

嘗健 55 免費課程表 - 2023 年 7 月至 9 月


R.E.A.C.H. Free Activities Schedule – July to September 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
Monday					
In-Person Putonghua CODE: MSR4 – 019 (Downtown Centre)	10:15 am 11:15 am	Jul 10, 2023 To Sep 25, 2023 (Class Cancelled on Aug 7 & Sep 4, 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.
Hybrid Mandarin Yoga CODE: MSR4 – 020	11:30 am 12:30 pm	Jul 10, 2023 To Sep 25, 2023 (Class Cancelled on Aug 7 & Sep 4, 2023)	10	Ms. Maggie Duan	Yoga is an effective way to increase muscle strength and endurance. When combining 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.

<p>In-Person Computer 1 on 1 CODE: MSR4-021 (Contact Downtown Centre for registration)</p>	<p>10:15 am 11:15 am</p>	<p>Jul 10, 2023 To Oct 2, 2023 (Class Cancelled on Aug 7, 28 & Sep 4, 2023)</p>	<p>1 hour</p>	<p>Mr. Gus Yeung</p>	<p>Joining our one-hour class with our expert instructor with your smartphone, tablet, and computer issues. Our instructor will address your specific questions and help you overcome challenges that hinder your device's normal use. Don't miss out this opportunity to resolve your technical problems and make the most of your devices.</p>
<p>Hybrid Tai Chi CODE: MSR4 – 022 (Contact Scarborough Centre for In-person class)</p>	<p>10:30 am 11:30 am</p>	<p>Jul 10, 2023 To Sep 25, 2023 (Class Cancelled on Aug 7 & Sep 4, 2023)</p>	<p>10</p>	<p>Mr. Tony Lo</p>	<p>Yang Style Tai Chi is suitable for different levels of students. Students will learn how to get started, and improve Tai Chi postures to achieve health benefits in both body and mind.</p>
<p>Online Chair Yoga CODE: MSR4 – 023</p>	<p>3:00 pm 4:00 pm</p>	<p>Jul 10, 2023 To Sep 25, 2023 (Class Cancelled on Aug 7 & Sep 4, 2023)</p>	<p>10</p>	<p>Ms. Katy Chu</p>	<p>Chair Yoga is a gentle form of Yoga that is practiced 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 – relaxing your body and mind, improving your fitness and flexibility and elevating your health and well-being.</p>
Tuesday					
<p>Online Stretching from Head to Toe CODE: MSR4 – 024</p>	<p>10:00 am 10:30 am</p>	<p>Aug 1, 2023 To Aug 29, 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 : Liu Zi Jue (Practice Class)</p>	<p>11:00 am 11:30 am</p>	<p>Aug 29, 2023 To Sep 26, 2023</p>	<p>5</p>	<p>Mrs. Angela Ho</p>	<p>Health Qigong - Ba Duan Jin helps improving the respiratory system, nervous system and circulatory system, enhancing cellular immune function and body's anti-aging ability, improving mental health, and increasing strength in the upper and lower limbs, as well as joint flexibility and body balance.</p>
<p>Online Encore Songs of Golden Memories CODE: MSR4 – 025</p>	<p>12:45 pm 2:00 pm</p>	<p>Jul 11, 2023 To Sep 12, 2023</p>	<p>10</p>	<p>Ms. Susanna Yau</p>	<p>Singing can motivate seniors' self-confidence and 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					
<p>In-Person Line Dance CODE: MSR4 – 026 (Scarborough Centre) (Limited to 20 participants)</p>	<p>9:45 pm 10:45 pm</p>	<p>Jul 12, 2023 To Sep 13, 2023</p>	<p>10</p>	<p>Ms. Rhoda Lai</p>	<p>Line Dance is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer, dementia and depression.</p>
<p>In-Person Guzheng Beginner CODE: MSR4 – 030 (Scarborough Centre) (FULL)</p>	<p>10:30 am 11:45 am</p>	<p>Jul 12, 2023 To Sep 13, 2023</p>	<p>10</p>	<p>Ms. Yan Wang</p>	<p>Teaching the basic knowledge and technique in "Guzheng" from gesture to reading notation, aiming to improve the skill progressively.</p>

<p>Online Cantonese Yoga CODE: MSR4 – 027</p>	<p>11:15 am 12:15 pm</p>	<p>Jul 12, 2023 To Sep 13, 2023</p>	<p>10</p>	<p>Mr. Philip Chan</p>	<p>Yoga is an effective way to increase muscle strength and endurance. When combining 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.</p>
<p>In-Person ZUMBA GOLD CODE: MSR4 – 028 (Scarborough Centre) (Limited to 20 participants)</p>	<p>12:45 pm 1:45 pm</p>	<p>Jul 12, 2023 To Sep 13, 2023</p>	<p>10</p>	<p>Ms. Rhoda Lai</p>	<p>Zumba Gold is a kind of exercise that combines different dances and aerobics. It can strengthen cardiorespiratory function, train the core, and improve coordination. The low-impact movement is not difficult to follow and is suitable for all ages.</p> 
<p>Online Home Pilates CODE: MSR4-029</p>	<p>2:00 pm 3:00 pm</p>	<p>Jul 12, 2023 To Sep 27, 2023 (Class Cancelled on Aug 2 & 9, 2023)</p>	<p>10</p>	<p>Mr. Gary Fok</p>	<p>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.</p>

Thursday					
<p>Online Health Qigong : Liu Zi Jue CODE: MSR4 – 031</p>	<p>11:00 am 12:00 noon</p>	<p>Aug 24, 2023 To Sep 28, 2023</p>	<p>10</p>	<p>Mrs. Angela Ho</p>	<p>Health Qigong - Ba Duan Jin helps improving the respiratory system, nervous system, and circulatory system, enhancing cellular immune function and body's anti-aging ability, improving mental health, and increasing strength in the upper and lower limbs, as well as joint flexibility and body balance.</p>
Friday					
<p>In-Person Chinese Calligraphy CODE: MSR4 – 032 (Scarborough Centre) (FULL)</p>	<p>10:00 am 11:30 am</p>	<p>Jul 14, 2023 To Sep 15, 2023</p>	<p>10</p>	<p>Mr. Jeffrey Cheung</p>	<p>Chinese Calligraphy can help seniors to cultivate a righteous heart. Through practicing calligraphy, seniors keep calm and eliminate impatience, and sharpen their minds.</p>
<p>In-Person Chinese Knotting CODE: MSR4 – 033 (Downtown Centre)</p>	<p>10:15 am 11:45 am</p>	<p>Jul 14, 2023 To Sep 15, 2023</p>	<p>10</p>	<p>Ms. Wei Ying Sun</p>	<p>The Chinese knot is a traditional handicraft originating from China which is made by weaving strings into various beautiful patterns and structures. Chinese knots are often used as decorations, gifts and mascots. It has a long history and is a profound cultural heritage. This class will introduce basic techniques of Chinese knot weaving. Class conduct in Mandarin</p>

Registration: Please click this link for online registration

<https://forms.gle/xmBRo8o2JPpzGY6Z7>

Information: Email to barrychan@monsheong.org or 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 aged 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.