

CAREFIRST WELLNESS CLUB

2024-2025 SPRING

耆暉會 耆康社 春季課程

In-person 實體



300 Silver Star Blvd. Scarborough

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24037	Line Dance 排舞 L1+ Cecilia Tang	Mon 10:15 - 11:45	Apr 8 - Jun 17 (No class: May 20) (10)	\$60	Mar 16, 09:00
WEL24015	Health Stretching Exercise 保健拉筋伸展操 Anissa Ho	Mon 11:00 - 12:15	Apr 8 - Jun 17 (No class: May 20) (10)	\$60	Mar 16, 09:00
WEL24038	Line Dance 排舞 L1 Cecilia Tang	Mon 12:00 - 13:30	Apr 8 - Jun 17 (No class: May 20) (10)	\$55	Mar 16, 09:00
WEL24053	Cantonese Opera Sharing Group 粵韻曲藝研習小組 組長: Alvin Chiu師兄	Mon 13:30 - 15:00	Apr 8 - Jun 17 (No class: May 20) (10)	\$70	Mar 16, 09:00
WEL24034	DIY Cooking 樂活煮意 Japanese Chicken + Salad 東洋雞扒 + 日本沙律 Wendy Au	Mon 13:30 - 15:30	Apr 8	\$28	Mar 16, 09:00
WEL24035	DIY Cooking 樂活煮意 Stuffed Chicken Wings + Mango Shredded Chicken Jelly 龍穿鳳翼 + 香芒雞絲凍 Wendy Au	Mon 13:30 - 15:30	May 13	\$28	Mar 16, 09:00
WEL24036	DIY Cooking 樂活煮意 Barbecued Pork + Barbecued Pork Bun 蜜汁叉燒 + 中式叉燒包 Wendy Au	Mon 13:30 - 15:30	Jun 10	\$28	Mar 16, 09:00
WEL24002	Line Dance - Beginner 排舞 - 初班 Cecilia Tang	Mon 14:00 - 15:30	Apr 8 - Jun 17 (No class: May 20) (10)	\$50	Mar 16, 09:00
TBA	Yang Taichi 24 Forms - Absolute Beginner 楊家太極24式樣 - 新手初班 Terry Yu	Tue 09:15 - 10:15	July 2024	TBA	N/A

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24039	Knitting Club 編織組	Tue 10:00 - 11:45	Apr 2024 - Mar 2025	\$35	Mar 16, 09:00
WEL24090	Line Dance - Beginner 排舞 - 初班 Yvonne Au	Tue 10:00 - 11:00	Apr 2 - May 28 (No class: May 7) (8)	\$40	Mar 16, 09:00
WEL24091	Line Dance 排舞 L1+ Yvonne Au	Tue 11:15 - 12:45	Apr 2 - May 28 (No class: May 7) (8)	\$48	Mar 16, 09:00
WEL24054	Chair Healthy Qigong & Taichi Exercise 坐式養生氣功與太極 Brenda Ho	Tue 14:00 - 15:15	Apr 2 - Jun 11 (No class: Apr 30) (10)	\$50	Mar 16, 09:00
WEL24088	Chinese Calligraphy - Beginner 中國書法 - 初班 隸書 Peter Ly	Tue 14:30 - 16:00	Apr 2 - Jun 4 (10)	\$70	Mar 16, 09:00
WEL24016	Health Qigong - Daoyin Yangsheng Gong Shier Fa 健身氣功 - 導引養生功十二法 Anissa Ho	Wed 10:00 - 11:10	Apr 3 - Jun 5 (10)	\$60	Mar 16, 09:00
WEL24017	Sunset Kung Fu Fan 夕陽美功夫扇 Anissa Ho	Wed 11:20 - 12:30	Apr 3 - Jun 5 (10)	\$60	Mar 16, 09:00
WEL24018	Line Dance 排舞 L1+/2 Elsa Lee - Pooh Team	Wed 14:00 - 15:15	Apr 3 - May 15 (7)	\$42	Mar 16, 09:00
WEL24019	Line Dance 排舞 L1+/2 Elsa Lee - Pooh Team	Wed 14:00 - 15:15	May 22 - Jun 26 (6)	\$36	Mar 8, 09:00
WEL24089	Chinese Calligraphy - Beginner 中國書法 - 初班 楷書 Peter Ly	Wed 14:30 - 16:00	Apr 3 - Jun 5 (10)	\$70	Mar 16, 09:00
WEL24023	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Apr 3	\$22	Mar 16, 09:00
WEL24024	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Apr 10	\$22	Mar 16, 09:00
WEL24025	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	May 1	\$22	Apr 10, 09:00
WEL24026	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	May 8	\$22	Apr 10, 09:00
WEL24027	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	May 15	\$22	Apr 10, 09:00
WEL24028	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	May 22	\$22	Apr 10, 09:00

