



Summer (July—September) 2019 Wellness Club Program List

SPECIAL EVENTS

Wellness Club Member Only; Pre-registration is required.

***Gentle Reminder: NO CLASSES on Statutory Holidays—Jul 1, Aug 5, and Sep 2.**

Carefirst Wellness Club New Programs

Carefirst One Stop Multi-Services Centre

July, August, September Birthday Party

Date: Tuesday, Jul 16
Time: 10:30am—1:30pm
Venue: Royale Fine Dining & Banquet
648 Silver Star Blvd.
Fee: Member \$25; Non-member \$32

300SS Congregate Dining

Date: Jul 17, Aug 21, Sep 18
Time: 3:30pm—6:00pm
Venue: 300 Silver Star Blvd.
Fee: \$10/session
*Pre-registration required 3 days in advance

Leisure Corner

Date: Wednesdays and Fridays
Time: 2:00pm—4:00pm
Venue: 300 Silver Star Blvd.
Fee: Free



Cantonese Opera Movement (WEL10242)

Date: Aug 8—Oct 10
Time: Thursdays, 11:15am—12:15pm
Fee: \$60 (10 sessions) *NEW*

Daytime Zumba (WEL10239, WEL10240)

Date: Jul 19—Oct 4 (No class on Jul 26 & Aug 16)
Time: Fridays, 12:15pm—1:15pm
Fee: \$80 (10 sessions)

Hand-build Pottery Workshop (WEL10261, WEL10262, WEL10263)

Date: Jul 23—Jul 30, Aug 6—Aug 13,
Aug 20—Aug 27
Time: Tuesdays, 2:00pm—4:00pm
Fee: \$30 (Each workshop: 2 sessions)

Chinese Calligraphy Workshop (WEL10224)

Date: Jun 12—Aug 14
Time: Wednesdays, 10:30am—12:00pm
Fee: \$60 (10 sessions)

Chinese Calligraphy Beginner 101 (WEL10223)

Date: Jun 13—Aug 15 (No class on Jul 11 & Aug 1)
Time: Thursdays, 12:30pm—2:00pm
Fee: \$80 (8 sessions)

Carefirst Wellness Kitchen @300 Silver Star

A day with Master Tsui – Baking Workshop Super Advanced Level (WEL10210)

Date: Jul 23—Sept 10
Time: Tuesdays, 10:30am—12:30pm
Fee: \$160 (8 sessions)

A day with Master Tsui – Baking Workshop Advanced Level (WEL10211)

Date: Jul 25—Sep 12
Time: Thursdays, 10:30am — 12:30pm
Fee: \$160 (8 sessions)

SAT DIY Cooking (WEL10190, WEL10191, WEL10192)

Jul 6: Veggie Shark's Fin
Mango Ball

Aug 10: Shrimp Roll
Noodle with XO Sauce

Sep 7: Red Bean Paste Dumpling
Lye Water Dumpling

Time: Saturday, 10:00am – 12:00pm
Fee: \$18 (1 session)

Carefirst One-Stop Multi-Services Centre

Workshop

300SS Cooking Club

WEL10190	SAT DIY Cooking Wendy Au	Saturday 10:00am-12:00pm	Jul 6: Veggie Shark's Fin Mango Ball	\$18 (1 session)
WEL10191			Aug 10: Shrimp Roll Noodle with XO Sauce	
WEL10192			Sep 7: Red Bean Paste Dumpling Lye Water Dumpling	
WEL10210	A Day With Master Tsui—Baking Workshop (Super Advanced) Master Tsui *NEW*	Tuesday 10:30am-12:30pm	Jul 23	\$160 (8 sessions)
WEL10211	A Day With Master Tsui—Baking Workshop (Advanced) Master Tsui	Thursday 10:30am-12:30pm	Jul 25	\$160 (8 sessions)

DIY

WEL10261 WEL10262 WEL10263	Hand-build Pottery Workshop Sheila Tsang	Tuesday 2:00pm—4:00pm	Jul 23—Jul 30 Aug 6—Aug 13 Aug 20—Aug 27	\$30 (Each workshop: 2 sessions)
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Mandarin Group Program

