



Seniors Centre

Enhancing the lives of Malvern Seniors

February 2012

MON	TUE	WED	THU	FRI
February is Heart and Stroke Month Our Healthy Heart Adventure Camp provides workshops and activities to raise awareness about heart health and relieve stress! The Camp includes a Trip to Canadian Opera Company, tour and concert See back of calendar for details		1 *Yoga 9:45-11am *Lost Arts 5-6:30pm <i>Iris Paper Folding</i>	2 *Yoga 10:15-11:30am Explorations 12-1:30 <i>Black History Month</i>	3 Brain Fit Challenge 10-11:30 pm
6 Drop In Social 10-11:30 am Conv. English 11:30am-12:30 pm Tamil Drop-In 12:30-3:30 Teddy Bear Campaign 4-5 pm	7 *Computer Class Level 1 10:00am-12:00 pm AfterSchool Snack Helpers 10-12 am	8 *Yoga 9:45-11am Lost Arts 5-6:30pm <i>Cupcake decorating</i> <i>Cost: \$3.00</i>	9 *Yoga 10:15-11:30am Explorations 11:30-1:30 pm <i>Movie Day</i>	10
13 Drop In Social 10-11:30 am Conv. English 11:30 am-12:30 pm Tamil Drop-In 12:30-3:30	14 *Computer Class Level 1 Last session 10:00am-12:00 pm AfterSchool Snack Helpers	15 *Yoga 9:45-11am Lost Arts 5-6:30pm <i>Sewing- Therapy Dolls</i>	16 *Eco Fit 9:30-10:30 Yoga 10:15-11:30am Explorations 12:00-1:30 pm <i>Think Tank</i>	17 * X-Box Game Day 10-11:30 am Zumba Fitness Get Fit and Have Fun!
20 Closed for Family Day	21 *Computer Class Level 2 New Session Begins 10:00am-12:00 pm AfterSchool Snack Helpers 10-12 am	22 *Eco Fit 9:30-11:30 Trail to be announced *Yoga 9:45-11am *Lost Arts 5-6:30pm <i>Inspirational Art</i>	23 No Eco Fit today *Yoga 10:15-11:30am Explorations 1:00-3:00 pm <i>Playbreak at Malvern Library</i> 30 Sewells Road	24
27 *Healthy Heart Chanting Session 11:00-12:30 Tamil Drop-In 1:00-3:30	28 Music for a Healthy Heart *Trip to Canadian Opera Company 8:30 am-3 pm	29 *Laughter Yoga 9:45-11am *Lost Arts 1-3pm <i>Sewing for Healthy Hearts</i>	March 1 *Eco Fit 9:30-10:30 *Yoga 10:15-11:30am *Healthy Heart Workshop 10:30 am-1:30 pm	March 2 *Event To be Announced
Adventure Camp Day 1	Adventure Camp Day 2	Adventure Camp Day 3	Adventure Camp Day 4	Adventure Camp Day 5

Our Programs

- Adventure Camp
- BrainFit Challenge
- Conversational English
- *Computer Class Level 1
- Drop In Social
- *Eco Fit
- Explorations
- Lost Arts
- Tamil Drop-In
- Teddy Bear Campaign
- Volunteer Opportunities
- X-Box Game Day
- *Yoga (2 classes)

For Program Cancellations:

To check for program cancellations due to bad weather please call 416-281-1376 extension 0. Program facilitators will notify reception at least one hour in advance for any disruption in service.
 *Registered participants will be notified in advance of program cancellations when possible.

Centre Location



Resource Centre

1321 Neilson Road
 Scarborough, On.
 M1B 3C2
 416-281-1376

For Program Information;
www.mfrc.org
 Email seniors@mfrc.org

Programs marked with an asterisk * require registration, please call 416-284-4184 x 31 to register.
 Check reverse side of this calendar for program locations – Please note that times and locations may be subject to change.

Strengthening Families is Our Business!



Our Seniors In Action!



The Seniors Centre provides health and wellness programming for Seniors to have opportunities to learn and get involved in your community. If you are 55+ years young and want to keep active come join us!

Our Programs

Afterschool Snack Helpers

Do you have a few hours to help? We are looking for volunteers to help organize, prepare and package healthy snacks for the Afterschool program
Tuesdays, 10-12pm, 1321 Neilson Road

Brain Fit Challenge

Stretch your brainpower and do activities to help increase memory! These games and puzzles are fun and great for your brain. Are you Brain Fit? Take the Challenge!
Friday February 3rd 10:00 am-11:30 am, 1321 Neilson Road

Conversational English for Tamil Seniors

In this program participants learn basic English language skills through conversations and activities
Mondays, 11:30 am-12:30 pm, 1321 Neilson Road

Drop In Social

Seniors can gather to play games, read, talk and meet new friends.
Mondays, 10:00 -11:30 am, 1321 Neilson Road

Explorations

This program provides a variety of opportunities to socialize, learn new skills, learn about resources for seniors and ways to get involved with your community.
Thursdays, 1321 Neilson Road, times may vary, check calendar for details.

Lost Arts

Rediscover the art of making unique and vintage crafts out of reclaimed/ recycled materials. See Front page Calendar dates for projects.
Note: Wednesday February 29th program will be held from 1-3 pm
Wednesdays, 5-6:30 pm, 31 Tapscott Road (Women's Place, Malvern Town Centre lower level)

Tamil Drop-In

This program for Seniors offers discussion, games, activities, socialization and fun.
Note: This program is offered in Tamil \$1.00 fee per session
Mondays, 12:30-3:30 pm, 1321 Neilson Road.

Teddy Bear Campaign

Be a part of this Heart-Warming experience! Become involved as volunteers to co-ordinate distribution of new stuffed animals to community groups.
Monday February 6th 4-5 pm, 31 Tapscott Road (Women's Place, Malvern Town Centre lower level)

X-Box Game Day- Zumba Fitness

Get Fit and Have Fun! Join us for this energy boosting, dance inspired exercise, using x-box Zumba - no experience (or talent) necessary!
Friday February 17th, 10-11:30 am 1321 Neilson Road

***Registered Programs. To register call 416-284-4184 x 31**

***Healthy Heart Adventure Camp**

This 5 Day camp for Seniors will provide you with information on Heart Health and provide activities and trips to lighten your stress and make your heart happy! Sign up for one session, or more! Spaces are limited, you are required to register in advance.

Monday February 27th-Friday March 2nd, locations will vary.

Participants will be notified of locations upon registration

***Computers Seniors Making Friends the 'New-Fashioned' way Level 2**

This computer program is for Seniors that have taken the beginners class and would like to know more about online social networking. Learn more advanced email skills and using sites like facebook and twitter and home computer maintenance. *Tuesdays, 10:00 am -12:00 pm, 1321 Neilson Road*

***Eco Fit**

February 2nd and 9th there is no program. This fitness program incorporates cardiovascular and strength training with planned outdoor walking in the Rouge Park Trails 1 x per month.

Note: a doctor's note may be required

Thursdays, 9:30-10:30, 30 Sewells Road, Malvern Recreation Centre-Community Room

***Yoga**

A trained yoga facilitator leads the group through low-impact relaxing exercises to increase flexibility and strength. **\$5.00 fee per month** light refreshments provided. **Yoga mat & towel required.**

Note: a doctor's note may be required

Note: Participants will be required to show PAC (Program Access Card) at each new program. Don't have a card? Ask a Seniors Centre Staff for details.