

嘗健 55 免費課程表 - 2024 年 1 月至 3 月

R.E.A.C.H. Free Activities Schedule – January to March 2024



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					
Online Putonghua CODE: MSR4-060	9:15 am 10:15 am	Jan 22, 2023 To Mar 25, 2023 (Class Cancelled on Feb 19, 2023)	9	Ms. Maggie Duan	Putonghua is the official language of China, serving as the mother tongue for over one billion people. Its significance on the global stage is steadily increasing. Within the Canadian Chinese community, there has been a rapid growth of Putonghua-speaking immigrants, and the use of Putonghua is gradually expanding. Understanding Putonghua can enhance our communication with them effectively. This class aims to teach Putonghua for daily use, making life easier for everyone.
Online Mandarin Yoga CODE: MSR4-061	10:30 am 11:30 pm	Jan 22, 2023 To Mar 25, 2023 (Class Cancelled on Feb 19, 2023)	9	Ms. Maggie Duan	Yoga proves to be an effective method for enhancing muscle strength and endurance. When integrated with regular exercise, the outcomes are further amplified. Numerous scientific studies have confirmed the myriad physical and mental health benefits of yoga. Incorporating yoga into daily life can enhance physical health, boost muscle strength and flexibility, and even alleviate symptoms of stress, depression, and anxiety.

<p>In-Person Computer 1 on 1 CODE: MSR4-062 (Contact Downtown Centre for registration)</p>	<p>10:15 am 11:15 am</p>	<p>Jan 8, 2023 To Mar 18, 2023 (Class Cancelled on Feb 19, 2024)</p>	<p>1 hour</p>	<p>Mr. Gus Yeung</p>	<p>Join our one-hour class with our expert instructor to address your smartphone, tablet, and computer issues. Receive assistance tailored to your specific questions and overcome challenges that may be hindering the normal use of your devices. Don't miss out on this opportunity to resolve your technology problems and make the most of your devices.</p>
<p>Hybrid Tai Chi CODE: MSR4-063 (Contact Scarborough Centre for In- person class)</p>	<p>10:30 am 11:30 am</p>	<p>Jan 8, 2024 To Mar 18, 2024 (Class Cancelled on Feb 19, 2024)</p>	<p>10</p>	<p>Mr. Tony Lo</p>	<p>Yang-Style Tai Chi is suitable for students at different levels. Participants will learn how to get started and improve their Tai Chi posture, thereby achieving health benefits for both the body and mind.</p>
<p>In-Person Chinese Classical Dance Continued Study Class CODE: MSR4-064 (Scarborough Centre)</p>	<p>1:15 pm 2:15 pm</p>	<p>Jan 8, 2024 To Mar 18, 2024 (Class Cancelled on Feb 19, 2024)</p>	<p>10</p>	<p>Ms. Do Do Tze</p>	<p>Chinese classical dance is beneficial for seniors, providing a means for them to train and perform as a group, fostering interaction. Additionally, it contributes to both physical and mental health. This class is suitable for seniors who have Chinese Classical Dance knowledge and experience to participate in performance.</p>
<p>Online Chair Yoga CODE: MSR4-065</p>	<p>3:00 pm 4:00 pm</p>	<p>Jan 8, 2024 To Mar 18, 2024 (Class Cancelled on Feb 19, 2024)</p>	<p>10</p>	<p>Ms. Katy Chu</p>	<p>Chair yoga is a gentle form of yoga practiced while sitting in a chair or standing, using a chair for support. It involves no complicated or complex movements but offers the same benefits as a traditional yoga class: relaxing your body and mind, improving fitness and flexibility, and elevating your overall health and well-being.</p>

Tuesday					
<p>Online Stretching from Head to Toe CODE: MSR4-066</p>	<p>10:00 am 10:30 am</p>	<p>Jan 9, 2023 To Feb 6, 2023</p>	<p>5</p>	<p>Dr. Joyce Fu</p>	<p>Stretching exercises are beneficial for flexibility and circulation, reducing stiffness and pain. They are particularly effective in preventing and relieving long-term pain. These exercises are convenient, simple, and require only basic equipment to be effective. In just five sessions, this class will cover stretching methods from head to toe.</p>
<p>Online Encore Songs of Golden Memories CODE: MSR4-067</p>	<p>12:45 pm 2:00 pm</p>	<p>Jan 2, 2024 To Mar 12, 2024</p>	<p>10</p>	<p>Ms. Susanna Yau</p>	<p>Singing can boost seniors' self-confidence and enthusiasm to interact with others, while also lowering anxiety and stress levels, leading to an overall sense of well-being and improved quality of life. This class covers musical concepts, breathing, vocal techniques, and singing skills.</p>
Wednesday					
<p>Online Cantonese Yoga CODE: MSR4-068</p>	<p>11:15 am 12:15 pm</p>	<p>Jan 10, 2024 To Mar 13, 2024</p>	<p>10</p>	<p>Mr. Philip Chan</p>	<p>Yoga proves to be an effective method for enhancing muscle strength and endurance. When integrated with regular exercise, the outcomes are further amplified. Numerous scientific studies have confirmed the myriad physical and mental health benefits of yoga. Incorporating yoga into daily life can enhance physical health, boost muscle strength and flexibility, and even alleviate symptoms of stress, depression, and anxiety.</p>
<p>In-Person Guzheng Beginner CODE: MSR4-069 (Scarborough Centre)</p>	<p>10:30 am 11:45 am</p>	<p>Jan 10, 2024 To Mar 13, 2024</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>

Hybrid Xuan Gong Twenty Moves CODE: MSR4-070 (Scarborough Centre)	2:00 pm 3:00 pm	Jan 10, 2024 To Mar 13, 2024	10	Mr. Tony Lo	This exercise is simple and easy to learn. It can activate the meridians and blood vessels throughout the whole body, stimulate the joints, and enhance the function of internal organs. With focused practice, you can cultivate your mind and improve your health.
Online Home Pilates CODE: MSR4-071	2:00 pm 3:00 pm	Jan 17, 2023 To Mar 20, 2023	10	Mr. Gary Fok	Pilates practice has its foundation in physical therapy and rehabilitation. This class will introduce the principles of Pilates—breathing, control, concentration, precision, balancing, and movement—to help participants maximize the benefits of these exercises. The class will utilize an armrest-less chair, focusing mainly on movements involving sitting on or standing by the chair.

Please click this link for online registration: <https://forms.gle/AcfQ3N6Lr6yaFj1q8>

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.