WEL10186	Mandarin Senior Hub	Every Friday 9:30am—12:00pm	Free for Member Non-member \$5 per month
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Club Activities

Annual Fee Activities

WEL10135	Arts & Crafts	Every Tuesday 10:00am—12:00pm	Member \$30 per year Non-member \$4 per visit
WEL10134	Beijing Opera Club	Every Saturday 1:00pm—5:00pm	Member \$15 per year Non-member \$4 per visit
WEL10136	IT Café Club IT "V" Team	Aug 17, Sep 21 10:00am—12:30pm	Member \$15 per year Non-member \$7 per visit

Dance Card \$55 (12 visits)

WEL10196	Dancercise Dancepooh Team - Elsa Lee	Every Thursday 11:00am—1:00pm	\$55 Card (Each session = 1 visit)
WEL10197	Evening Dancercise Dancepooh Team - Dodo Wong	Every Thursday 7:30pm—9:00pm	\$55 Card (Each session = 1 visit)
WEL10198	Dancercise Dancepooh Team - Dodo Wong	Every Saturday 10:15am—12:15pm	\$55 Card (Each session = 1 visit)

Carefirst One-Stop Multi-Services Centre

Interest Class

Music

WEL10258	Mandarin Choir Pauline Yeh	Wednesday 2:00pm—3:30pm	Jul 3	\$20 (10 sessions) \$2 (Copying Fee)
WEL10259	Karaoke Singing Steve Sum/Peon Ho	Wednesday 3:00pm—4:30pm	Aug 28 (Bi-weekly)	\$60 (10 sessions)
WEL10245	Er-Hu L4+ A Guo-Chan Chen	Friday 9:30am—10:45am	Jul 19 (No class Aug 16)	\$90 (12 sessions) \$2 (Copying Fee)
WEL10246				
WEL10247	Gao-Hu L4+ A Guo-Chan Chen	Friday 10:55am—11:55am		\$78 (12 sessions) \$1 (Copying Fee)
WEL10248				
WEL10249	Er-Hu L4+ B Guo-Chan Chen	Friday 12:05pm—1:20pm		\$90 (12 sessions) \$2 (Copying Fee)
WEL10250				
WEL10251	Er-Hu L2 Guo-Chan Chen	Friday 2:15pm—3:30pm	\$90 (12 sessions) \$2 (Copying Fee)	
WEL10252				
WEL10253	Er-Hu Beginner Guo-Chan Chen	Friday 3:40pm—4:55pm	\$90 (12 sessions) \$2 (Copying Fee)	
WEL10254				

Art

WEL10224	Chinese Calligraphy Workshop Jeffrey Cheung	Wednesday 10:30am—12:00pm	Jun 12	\$60 (10 sessions)
WEL10223	Chinese Calligraphy Beginner 101 Grace Man	Thursday 12:30pm—2:00pm	Jun 13 (No class Jul 11 & Aug 1)	\$80 (8 sessions)
WEL10233	Cont. Chinese Landscaping Painting L1 Ken Loke	Friday 12:30pm—2:00pm	Jul 19	\$100 (10 sessions)
WEL10234				

Dance

WEL10225	Line Dance L1 + Cecilia Tang	Monday 10:00am—11:15am	Jun 17	\$30 (10 sessions)
WEL10226	Line Dance L1 Cecilia Tang	Monday 11:30am—12:45pm		\$30 (10 sessions)
WEL10227	Line Dance 101 Beginner Cecilia Tang	Monday 1:20pm—2:35pm		\$30 (10 sessions)
WEL10241	Line Dance L1 + Yvonne Au	Tuesday 11:00am—12:15pm	Jul 9 (No class Jul 2, Aug 6)	\$30 (10 sessions)
WEL10255	Chinese Dance 101 Beginner Lisa Lee	Tuesday 5:30pm—6:45pm	Jul 2	\$100 (10 sessions)
WEL10256				
WEL10242	Cantonese Opera (Movement) Dong Hung	Thursday 11:15am—12:15pm	Aug 8	\$60 (10 sessions)

