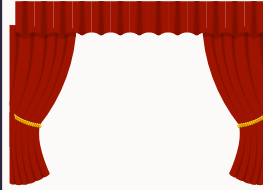
Programs starting on July 6, 2026



FOR AGES 21+



ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Events/Trips
NEW  Side by Side Walks 90 Littles Road 4:30pm–5:30pm	 Fashion Fits 1321 Neilson Road 4:00 PM–6:00 PM By appointment only.	 Fashion Fits 90 Littles Road 12:00 PM–1:45 PM	 Boxing & Brain Fitness 90 Littles Road Jul 9, 23 Aug 6, 20 5:30 PM–6:30 PM	 HerArts Connect 90 Littles Road 5:30 PM–7:30 PM	Trips July 24 – PanAmerican Food Festival August 14 – Guild Park
	 Life & Transformational Changes Coaching 90 Littles Road 4:30 PM–5:30 PM By appointment only email: women@mfrfc.org	 Roots & Rhythms 90 Littles Road & Microsoft Teams Jul 15, 29 Aug 12, 26 3:00 PM–5:00 PM	NEW  Flavours Around the World 90 Littles Road Jul 16, 30 Aug 13, 27 5:30 PM–7:00 PM	Saturday	 Art & Fashion Show August 21
 Sip, Game and Lounge 90 Littles Road 5:30pm–6:30pm Drop-in	 Fusion Fit (Aerobics, Pilates, Cardio, etc.) 90 Littles Road 5:30 PM–6:30 PM	NEW  Achieving Community through Empowerment (A.C.E.) Ages 18 – 44 Open to all 90 Littles Road 6:00 PM–7:00 PM			 Family Well-Being Workshops For more info & registration, contact ambassador@mfrfc.org
				 Zumba 90 Littles Road 10:30 AM–11:30 AM	 Info & Referral / Form Filling Support Mondays: 1321 Neilson Road; 12:00 PM–3:00 PM Tuesdays: 90 Littles Road; 12:00 PM – 3:00 PM By appointment only
For more information, contact women@mfrfc.org	For hybrid programs on Microsoft Teams: https://shorturl.at/t5CbD Meeting ID: 283 495 295 581 02 Passcode: NS6PA2zu		 SCAN ME	To sign-up, please visit www.mfrfc.org or scan the QR CODE.	 Housing Support 1321 Neilson Road 2nd and 4th Thursdays of each month By appointment only



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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.



SCAN ME

Side by Side Walks



Go on a mindful walk together in nature, with conversation and light snacks!

Flavours Around the World

Enjoy flavourful and nutritious cuisines from different parts of the world.



Fusion Fit

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



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

Sip, Game, and Lounge



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

Roots & Rhythms

A shared space for stories, conversations and celebration of culture, heritage, and identity.



Zumba

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



For more information, contact

women@mfrc.org

Boxing & Brain Fitness

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



A.C.E.

A welcoming sports program for women ages 18–44 to play, connect, and stay active through sports, including volleyball, badminton and basketball.