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24029	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	May 29	\$22	Apr 10, 09:00
WEL24030	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jun 5	\$22	May 22, 09:00
WEL24031	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jun 12	\$22	May 22, 09:00
WEL24032	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jun 19	\$22	May 22, 09:00
WEL24033	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jun 26	\$22	May 22, 09:00
WEL24005	Yang TaiChi Practice - 24 / 108 Forms 楊家太極練習 Phyllis Fung	Thu 09:30 - 11:00	Apr 11 - Jun 20 (No class: May 30) (10)	\$55	Mar 16, 09:00
WEL24020	Line Dance 排舞 L2+/3 Elsa Lee - Pooh Team	Thu 11:00 - 12:30	Apr 4 - May 2 (5)	\$40	Mar 16, 09:00
WEL24021	Line Dance 排舞 L2+/3 Elsa Lee - Pooh Team	Thu 11:00 - 12:30	May 9 - Jun 6 (5)	\$40	Apr 25, 09:00
WEL24063	Chinese Calligraphy - Intermediate 中國書法 - 中班 Grace Man	Thu 12:00 - 14:00	Apr 4 - Apr 25 (4)	\$50	Mar 16, 09:00
WEL24064	Chinese Calligraphy - Intermediate 中國書法 - 中班 Grace Man	Thu 12:00 - 14:00	May 2 - May 23 (4)	\$50	Apr 18, 09:00
WEL24004	Simplified Tai Chi Chuan 24-Form 24式簡化太極拳 Foulata Lee	Thu 13:45 - 15:00	Apr 11 - Jun 27 (12)	\$72	Mar 16, 09:00
WEL24010	WudangTaiChi Sword & Yang Style 32 Sword (Review) 武當太極劍 及 楊家32式太極劍 (溫習) Lesley Liao	Thu 14:00 - 15:30	Apr 4 - Jun 6 (10)	\$60	Mar 16, 09:00
WEL24065	Chinese Calligraphy 101 中國書法 - 初班 Grace Man	Thu 14:30 - 16:00	Apr 4 - May 23 (8)	\$100	Mar 16, 09:00
WEL24003	Line Dance 排舞 L2 Cecilia Tang	Thu 15:15 - 16:45	Apr 4 - Jun 6 (10)	\$70	Mar 16, 09:00
WEL24056	Chen Style Health 18 Form TaiChi Chuan 陳式養生太極拳18式 Lesley Liao	Thu 15:40 - 16:40	Apr 4 - Jun 6 (10)	\$45	Mar 16, 09:00
WEL24055	Fundamental Guitar Skills for Folk Song's Lovers 民歌結他初班 CP Chu	Thu 17:00 - 18:15	Apr 18 - Jun 6 (8)	\$80	Mar 16, 09:00

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24049	Mandarin Hub 51 退休樂無休	Fri 10:00 - 12:00	Apr 2024 - Mar 2025	Member: Free Non-Member: \$5/month	
WEL24013	Table Tennis Practice - A 兵乓球練習 - A組	Fri 12:30 - 14:30	Apr 5 - May 10 (6)	\$30	Mar 16, 09:00
WEL24060	Table Tennis Practice - A 兵乓球練習 - A組	Fri 12:30 - 14:30	May 17 - Jun 21 (6)	\$30	May 3, 09:00
WEL24042	Windows 10/11 - Beginner 初班 Michael Chan	Fri 12:30 - 14:00	Apr 5 - Jun 7 (10)	\$50	Mar 16, 09:00
WEL24043	iPhone/iPad - Beginner 初班 Michael Chan	Fri 14:00 - 15:30	Apr 5 - Jun 7 (10)	\$50	Mar 16, 09:00
WEL24008	Er-Hu - Intermediate 二胡 - 提高班 Guo-Chan Chen / Feva Lai	Fri 14:15 - 15:30	Apr 5 - May 24 (8)	\$123	Mar 16, 09:00
WEL24014	Table Tennis Practice - B 兵乓球練習 - B組	Fri 14:45 - 16:45	Apr 5 - May 10 (6)	\$30	Mar 16, 09:00
WEL24061	Table Tennis Practice - B 兵乓球練習 - B組	Fri 14:45 - 16:45	May 17 - Jun 21 (6)	\$30	May 3, 09:00

