

# COMMUNITY & FAMILY FALL PROGRAM SCHEDULE

revised September 20, 2023

September – December 2023  mfrfc.org



## Seniors Centre

Older Adults 55+

Virtual Program Link (except for Tamil Seniors Programs)

[CLICK TO JOIN](#)

Zoom Log In info: ID: 88141982286 Password: senior



In-Person



Zoom



Telephone

### Program Schedule

Note: The agency is closed on Statutory holidays

#### MONDAY

09.30 am: Tamil Seniors Social  
10 30 am: Tamil Seniors Wellness  
10:30 am: Seniors Writers Group

[CLICK to Join](#)  
ID: 979 762 7167  
Password: 2580

#### TUESDAY

09:30 am: Men's Club at 90 Littles Road  
11:00 am: Teleconference Phone-Based Program  
11:15 am: Move and Groove  
01:30 pm: Qigong at 90 Littles Road  
03:00 pm: Just Joking (offered in Tamil)

#### WEDNESDAY

10:00 am: Yoga  
10:30 am: Falls Prevention Exercise at 1321 Neilson Road  
11:30 am: Seniors Social at 1321 Neilson Road  
01:00 pm: Dance Exercise with Lata  
01:30 pm: Line Dancing at 90 Littles Road

#### THURSDAY

10:00 am: Eco Fit  
11:00 am: Teleconference Phone-Based Program  
01:00 pm: Seniors Need to Know Seminar: Oct 5, Nov 2, Dec 7  
 Malvern Seniors GROW in Technology at 90 Littles Road:  
Sep 14, 21, 28, Oct 12, 19, 26  
 Brain Games: Nov 9, 16, 23 and Dec 14, 21

#### FRIDAY

09:30 am: Seniors Drop-In Games with Badminton  
& Pickle Ball at 90 Littles Road  
09:30 am: Wood Burning at 90 Littles Road  
11:30 am: Mindful Yoga

Teleconference: Phone Based Program

Call-In Phone Number (416-507-1616) & Passcode (943780 followed by #)

Tuesdays & Thursdays at 11:00 am: CHAT, BRAIN GAMES, FUN FACTS & MORE

The Seniors Centre offers a variety of programs that foster healthy aging.

### Seniors 55+ Trip Series

Registration Required

Cost \$10 per person

#### Trip 3: Toronto Zoo

September 15th

Trip 4 October (TBA)

Trip 5 November (TBA)

Trip 6 December (TBA)

We need volunteers to help us plan trips, and as peer Trip Buddies!

To become a volunteer, or for more trip information contact

Alyah Persaud

416-284-4184 ext. 246

Email  
communityfamilyassistant@mfrfc.org

### Events and New Programs

Remembrance Day Observance  
Saturday Nov 11th  
call for details

#### Seniors Dinner & Dance

Thursday Nov 30th

Registration Required

For more information:  
Contact Amana

416-284-4184 ext. 246  
Email: abegum@mfrfc.org

## Women's Place

Social and recreation programs, Informal counseling, Intimate/Gender-based violence supports, Information & Referral Services, Employment Supports.

### Events

Save the date, call for details

16 Days of Activism Vigil Wednesday December 6

Holiday Celebration Thursday December 14th 2:30-3:30 PM

### Virtual Programs



#### MONDAY

10:00 AM Morning Fitness

#### TUESDAY

2:00 PM Yoga

#### WEDNESDAYS

9:30 AM-12:00 PM Seniors with Maithily

#### THURSDAYS

2:00 PM Women's Wellness

#### FRIDAY

10:00 AM Beginner Fitness

[CLICK TO JOIN Zoom Login Info:](#)  
ID: 382 386 0855 Password: women

### Drop-In Support Services

Resume support, computer lab, info services  
Mondays I 5:00-7:00 pm (In-person)

### Information & Referral Services Support

Wednesdays I 10:00-11:30 AM

In person, phone or zoom

by appointment only.

For more information:  
Contact Mimi:

416-284-4184 ext. 243  
Email: ymquong@mfrfc.org

### In-Person Programs



#### MONDAY

5:30 PM Pouring It Out TO.

Support group for women experiencing trauma  
Weekly, except Holidays

#### WEDNESDAY

3:00 PM Snack & Workshop \*

Oct 4th, Nov 1st, Dec 6th

3:00 PM Women's Diverse Voices \*  
Sept 20th, Oct 18th, Nov 15th, Dec 13th

3:00 PM Family Snacks 2 Go \*  
Sept 27th, Oct 25th, Nov 22nd

#### THURSDAY

9:00 AM-5:00 PM Nellie's Housing Support  
(1321 Neilson Road, lower level)  
By appointment only.

