

## 嘗健 55 免費網上課程表 - 2023 年 1 月至 3 月

R.E.A.C.H. Activities Free Online Schedule – January to March 2023



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) <b>CODE: MSR3 - 049 (FULL)</b>	9:15 am   10:15 am	Jan 16, 2023 To Mar 27, 2023 (Class Cancelled on Feb 20, 2023)	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 slowly rising. In the Canadian Chinese community, Putonghua-speaking immigrants have grown extremely fast and the use of Putonghua is slowly increasing. If we understand Putonghua, we can communicate with them more effectively. This class will teach Putonghua for daily use to make life easier for all.
Online Mandarin Yoga <b>CODE: MSR3 - 050</b>	10:30 am   11:30 am	Jan 16, 2023 To Mar 27, 2023 (Class Cancelled on Feb 20, 2023)	10	Ms. Maggie Duan	Yoga is an effective way to increase muscle strength and endurance. When combined with regular exercise, the results are even greater. Many scientific studies have confirmed that yoga has many physical and mental health benefits. 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 <b>CODE: MSR3 - 051</b>	10:30 am   11:30 am	Jan 9, 2023 To Mar 20, 2023 (Class Cancelled on Feb 20, 2023)	10	Mr. Tony Lo	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.

<p>Online Chair Yoga CODE: MSR3 – 052</p>	<p>3:00 pm   4:00 pm</p>	<p>Jan 9, 2023 To Mar 20, 2023 (Class Cancelled on Feb 20, 2023)</p>	<p>10</p>	<p>Ms. Katy Chu</p>	<p>Chair Yoga is a gentle form of Yoga that is practised by 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.</p>
<p>Tuesday</p>					
<p>Stretching from Head to Toe CODE: MSR2 – 053</p>	<p>10:00 am   10:30 am</p>	<p>Jan 10, 2023 To Feb 7, 2023</p>	<p>5</p>	<p>Dr. Joyce Fu</p>	<p>Stretching exercises help 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 effective. Through just five sessions, this class will cover stretching methods from head to toe.</p>
<p>Online Health Qigong : Shi Er Duan Jin (Practice Class)</p>	<p>11:00 am   11:30 am</p>	<p>Jan 10, 2023 To Mar 28, 2023 (Class Cancelled on Feb 14 and 21 2023)</p>	<p>8</p>	<p>Ms. Angela Ho</p>	<p>Health Qigong Shi Er Duan Jin emphasis on stretching and massaging. It is an exercise suitable for people of different physical conditions. Long-term exercise of it helps to enhance practitioners' blood vessel flexibility, reduce the risk of elderly atherosclerosis, improve heart and lung function, and lower fat content, especially the heart function and the overall function of the cardiac nerve of the elderly.</p>
<p>Online Encore Songs of Golden Memories CODE: MSR3 – 054</p>	<p>12:45 pm   2:00 pm</p>	<p>Jan 17, 2023 To Mar 21, 2023</p>	<p>10</p>	<p>Ms. Susanna Yau</p>	<p>Singing can motivate seniors' self-confidence, keenness to interact with people, lower anxiety and stress levels, and bring a wholesome feeling of well-being and quality of life. This class covers musical concepts, breathing, vocal technique and singing skills.</p>

Wednesday					
Online Cantonese Yoga CODE: MSR3 – 055	11:15 am   12:15 pm	Jan 11, 2023 To Mar 15, 2023	10	Mr. Philip Chan	Yoga is an effective way to increase muscle strength and endurance. When combined with regular exercise, the results are even greater. Many scientific studies have confirmed that yoga has many physical and mental health benefits. Practicing yoga in daily life can improve physical health, increase muscle strength and flexibility, and even reduce symptoms of stress, depression and anxiety.
Online Home Pilates CODE: MSR3-056	2:00 pm   3:00 pm	Jan 4, 2023 To Mar 29, 2023 (Class Cancelled from Jan 18 to Feb 1, 2023)	10	Mr. Gary Fok	Pilate’s 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 make the most of these exercises. This class will use an armrest-less chair. The movements are mainly conducting while sitting on or standing by the chair.
Thursday					
Online Health Qigong : Shi Er Duan Jin CODE: MSR3 – 057	11:00 am   12:00 noon	Jan 10, 2023 To Mar 28, 2023 (Class Cancelled on Feb 14 and 21 2023)	11	Ms. Angela Ho	Health Qigong Shi Er Duan Jin emphasis on stretching and massaging. It is an exercise suitable for people of different physical conditions. Long-term exercise of it helps to enhance practitioners’ blood vessel flexibility, reduce the risk of elderly atherosclerosis, improve heart and lung function, and lower fat content, especially the heart function and the overall function of the cardiac nerve of the elderly.

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

<https://forms.gle/oFYpf88VVjQwqLmX7>

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 in the GTA.