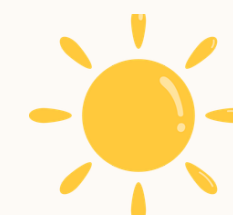


# Programs & Activities

## Seniors' Programs



Summer 2026 | July 6 to August 28

### Monday



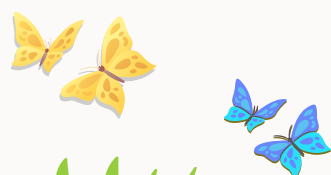
#### Tamil Seniors' Online

09:00 AM – 12:00 PM

Meeting ID

861 3356 5777

Password: 2580



### Tuesday



#### Zumba for Seniors

90 Littles Road

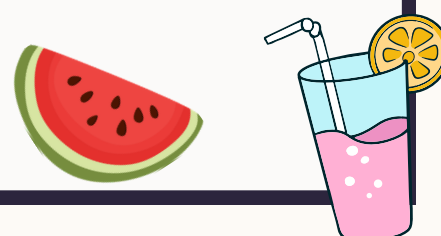
11:30 am–12:30 pm



#### Qigong

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 – 11:15 AM

#### Seniors' Social and Lunch

1321 Neilson Road

11:30 AM – 01:00 PM

#### Falls Prevention

90 Littles Road

Program Room A B

11:45 AM – 12:30 PM

#### Line Dancing

90 Littles Road

02:00 PM – 03:00 PM

### Thursday

#### Mindful Yog

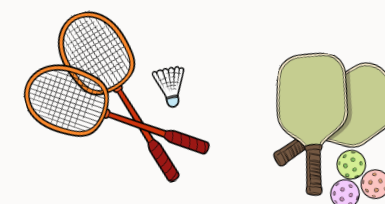
#### Online



The program has been  
paused for the  
summer and will  
resume in September.



### Friday



#### Badminton and Pickle Ball & Seniors Social

90 Littles Road

09:30 AM – 11:30 AM



#### Seniors Lunch

90 Littles Road

11:30 AM – 01:00 PM

### Special Events Registration required\*



#### Seniors Trip

Ward's Island

July 31, Friday

#### Seniors Trip

CNE

August 28, Friday



FOR MORE INFORMATION,  
CONTACT AMENA BEGUM

P. 416-284-4184 X 220 | ABEGUM@MFRC.ORG

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





# Programs & Activities

## Seniors' Programs Description



### Tamil Seniors (Online)

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.

### Yoga

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

### 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.

### 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.

### Zumba for Seniors

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

### 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.

### Mindful Yoga

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

### 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.

### 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' Trip

A trip is an opportunity to step away from everyday routines and enjoy new experiences in a relaxed, social setting. It offers a chance to explore, connect with others, and create meaningful memories while discovering places, activities, and moments that bring joy, enrichment, and a sense of adventure.