#### SATURDAY

10:00 AM-12:00 PM Family Movie & Pizza\*

Oct 7, Nov 4, Dec 2

10:00-11:00 AM Family Fitness & Brunch\*

Sep. 30 Oct 21, 28 Nov 18, 25 Dec 9, 16

\*Registration required. Contact Mimi



# COMMUNITY & FAMILY FALL PROGRAM SCHEDULE

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## Growing Together: Food Justice Programs & Initiatives

### Future Farming Program- Youth ages 16-24

A 13-week program (3hr/week) running from mid-September to early December. Learn employable skills in agriculture, hydroponic growing, and food systems. Contact Elliot, eberthelet@mfr, for more information. Register with this QR code



### Farmers' Market

The Farmers' Market is running at 90 Littles Road, Wednesdays, 4-7pm, until October 11th. Join us to buy fresh vegetables from Malvern Urban Farm and visit our other community vendors: Harmony Wicks Candles, Bee Connect Honey, Marcia's Catering

### Climate Action Eco-Education- Wednesdays at the Farmers' Market, 5pm

Neighbour Knowledge- September 6 and 13

Agroecology and Food Activism- September 20

Future Scenarios Workshop- September 27

Seed Saving- October 4

Report Back- October 11

The Eco-Education series is run in partnership with the City of Toronto Climate Action Fund and the Urban Just Transitions research cluster at University of Toronto Scarborough Campus. What future do you see for your neighbourhood? Tell us about it!



### NEWCOMER & SETTLEMENT SERVICES

Meet with our Settlement Workers and discuss your settlement needs. Receive reliable information on a wide variety of topics.

#### Services include:

Help with documents and forms  
Connections to local agencies  
Private 1:1 Needs Assessment  
Settlement Planning

#### Languages include:

Bengali, English, Gujarati, Hindi, Punjabi, Tamil & Urdu

*Save the Date*

**EVENT: FINANCIAL LITERACY (IRCC)**  
Saturday, November 4,  
11:00 - 1:00 P.M.  
( 90 Littles Road)

**EVENT: THANKSGIVING DINNER**  
Thursday, 5:00-7:00 P.M.  
(90 Littles Road)  
October 12th

#### Contact us:

Arif Rahman  
437-324-7506

Cathy Mwanza  
437-324-6926

Evanna Thiruchelvam  
416-990-1160

Nahida Tany  
437-324-7509

Tarannum Khan  
416-994-6202

### NEWCOMER & SETTLEMENT FALL PROGRAM SCHEDULE

#### Food Support Programs

**GLOBAL COMMUNITY KITCHEN (NSP)**  
Wednesdays-1:00-2:30 P.M.  
(1321 Neilson Road)  
September 27, October 25,  
November 29

#### WINTER COOKIE SWAP (IRCC)

Wednesday, 1:00-2:30 P.M.  
(1321 Neilson Road)  
December 13

#### Language Programs

**ENGLISH CONVERSATION CIRCLE (IRCC)**  
Mondays, 10:00-11:00 A.M.  
September 11 to December 11

**ENGLISH HELP CAFE (NSP)**  
Tuesdays, 10:00-11:30 A.M.  
(1321 Neilson Road)  
September 12 to December 12

#### Social Groups

**নারীদের আড্ডা (NARIDER ADDA)**  
**WOMEN'S GROUP (NSP)**  
Thursday, 11:00 - 12:00 P.M.  
(1321 Neilson Road)  
October 26

**DOSTEE HINDI FRIENDSHIP GROUP (IRCC)**  
Tuesday, 1:00 - 2:00 P.M.  
(1321 Neilson Road)  
September 19, October 17,  
November 14 & December 12

**மகிழ்ச்சி (MAKILCCI)**  
**WOMEN'S GROUP (IRCC)**  
Wednesday, 1:00 - 2:00 P.M.  
(1321 Neilson Road)  
September 20, October 18,  
November 15 & December 12

**NEWCOMER MEN'S MEET-UP (NSP)**  
Saturdays 10:00-11:00 A.M.  
(1321 Neilson Road)  
September 30, October 28,  
November 25

#### Workshops

**BENEFITS OF EXERCISE (NSP)**  
(OLDER ADULTS)  
Tuesday, September 12  
6:00 - 7:00 P.M.

#### CITIZENSHIP PREPERATION (IRCC)

Friday, 1:00 - 2:00 P.M.  
(1321 Neilson Road)  
September 29, October 27,  
November 24

**WHAT ARE RRSP'S & RESP'S? (IRCC)**  
Tuesday, September 26, 1:00 - 2:00 P.M.  
(1321 Neilson Road)

**RENT OR BUY IN CANADA (IRCC)**  
Tuesday, October 31, 1:00 - 2:00 P.M.  
(1321 Neilson Road)

**HOMEBUYING CHECKLIST (IRCC)**  
Tuesday, November 28, 1:00 - 2:00 P.M.  
(1321 Neilson Road)

#### Evening Programs

**MEET & EAT SOCIAL GROUP (NSP)**  
Thursdays, 5:00-7:00 P.M.  
(1321 Neilson Road)  
September 14, November 16  
& December 7

#### Outdoor Programs

**TRIP: HIKE - MORNINGSIDE PARK (NSP)**  
Friday, 9:30-12 P.M.  
(leave from 1321 Neilson Road)  
October 6th

**TRIP: DISTILLERY WINTER VILLAGE (IRCC)**  
5:00 - 9:00 P.M.  
Thursday, December 14th  
Cost \$5.00 per person

#### Specialized Services

**SIN CLINIC**  
Book appointment to apply or renew  
your Social Insurance Number  
(By appointment only)  
Friday, September 22nd  
9:30- 3:30 P.M.