



Programs & Activities

Seniors' Programs



September - December



MONDAY

90 Littles Road

10:00 am - 1:00 pm
Tamil Seniors

Sept 14, 28, Oct 19,
Nov 2, 16, 30, Dec 14

9:45 am - 11:45 am
Caregiver Peer Support Group
Oct 5, Nov 2, Dec 7

ONLINE

9:00 am - 12:00 pm
Tamil Seniors' Online

Meeting ID
861 3356 5777
Passcode: 2580



TUESDAY

11:30 am - 12:30 pm
ZUMBA for Seniors

12:30 pm - 2:00 pm
Toastmasters for Seniors
Sept 15, Oct 20,
Nov 17, Dec 15

1:30 pm - 2:30 pm
QIGONG



10:30 am - 12:00 pm
Seniors Advisory Committee Meeting

Sept 15, Oct 20,
Nov 17, Dec 15

WEDNESDAY

11:30 am - 12:30 pm
Falls Prevention

12:00 pm - 1:45 pm
Knitting Circle

2:00 pm - 3:00 pm
Line Dancing

ONLINE

10:00 am - 11:00 am
Yoga - Online

Meeting ID
255 466 514 647 72
Passcode: Kp9z5YP3

1321 Neilson Road

10:30am - 11:15 am
Falls Prevention

11:30 am - 1:00 pm
Seniors' Social and Lunch

THURSDAY



10:00 am - 11:00 am
Mindful Yoga - Online

Meeting ID
255 466 514 647 72
Passcode: Kp9z5YP3

FRIDAY

9:30 am - 11:30 pm
Badminton & Pickle Ball

9:30 am - 11:30 am
Wood Burning

11:30 am - 1:00 pm
Senior Social and Lunch



Special Events

Sunday, Oct 4
Seniors Afternoon Tea

Hosted by
Seniors Advisory Committee

Monday, Nov 9
Seniors Trip Royal Winter Fair

Thursday, Nov 26
Seniors Dinner and Dance

Registration required*



For details and to sign-up, visit mfrc.org or Scan



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Programs & Activities

Seniors' Programs Description



September - December



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.

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.

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.

Knitting Circle

A space where participants can learn, practice, and share knitting skills while connecting with others. Participants can create handmade projects, build friendships, and enjoy meaningful conversations in a supportive environment. Combines gentle poses with mindfulness techniques to enhance physical and mental well-being, improving flexibility, strength, and relaxation.

Mindful Yoga

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

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' 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.