

嘗健 55 免費網上課程表 - 2022 年 4 月至 6 月

R.E.A.C.H. Activities Free Online Schedule – April to June 2022



課程名稱 Course Name	上課時間 Period	課程日期 Course Date	堂數 Lessons	導師 Instructor	簡介 Description
<b>Monday</b>					
Online Putonghua (Monday) CODE: MSR3 - 001 (FULL)	9:15 am   10:15 am	Apr 4, 2022 To Jun 20, 2022 (Class Cancelled on April 18 and May 23, 2022)	10	Ms. Maggie Duan	Putonghua is the official language of China. It is the mother tongue of more than one billion people. Its importance in the world is rising slowly. In Chinese community in Canada, Putonghua-speaking immigrants have grown extremely fast, and the use of Putonghua is increased. If we understand Putonghua, we can communicate with them more accurately. This class will teach the Putonghua which used in daily life, to make life more convenient.
Online Mandarin Yoga CODE: MSR3 - 002	10:30 am   11:30 am	Apr 4, 2022 To Jun 20, 2022 (Class Cancelled on April 18 and May 23, 2022)	10	Ms. Maggie Duan	Yoga is an effective way to increase muscle strength and endurance. When combined with regular exercise the result will be more prominent. Many scientific studies have confirmed that yoga has many benefits for physical and mental health. Practicing yoga in daily life can improve physical health, increase muscle strength and flexibility, and even reduce symptoms of stress, depression and anxiety.
Online Tai Chi CODE: MSR3 - 003	10:30 am   11:30 am	Apr 11, 2022 To Jun 20, 2022 (Class Cancelled on May 23, 2022)	10	Mr. Tony Tam & Mr. Ivan Lam	The traditional Yang Style Tai Chi movement is based on posture, breathing, flexibility, balance and internal energy to achieve health benefits in both body and mind.
Online Chair Yoga CODE: MSR3 - 004	3:00 pm   4:00 pm	Apr 11, 2022 To Jun 20, 2022 (Class Cancelled on May 23, 2022)	10	Ms. Katy Chu	Chair Yoga is a gentle form of Yoga practised sitting in a chair or standing using a chair for support. No complicated or complex movements, but the same benefits of a traditional Yoga class – relax your body and mind, improve your fitness and flexibility and elevate your health and well-being.
<b>Tuesday</b>					
Stretching from Head to Toe CODE: MSR2 - 005	10:00 am   10:30 am	Apr 12, 2022 To May 24, 2022 (Class Cancelled on Apr 19 and May 10, 2022)	5	Dr. Joyce Fu	Stretching exercise helps with flexibility and circulation. It improves flexibility, reducing stiffness and pain. It is especially effective in preventing and relieving long-term pain! Stretching exercises are convenient, simple and only need simple equipment to be more effective. This class will use five sessions to teach the method of stretching from head to toe.

