



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

11:45 am - 12:30 pm
Falls Prevention

NEW
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

**Seniors Need to Know
Workshop**

Street Safety

Oct 1 / 11:30 am - 12:30 pm

Dementia Overview

Oct 15 / 12:30 pm - 1:30 pm

Brain Health

Oct 22 / 12:30 pm - 1:30 pm

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**

Wednesday, Nov 11

**Remembrance Day
Observance**

Hosted by
Seniors Advisory Committee

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.	Zumba for Seniors A fun, low-impact dance fitness class with gentle movements to improve balance, flexibility, coordination, and heart health.	Yoga Gentle chair-based yoga to improve flexibility, balance, and relaxation. Accessible for all fitness levels and ideal for enhancing well-being from home.	Knitting Circle A space where participants can learn, practice, and share knitting skills while connecting with others, and enjoy meaningful conversations in a supportive environment combines gentle poses with	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.
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.	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.	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.	Seniors Need to Know Workshop An informative workshop that provides seniors with practical information, resources, and tools on topics that support healthy, safe, and independent living while encouraging community connection and engagement.	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 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.	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.	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 is 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.