NEW

Carefirst One-Stop Multi-Services Centre

Interest Class

Health and Wellness

WEL10215	Chair Yoga L1 A Sathia Ramsay	Monday 11:00am—12:00pm	Jul 8	\$40 (8 sessions)
WEL10216	Chair Yoga L1 B Sathia Ramsay	Wednesday 12:00pm—1:00pm	Jun 26	\$40 (8 sessions)
WEL10213	Yang 24 Style Tai Chi (Beginner) Terry Yu	Tuesday 10:00am—11:00am	Jun 11	\$80 (10 sessions)
WEL10230	Cardio Exercise Catherine Luk	Thursday 5:00pm—6:00pm	Jun 20 (No class Aug 8)	\$40 (10 sessions)
WEL10229	Cardio Exercise (Monday) Catherine Luk	Monday 5:30pm—6:30pm	Jul 15	\$40 (10 sessions)
WEL10235	Table Tennis A Raymond Ka	Friday 10:00am—11:30am	Jul 5	\$50 (10 sessions)
WEL10236	Table Tennis B Raymond Ka	Friday 11:30am—1:00pm		\$50 (10 sessions)
WEL10260	Wu Style Tai Chi Eric Au-Yeung	Saturday 1:15pm—2:45pm	Jul 20 (No class Aug 3 & Aug 31)	\$40 (10 sessions)
WEL10239 WEL10240	Daytime Zumba Angela To	Friday 12:15pm—1:15pm	Jul 19 (No class Jul 26 & Aug 16)	\$80 (10 sessions)

Information Sessions

LOHAS	Friday, Aug 9 11:00am—12:30pm	Denture User Common Problems (Cantonese) Carmen Lam, DD	Free for Member Non-Member \$2
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Wellness Club Communication Channel

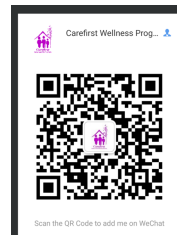
WhatsApp: 416-995-5195

WeChat: CarefirstwellnessCD

Please add our WhatsApp number to your contact list

Please scan our QR code to receive our latest information.

if you wish receive information from us.



Carefirst York Region Community Services Centre

Congregate Dining Program

◆ Activities include: gentle exercise, socialization, education, crafts, and community lunches.

Please refer to Congregate Dining Program list

Happy Together Carefirst York Region 420 Hwy 7 East, Unit 104A, Richmond Hill	WEL10172 Monday	11:00am —12:15pm Lunch at Restaurant (at own cost)	\$2 per session
	WEL10174 Thursday	12:30pm—2:30pm Activities & Exercise	
Happy Together Richmond Hill Chinese Baptist Church 136 Hillview Dr., Richmond Hill <i>*This program will be held at different location in July, please refer to the program list*</i>	WEL10173 Tuesday	10:30am—12:30pm Exercise and Lunch 12:30pm—1:30pm Activities	\$10 per session
Happy Together Carefirst York Region 420 Hwy 7 East, Unit 104A, Richmond Hill	WEL10175 Friday	10:30am—12:15pm Exercise & Activities 12:15pm—1:00pm Lunch	\$10 per session

Punch Card Activity

Digital Sky—Punch Card \$20

WEL10176	Computer Michael Chan *Bring your own laptop	Wednesday 11:00am—1:00pm	\$20 card (Each session = 6 visits)
WEL10177	iPad -101 Michael Chan *Bring your own iPad	Wednesday 1:15pm—3:15pm	\$20 card (Each session = 6 visits)

Club Activity

WEL10170	Arts & Craft	Tuesday 9:00am—11:00am	Member \$30 per year Non-member \$4 per visit
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Mandarin Group Program

WEL10171	Mandarin Senior Hub	Every Thursday 9:00am—12:00pm	Free for Member Non-member \$5 per month
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Interest Class—Music

WEL10244	Mandarin Choir Pauline Yeh	Thursday 5:15pm - 6:45pm	Jul 4	\$20 (10 sessions) \$2 (Copying Fee)
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Interest Class—Art

WEL10221	Chinese Calligraphy (Handout: #237-246) Man Kuen Wong	Friday 1:30pm - 3:00pm	Jun 21 (No class Jul 5, 12 & Aug 23)	\$30 (10 sessions) \$6 (Copying Fee)
WEL10222	Chinese Calligraphy (Handout: #170-179) Man Kuen Wong	Friday 3:00pm - 4:30pm	Jun 21 (No class Jul 5, 12 & Aug 23)	\$30 (10 sessions) \$6 (Copying Fee)