In-person (Scarborough)



420 HWY 7 E. Unit 102, Richmond Hill

In-person 實體



Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24040	iPhone/iPad - Beginner 初班 Michael Chan	Mon 14:15 - 15:45	Apr 1 - Jun 10 (No class: May 20) (10)	\$50	Mar 16, 09:00
WEL24041	Windows 10/11 - Beginner 初班 Michael Chan	Thu 14:15 - 15:45	Apr 4 - Jun 6 (10)	\$50	Mar 16, 09:00
WEL24067	Shufa - Class A 中國書法 - A班 Man-Kuen Wong	Fri 14:00 - 15:30	Jun 7 - Aug 23 (No class: Jul 5, Aug 9) (10)	\$40	Mar 16, 09:00
WEL24068	Shufa - Class B 中國書法 - B班 Man-Kuen Wong	Fri 15:45 - 17:15	Jun 7 - Aug 23 (No class: Jul 5, Aug 9) (10)	\$40	Mar 16, 09:00



CAREFIRST WELLNESS CLUB

2024 - 2025 SPRING

耆暉會 耆康社 春季課程

Virtual 網上



Code	Class / Instructor	Day / Time	Date / Session	Fee	Registration
WEL24007	Chinese Brush Painting - Intermediate 水墨國畫花鳥 - 中班 Debbie Mak	Mon 11:00 - 13:00	Apr 8 - May 27 (No class: Apr 29, May 20) (6)	\$90	Mar 16, 09:00
WEL24006	Yoga - Beginner/Intermediate 瑜伽 - 初/中班 Betty Chan	Tue 11:00 - 12:15	Apr 16 - Jul 2 (No class: May 21, May 28) (10)	\$50	Mar 16, 09:00
TBA	Everyday Guide to iPhone 101+ Agnus Ng	Wed 11:00 - 12:30	July 2024	TBA	N/A
WEL24057	Everyday Mandarin 開開心心學國語 Sandy Su	Wed 11:00 - 12:30	Apr 3 - Jun 19 (No class: Apr 17, Jun 12) (10)	\$30	Mar 16, 09:00
WEL24001	Vocal 聲樂 Venna Kwok	Thu 13:30 - 15:00	Apr 4 - May 2 (5)	\$25	Mar 16, 09:00
WEL24124	Vocal 聲樂 Venna Kwok	Mon 10:30 - 12:00	May 27 - Jul 22 (5)	\$40	Apr 24, 09:00
WEL24058	Sing Along - Daytime - Class A 越唱越開心 - 國粵語金曲 - A班 Lolita Siu	Thu 15:00 - 16:30	Apr 11 - Jun 20 (No class: May 30) (10)	\$80	Mar 16, 09:00
WEL24059	Sing Along - Evening - Class B 越唱越開心 - 國粵語金曲 - B班 Lolita Siu	Thu 20:00 - 21:30	Apr 11 - Jun 20 (No class: May 30) (10)	\$80	Mar 16, 09:00
WEL24095	Water Colour Course - Module 3: Flowers, Birds & Insects 水彩畫 - 專講三: 花, 鳥和昆蟲 Ken Loke	Sat 11:15 - 12:45	TBA	TBA	TBA

“Happy Together” Dining Program

【樂聚耆暉】聚餐活動

York Region (In-person + Virtual)

約克區 (實體 + 網上)

MON, WED, THU & FRI (星期一、三、四、五)

10:30am — 1:30pm

420 HWY 7 E, Unit 102, Richmond Hill

TUE (星期二) RHCBC 黎明山華人浸信會

10:30am — 1:30pm

136 Hillview Drive, Richmond Hill

FRI (星期五) Xpression (In-person 實體)

11:00am — 2:00pm

9471 Yonge St, Richmond Hill

Scarborough (In-person)

士嘉堡 (實體)

2nd Wednesday of every month

每月第二個星期三

10:30am — 1:30pm

300 Silver Star Blvd, Scarborough

耆康社社員
Members Only!