Online Health Qigong : Yi Jin Jing (Practice Class)	11:00 am   11:30 am	Apr 12, 2022 To Jun 21, 2022	11	Ms. Angela Ho	The essential theory of Health Qigong is to exercise and regulate one's body, breathing and mind by unifying body movements and breathing rhythms based on Chinese medical principles. It is aimed at strengthening and maintaining one's body, not only muscles but also the tendons, internal organs, and the general flow of "qi" through the main meridians
Online Encore Songs of Golden Memories CODE: MSR3 – 006	12:45 pm   2:00 pm	Apr 12, 2022 To Jun 14, 2022	10	Ms. Susanna Yau	Teaches music concept, breathing, vocal technique and singing skills. Singing can motivate senior's self-confidence, keenness to interact with people, lower anxiety and stress levels, and a wholesome feeling of wellbeing and quality of life.
Online Singing Class (Tuesday) CODE: MSR3 – 014 (FULL)	2:30 pm   3:45 pm	Apr 12, 2022 To Jun 14, 2022	10	Ms. Susanna Yau	Teaches music concept, breathing, vocal technique and singing skills. Singing can motivate senior's self-confidence, keenness to interact with people, lower anxiety and stress levels, and a wholesome feeling of wellbeing and quality of life.
<b>Wednesday</b>					
Online Cantonese Yoga CODE: MSR3 – 007	11:15 am   12:15 pm	Apr 13, 2022 To Jun 15, 2022	10	Mr. Philip Chan	Yoga is an effective way to increase muscle strength and endurance. When combined with regular exercise the result will be more prominent. Many scientific studies have confirmed that yoga has many benefits for physical and mental health. Practicing yoga in daily life can improve physical health, increase muscle strength and flexibility, and even reduce symptoms of stress, depression and anxiety.
Online Guzheng Beginner (Wednesday) CODE: MSR3 – 008 (FULL)	2:00 pm   3:15 pm	Apr 13, 2022 To Jun 15, 2022	10	Ms. Lina Cao	Teaches the basic knowledge and technique in "Guzheng", teaching from gesture to reading notation, improve the skill progressively.
Online Chair Pilates CODE: MSR3-009	2:00 pm   3:00 pm	Apr 6, 2022 To Jun 22, 2022 (Class Cancelled on Apr 27 and May 25, 2022)	10	Mr. Gary Fok	Pilates movement is based on physical therapy and rehabilitation. This class will introduce the principles of Pilates—breathing, control, concentration, precision, balancing and moving — to help participants get the benefits of this exercise effectively. This class will use a chair without armrest. The movements mainly sit on or stand by the chair.
<b>Thursday</b>					
Online Erhu (Beginner) CODE: MSR3 – 010 (FULL)	10:00 am   11:15 am	Apr 7, 2022 To Jun 23, 2022	12	Mr. Richard Ng	Teaches the basic knowledge and technique in "Erhu", teaching from gesture to reading notation, improve the skill progressively.

Online Health Qigong : DaWu CODE: MSR3 – 011	11:00 am   12:00 noon	Apr 7, 2022 To Jun 23, 2022	12	Ms. Angela Ho	The essential theory of Health Qigong is to exercise and regulate one's body, breathing and mind by unifying body movements and breathing rhythms based on Chinese medical principles. It is aimed at strengthening and maintaining one's body, not only muscles but also the tendons, internal organs, and the general flow of “qi” through the main meridians
Online Guzheng Beginner (Thursday) CODE: MSR3 – 012 (FULL)	2:00 pm   3:15 pm	Apr 14, 2022 To Jun 16, 2022	10	Ms. Lina Cao	Teaches the basic knowledge and technique in “Erhu”, teaching from gesture to reading notation, improve the skill progressively.
<b>Friday</b>					
Online Erhu (Friday) CODE: MSR3 – 013 (FULL)	10:00 am   11:15 am	Apr 8, 2022 To Jun 24, 2022 (Class Cancelled on Apr 15, 2022)	11	Mr. Richard Ng	Teaches the basic knowledge and technique in “Erhu”, teaching from gesture to reading notation, improve the skill progressively.
Online Singing Class (Friday) CODE: MSR3 – 015 (FULL)	12:00 noon   1:15 pm	Apr 8, 2022 To Jun 17, 2022 (Class Cancelled on Apr 15, 2022)	10	Ms. Susanna Yau	Teaches music concept, breathing, vocal technique and singing skills. Singing can motivate senior’s self-confidence, keenness to interact with people, lower anxiety and stress levels, and a wholesome feeling of wellbeing and quality of life.

**Registration: Please click this link for online registration**

<https://forms.gle/V6454xhVFCc8uJom8>

Information: Email to [barrychan@monsheong.org](mailto:barrychan@monsheong.org) or [anniechung@monsheong.org](mailto:anniechung@monsheong.org)



Mon Sheong Foundation is spearheading a partnership with three community partners, R.E.A.C.H. for Aging Well. Funded by the Government of Canada under the New Horizons for Seniors Program, the project includes a variety of programs and service, reaching out and encouraging Chinese seniors, 55 and over, in the GTA to become a part of the community. °

Goal :

With global aging sweeping the planet, how we care for our seniors’ health has become a prominent concern. Mon Sheong Foundation hopes that through this initiative, we can:

- Raise community awareness towards Chinese Seniors’ social inclusion by encouraging intergenerational connections
- Improve physical, mental and social well-being of Chinese age 55 and over

It is hoped that through the concerted efforts of the backbone and collaborating organizations, more community resources will be created and accumulated, which is conducive to strengthening social cohesion and promoting social inclusion of Chinese seniors over in the GTA.