



WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION

**IN-PERSON
50 MINUTES**



Carefirst - 300 Silver Star Blvd, Scarborough

**** Wellness Club Membership**

Code	Class	Language	Day	Time	Instructor
71001 A	Qigong Practice		Mon	9:00 AM	Anissa Ho
71010 A	Cardio Exercise	English	Mon	9:00 AM	Jose Balba
71026 A	Brain Rhythmic Exercise		Mon	10:00 AM	Rev Karl Lam
72039 (HYBRID)	Falls Prevention	Eng/Chi	Mon	10:00 AM	Steve Au Yeung
71001 B	Qigong Practice		Mon	10:00 AM	Anissa Ho
61012 (HYBRID)	Dancercise (L1+)		Mon	12:55 PM	Pooh - Winnie Ye
71006 A	Gentle Fitness	Eng/Chi	Tue	9:30 AM	Esther Wu
71006 B	Gentle Fitness	Eng/Chi	Tue	10:30 AM	Esther Wu
71003 A	Qigong Practice		Tue	10:30 AM	Brenda Ho
72045	Falls Prevention	Eng/Chi	Tue	11:30 AM	Esther Wu
71003 B	Qigong Practice		Tue	11:30 AM	Brenda Ho
72046 (HYBRID)	Falls Prevention	Eng/Chi	Tue	3:30 PM	Hilland Chan
72035	Falls Prevention	English	Wed	9:00 AM	Jose Balba
72036	Falls Prevention	Eng/Chi	Wed	11:30 AM	Steve Au Yeung
61013 (HYBRID)	Dancercise (L1+)		Wed	12:55 PM	Pooh - Elsa Lee
71026 B	Brain Rhythmic Exercise		Thu	10:00 AM	Rev Karl Lam
EPA 71032	Gentle Fitness	English	Thu	11:00 AM	Annika Cummings
EPB 71032	Gentle Fitness	English	Thu	12:00 PM	Annika Cummings
71023 A	Line Dance Practice (L1)		Thu	12:55 PM	Cecilia Tang
72031	Falls Prevention	English	Thu	1:00 PM	Jose Balba
72032	Falls Prevention	English	Thu	2:00 PM	Jose Balba
71020 (HYBRID)	Cardio Exercise	English	Thu	3:30 PM	Jose Balba
71019 B	Cardio Exercise	English	Fri	9:00 AM	Jose Balba
61014 (HYBRID)	Line Dance 5-6-7-8 (L1+)		Fri	2:30 PM	Pooh Team
61015 (HYBRID)	Line Dance 5-6-7-8 (L2)		Fri	3:30 PM	Pooh Team



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50 MINUTES**



Carefirst - 420 Hwy 7 East, unit 102, Richmond Hill

**** Wellness Club Membership**

Code	Class	Language	Day	Time	Instructor
62016	Falls Prevention	Eng/Chi	Tue	4:00 PM	Steve Au Yeung
62017	Falls Prevention	Eng/Chi	Wed	1:45 PM	Hannah Li
62018	Falls Prevention	Eng/Chi	Wed	3:00 PM	Hannah Li
62019	Falls Prevention	Eng/Chi	Wed	4:00 PM	Hannah Li
61129 A	Gentle Fitness	Eng/Chi	Fri	9:15 AM	Hannah Li

Bayview Hill Community Centre - 114 Spadina Ave, Richmond Hill

**** Adults 55+ Membership**

Code	Class	Language	Day	Time	Instructor
61120 A	Qigong Practice		Mon	10:00 AM	Brenda Ho
61120 B	Qigong Practice		Mon	11:00 AM	Brenda Ho
61010 B	Taichi Practice		Wed	11:45 AM	Lesley Liao
61119 A	Cardio Exercise	English	Thu	1:30 PM	Hannah Li
61119 B	Gentle Fitness	English	Thu	2:30 PM	Hannah Li