參加聚餐活動，可以認識社區內的其他同齡長者。聚在一起活動聊天，增加長者之間的溝通和社交互動，彼此關懷。

Meal programs for independent older adults, offering affordable meals in a social setting.

Tam O'Shanter

Senior's Apartment Resident (In-person)

譚雅珊長者大廈住客(實體)

4th Thursday of every month

每月第四個星期四

11:00am — 2:00pm

3825 Sheppard Ave. East - Recreation Room

- 教育、康樂、運動及社交活動
- 了解社區資源
- 午膳、小點
- 適合60歲或以上
- 歡迎自行報名或經由醫療保健專業人士、社區機構及家人轉介。
- 可安排交通接送服務，費用另計。

- Educational, Recreational, Exercise, and Social activities
- Access to community resources
- Lunch/snacks
- For anyone 60 years and older
- We welcome self-referrals and referrals from health care professionals, community partners and family members
- Transportation is available for an additional fee.

For Inquiries 查詢及報名:

Tel: (416) 847-8939

Email: wellness@carefirstontario.ca



Building Neighborhoods of Care
SOCIAL PRESCRIBING PROJECT
耆康社 - 社交處方系列

CAREFIRST WELLNESS CLUB

社交處方給予服務對象一種非臨床及非藥物支援。
透過社區導航員的協助，為參加者建議合適的社交和康樂活動，
因應參加者的需要連接適切的支援服務。
社交處方能提升生活品質和身心健康並增加人們與社會的互動。



CHIT CHAT GROUP

樂聚互助小組(粵)

- A組時間
 - 每月第一及第三個星期五
 - 10:00AM - 11:30PM
- B組時間
 - 每月第二及第四個星期五
 - 10:00AM - 11:30PM

只限耆康社社員參加
耆暉會一站式綜合服務中心
300 Silver Star Blvd,
Scarborough

活動安排

- 談天說地
- 藝術手作

費用

- 免費

Language: Cantonese

Enquiries & Registration 查詢及報名:
Tel 電話: (416) 847-8939 (Wellness Club 耆康社)
Email: wellness@carefirstontario.ca

2024 樂活坊 網上講座 (粵語)

2024 LOHAS



VIRTUAL PROGRAM IN CANTONESE

SPERAKER: DR. JASON KWOK

講者: 郭詠觀醫生

FRIDAY, MAR 22, 2024

11:00 AM - 12:00PM

【DEMENTIA】

【認識腦退化症】

FRIDAY, APR 26, 2024

11:00 AM - 12:00PM

【INFLAMMATION】

【身體警號 - 發炎】

FRIDAY, MAY 24, 2024

11:00 AM - 12:00PM

【SARCOPENIA】

【肌少症知多少】

REGISTER ONLINE 網上報名
[CLICK HERE 按此連結](#)
或掃描二維碼 報名索取 ZOOM ID



INQUIRES AND REGISTRATION
Wellness Club Hotline: (416) 847-8939
Email: wellness@carefirstontario.ca





1. **Consult your family doctor before enrolling in any physical activities.**
2. **To withdraw from classes, please submit a "Withdrawal Request Form".**
3. **Classes missed for personal reasons will not be rescheduled.**
4. **Carefirst reserves the right to cancel any class or program due to unforeseen circumstances.**

1. 在參加任何體能活動之前，請先諮詢家庭醫生。
2. 如要退學，請遞交退學申請表。
3. 因個人理由缺課，不設補課。
4. 若有突發情況出現，耆暉會保留取消舉辦任何活動及興趣班的權利。



耆康社會籍

Wellness Club Membership

資格:
50歲或以上

Eligibility:
Age 50 and above

年費:
\$30 全年

Fee:
\$30 per year

有效期:
2024年4月1日 - 2025年3月31日

Period:
April 1, 2024 — March 31, 2025



Online Registration 網上報名  Register

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For inquiries 查詢

Carefirst One-Stop Multi-Services Centre
300 Silver Star Blvd., Scarborough

York Region Community Services Centre
420 Hwy 7 East, Unit 102, Richmond Hill

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Wellness Club Hotline
416-847-8939

Email
wellness@carefirstontario.ca

Website
www.carefirstontario.ca