Interest Class—Language

WEL10217	Everyday English Elizabeth Fang	Tuesday 12:15pm - 1:45pm	Jun 25	\$36 (12 sessions)
WEL10219	Everyday Mandarin Sandy Su	Wednesday 10:45am - 12:15pm	Jul 3	\$36 (12 sessions)
WEL10232	Everyday English—Grammar Kai King	Monday 2:30pm - 4:00pm	Jul 8	\$40 (10 sessions)

Bayview Hill (Carefirst) Seniors Program



All Bayview Hill (Carefirst) Seniors Program participants must have a valid Town of Richmond Hill Adults 55+ Membership in order to participate in the program. Please present your membership card upon registration.

OUT20101	Integrated Painting Raymond Luk	Monday 9:15am —10:45am	Jul 15	Every 4 Sessions \$30
OUT20102			Aug 19	
OUT20103			Sep 23	
OUT20092	Chinese Calligraphy-A Man Kuen Wong	Monday 11:00am—12:30pm	May 27	\$36 (10 sessions)
OUT20096	Yeung's Style Tai Chi (24 Forms) Loretta Ho / Rita Cheung	Monday 11:00am—12:15pm	Jul 8	\$40 (10 sessions)
OUT20074	Everyday Mandarin Mee Chow	Monday 12:00pm—1:30pm	Summer Breaks	\$30
OUT20093	Chinese Calligraphy-B Man Kuen Wong	Monday 1:30pm—3:00pm	Jun 3	\$36 (10 sessions)
OUT20095	Balance Workout Kay Leung	Monday 12:15pm—1:15pm	Jun 17	\$50
OUT20097	Yeung's Style Tai Chi (108 Forms) Loretta Ho / Rita Cheung	Tuesday 11:00am—12:15pm	Jul 2	\$40 (10 sessions)
OUT20094	Yoga (L1) Betty Chan	Tuesday 11:30am—12:45pm	Jun 11	\$50
OUT20090	Qigong-A (Tai Chi Stick) Henry Chan	Tuesday 1:30pm—2:45pm	Jun 6	\$40 (10 sessions)
OUT20016	Ladies Leisure Club	Every Wednesday, 11:30am—1:00pm Please refer to Ladies Leisure Club's flyer (Sep-Dec) for details.		
OUT20107	Qigong-B (Shi Er Duan Jin) Edward Ho	Thursday 9:30am—10:45am	Jul 18	\$40 (10 sessions)
OUT20104	Cantonese Opera (Singing) Jiazhang Kuang	Thursday 11:15am—12:45pm	Jul 4	Every 4 Sessions \$40
OUT20105			Aug 1	
OUT20106			Sep 5	
《Sharing Group》 Pre-registration is mandatory				
OUT20086	Table Tennis Club-A	Monday 1:15pm—4:00pm	Jun 17	\$16 (10 sessions)
OUT20099	Table Tennis Club-C	Tuesday 1:15pm—4:00pm	Jul 16	\$16 (10 sessions)
OUT20098	Table Tennis Club-B	Thursday 10:00am—12:45pm	Jul 18	\$16 (10 sessions)
OUT20100	Table Tennis Club-D	Thursday 1:15pm—4:00pm	Jul 18	\$16 (10 sessions)

Funded by the Ministry of Health and Long-term Care through the LHINs (Central East, Central and Toronto Central). Seniors' exercise classes focus on improving and maintaining functional performance through strength and balance to prevent injury and falls. Falls prevention classes provide seniors with instruction on how to reduce the risk of falling, in addition to weight bearing and balance exercises. Please contact the Wellness Office for registration details.