Aaniin Community Centre - 5665 14th Avenue, Markham

Code	Class	Language	Day	Time	Instructor
61064 A	Cardio Exercise	English	Tue	10:15 AM	Jose Balba
61064 B	Cardio Exercise	English	Tue	11:15 AM	Jose Balba
61009 A	Taichi Practice		Tue	1:30 PM	Lesley Liao
61009 B	Taichi Practice		Tue	2:30 PM	Lesley Liao



WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION

**IN-PERSON
50 MINUTES**



Cummer Park Community Centre - 6000 Leslie St., North York

**** Wellness Club Membership / M2 postal code**

Code	Class	Language	Day	Time	Instructor
61060A	Qigong Practice		Fri	1:00 PM	Henry Chan
61060 B	Qigong Practice		Fri	2:00 PM	Henry Chan
61059 A	Qigong Practice		Sun	12:15 PM	Anissa Ho
61059 B	Qigong Practice		Sun	1:15 PM	Anissa Ho

L'Amoreaux Community Centre - 2000 McNicoll Ave., Scarborough

**** Wellness Club Membership / M1 postal code**

Code	Class	Language	Day	Time	Instructor
71004 A	Qigong Practice		Thu	3:30 PM	Foulata Lee
71004 B	Qigong Practice		Fri	9:30 AM	Foulata Lee

Oriole Community Centre - 2975 Don Mills Rd. W., North York

**** Wellness Club Membership / M2 postal code**

Code	Class	Language	Day	Time	Instructor
61044 A	Taichi Practice		Mon	9:30 AM	Phyllis Fung
61058 A	Qigong Practice		Tue	9:00 AM	Anissa Ho
61058 B	Qigong Practice		Tue	10:00 AM	Anissa Ho
61044 B	Taichi Practice		Fri	9:30 AM	Phyllis Fung
61011 A	Taichi Practice		Sat	2:00 PM	Lesley Liao
61011 B	Taichi Practice		Sat	3:00 PM	Lesley Liao

105 Gibson Centre - 105 Gibson Drive, Markham

Code	Class	Language	Day	Time	Instructor
61003	Cardio Exercise	English	Thu	10:30 AM	Jose Balba



WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION

Funded by the Ontario Health Regions (Toronto and Central), the Exercise and Falls Prevention Programs help seniors stay healthy, active and mobile. If you are 65 years old and older, you can join the classes offered free of charge in the community.

FALLS PREVENTION

- Focuses on developing postural control and body strength through balance exercises in sitting and standing positions.
- For participants to improve their overall steadiness in their mobility.

GENTLE FITNESS

- Consists of ranges of motion, strength, gentle cardio and simple balance exercises.
- For participants new to exercising and/or who are looking for a slower and gentle workout.

CARDIO EXERCISE (HIGH INTENSITY WORKOUT)


- Combines cardio and strengthening exercises to give a full body workout
- For participants who are physically active to help improve/maintain their physical health.

If you are below 65, please contact:

- Jose Balba (email: Jose.Balba@carefirstontario.ca)
- Steve Au Yeung (email: Steve.Auyeung@carefirstontario.ca)



REMINDER:

- Wear proper clothes and shoes, bring your own towel and water.
- Classes are cancelled on statutory holidays.
- Classes will be suspended due to inclement weather or other emergency.
- **Let us know if you will be away or no longer available to attend the classes.**  [CLICK LINK](#)

Enrolled participant residing in North York and York Region, please have your **HEALTH CARD** available and call Central Home & Community Care Support Services for assessment.

Central HCCSS
Tel: 1-888-470-2222 (English)



IN-PERSON
50 MINUTES

Carefirst Wellness
Club Exercise
Program - Notice of
Absence or
Withdrawal

2023 - 2024

Please let us know if you will be away or no longer available to attend the classes. Thank you.



For inquiries & registration
Carefirst Wellness Club

416-847-8939

wellness@carefirstontario.ca