

嘗健 55 免費課程表 - 2023 年 10 月至 12 月

R.E.A.C.H. Free Activities Schedule – October to December 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					
Hybrid Putonghua CODE: MSR4-039 (Contact Downtown Centre for In-person class)	10:15 am 11:15 am	Oct 23, 2023 To Jan 15, 2023 (Class Cancelled on Nov 13, Dec 25 and Jan 2, 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: MSR4-040 (Contact Downtown Centre for In-person class)	11:30 am 12:30 pm	Oct 23, 2023 To Jan 15, 2023 (Class Cancelled on Nov 13, Dec 25 & Jan 2, 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.
Hybrid Tai Chi CODE: MSR4-041 (Contact Scarborough Centre for In- person class)	10:30 am 11:30 am	Oct 2, 2023 To Dec 18, 2023 (Class Cancelled on Oct 9 & Nov 13, 2023)	10	Mr. Tony Lo	Yang-Style Tai Chi is suitable for different levels of students. Students will learn how to get started, and improve Tai Chi posture to achieve health benefits in both body and mind.

In-Person Chinese Calligraphy CODE: MSR4-042 (Downtown Centre)	1:00 pm 2:30 pm	Oct 23, 2023 Nov 20, 2023 Dec 18, 2023	3	Ms. Kat Kwan, Ms. Deanna Lu	The basic knowledge and writing techniques of Chinese Calligraphy. This class is suitable for beginners. This calligraphy class meets once a month until December."
Online Chair Yoga CODE: MSR4-043	3:00 pm 4:00 pm	Oct 16, 2023 To Dec 18, 2023 (Class Cancelled on Nov 13, 2023)	9	Ms. Katy Chu	Chair yoga is a gentle form of yoga 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: relax your body and mind, improve your fitness and flexibility, and elevate your health and well-being.
Tuesday					
Online Stretching from Head to Toe CODE: MSR4-044	10:00 am 10:30 am	Oct 18, 2023 To Nov 15, 2023	5	Dr. Joyce Fu	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.
Online Health Qigong Mingmu Gong (Practice Class)	11:00 am 11:30 am	Oct 17, 2023 To Dec 12, 2023	9	Mrs. Angela Ho	Mingmu Gong for Adults uses a holistic approach to healthcare to focus on vision enhancement. Dynamic and static in equal measure, qi-nourishing, flexible, soothing, easy to learn and practice, this exercise routine is great for adults and especially useful for seniors and office workers. Scientific testing has shown that consistent practice of Mingmu Gong for adults has significant benefits such as relieving eyestrain and fatigue, improving vision, fine-tuning eye functionality, and an overall boost to mental and physical health.

<p>Online Encore Songs of Golden Memories CODE: MSR4-045</p>	<p>12:45 pm 2:00 pm</p>	<p>Oct 3, 2023 To Dec 5, 2023</p>	<p>10</p>	<p>Ms. Susanna Yau</p>	<p>Singing can motivate seniors' self-confidence, and keenness to interact with people and 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>
<p>Wednesday</p>					
<p>Online Cantonese Yoga CODE: MSR4-046</p>	<p>11:15 am 12:15 pm</p>	<p>Oct 4, 2023 To Dec 20, 2023 (Class Cancelled on Oct 25 & Nov 1, 2023)</p>	<p>10</p>	<p>Mr. Philip Chan</p>	<p>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.</p>
<p>In-Person Guzheng Beginner CODE: MSR4-047 (Scarborough Centre)</p>	<p>10:30 am 11:45 am</p>	<p>Oct 11, 2023 To Dec 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>Hybrid Xuan Gong Twenty Moves CODE: MSR4-048 (Scarborough Centre)</p>	<p>2:00 pm 3:00 pm</p>	<p>Oct 11, 2023 To Dec 13, 2023</p>	<p>10</p>	<p>勞國輝 師傅 Mr. Tony Lo</p>	<p>This exercise is simple and easy to learn. It can activate the meridians and blood vessels of the whole body, activate the joints of the whole body, and improve the function of internal organs. If you can concentrate on practicing, you can cultivate your mind and improve your health.</p>

<p>Online Home Pilates CODE: MSR4-049</p>	<p>2:00 pm 3:00 pm</p>	<p>Oct 4, 2023 To Dec 20, 2023 (Class Cancelled on Nov 8 & Nov 15, 2023)</p>	<p>10</p>	<p>Mr. Gary Fok</p>	<p>Pilate's practice has its foundation in 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. Those movements are mainly sitting on or standing by the chair.</p>
<p>Thursday</p>					
<p>Online Health Qigong : Mingmu Gong CODE: MSR4-031</p>	<p>11:00 am 12:00 noon</p>	<p>Oct 12, 2023 To Dec 14, 2023</p>	<p>10</p>	<p>Mrs. Angela Ho</p>	<p>Mingmu Gong for Adults uses a holistic approach to healthcare to focus on vision enhancement. Dynamic and static in equal measure, qi-nourishing, flexible, soothing, easy to learn and practice, this exercise routine is great for adults and especially useful for seniors and office workers. Scientific testing has shown that consistent practice of Mingmu Gong for adults has significant benefits such as relieving eyestrain and fatigue, improving vision, fine-tuning eye functionality, and an overall boost to mental and physical health.</p>

Please click this link for online registration: <https://forms.gle/zDfA5rTUBJzfSaFJA>

For inquiry, please 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 about Chinese seniors' social inclusion by encouraging intergenerational connections.
- Improve the 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 the social inclusion of Chinese seniors in the GTA.