Community Exercise & Falls Prevention Program @300 Silver Star Blvd

Exercise Classes						Wellness Club Member Only.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:15—1:15 Chair Yoga	9:30—10:30 Conditioning Ex	9:30—10:30 Conditioning Ex	10:45—11:45 Chair Yoga	2:00—3:00 Conditioning Ex	9:00—10:00 Conditioning Ex	
	10:45—11:45 Conditioning Ex	10:45—11:45 Conditioning Ex	12:00—1:00 Chair Yoga	3:15—4:15 Conditioning Ex		
	12:00—1:00 Chair Yoga	*NEW* 3:00—4:00 Conditioning Ex	2:15—3:15 Low Intensity Ex			

Falls Prevention Classes						Wellness Club Member Only.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1:00—2:00 [A]	2:15—3:15 [B]	1:30—2:30 [D]	1:00—2:00 [A]	1:30—2:30 [D]		
	3:30—4:30 [C]		3:30—4:30 [C]	3:00—4:00 [B]		

Community Exercise & Falls Prevention Program @420 Hwy 7 East

Exercise Classes						Wellness Club Member Only.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15—9:15 Conditioning Ex	9:00—10:00 Conditioning Ex	8:15—9:15 Conditioning Ex	9:00—10:00 Conditioning Ex	9:00—10:00 Conditioning Ex	1:30—2:30 Gentle Qigong	
9:15—10:15 Conditioning Ex	10:00—11:00 Gentle Qigong	9:15—10:15 Conditioning Ex	1:30—2:30 Conditioning Ex	10:30—11:15 Conditioning Ex	2:30—3:30 Gentle Qigong	
1:30—2:30 Conditioning Ex	11:00—12:00 Gentle Qigong		4:15—5:15 Conditioning Ex			
	3:30—4:30 Conditioning Ex					

Community Exercise Program @Bayview Hill (Carefirst) Seniors Program

All Bayview Hill (Carefirst) Seniors Program participants must have a valid Town of Richmond Hill Adults 55+ Membership in order to participate in the program. Please present your membership card upon registration.

Exercises Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00—10:00 Conditioning Ex	9:00—10:00 Gentle Qigong	9:00—10:00 Gentle Qigong	3:00—4:00 Gentle Qigong		
10:00—11:00 Conditioning Ex	3:00—4:00 Gentle Qigong	1:45—2:45 Conditioning Ex			
		2:45—3:45 Conditioning Ex			

General Information

Registration:

- ◆ Registration is on a first come first served basis.
- ◆ Registration closes one week prior to the start date of each class
- ◆ Consult your family doctor before enrolling in any physical activities/outings.

Outings/ Parties/ Special Events :

- ◆ Event tickets can be purchased at the Carefirst Wellness Office .

Program Fee:

- ◆ Program fee is not transferable and is only applicable to the activity listed on the receipt/ticket.
- ◆ Full Payment is required at time of registration and can be made by:
 - Cash
 - Credit Card (payment over \$20.00)
 - Cheque, payable to: Carefirst. (An administration fee of \$10.00 will be charged for each returned NSF cheque)

Withdrawal:

- ◆ Full payment (minus \$5 administration fee) with a written notification to the Wellness Office at least 5 business days prior to the start date of each class/program.

Cancellation:

- ◆ NO CLASSES on Public Holidays.
- ◆ Carefirst reserves the right to cancel or postpone any classes/events.
- ◆ Cancelled classes/events, due to personal absence will not be rescheduled or refunded.

Inclement Weather:

- ◆ If classes need to be suspended due to inclement weather or other emergency, a program cancellation notice will be released on or before 8 AM. Participants can check at Carefirst's website www.carefirstontario.ca or call the Wellness Hotline at 416-847-8939 for details.

Registration Enquiry:

- **Carefirst One-Stop Multi-Services Centre**
300 Silver Star Blvd., Scarborough
Tel: **416-847-8939** (Wellness Club)
- **York Region Community Services Centre**
420 Hwy 7 East, Unit 104A, Richmond Hill
Tel: **905-771-3700**
- **Bayview Hill (Carefirst) Seniors Program**
114 Spadina Rd, Richmond Hill
Tel: **905-884-6092**

Email: wellness@carefirstontario.ca

Website: www.carefirstontario.ca

Wellness Club Membership:

Eligibility:

- ◆ Age 50 and up

2019 -2020 Fee:

- ◆ \$25 per year
- ◆ \$12.50 half-yearly (fee applies starting from October 1)

Period:

- ◆ April 1—March 31

