Wellness Club Program List
Fall 2020

Telephone Program (Cantonese) zoom

Register online using Google Link — https://forms.gle/yNoZn8MBzLHfQPCD6

Monday	Tuesday	Thursday	Friday
LIVE (Starts on Oct 15)			
1:30pm—2:00pm Happy Fun-Day	**1:30pm—2:00pm** Wellness Radio	**1:30pm—2:00pm** Health and Wellness	
REPLAY (Starts on Oct 22)			
9:00am—9:30am Happy Fun-Day		**9:00am—9:30am** Health and Wellness	**1:30pm—2:00pm** Wellness Radio

Virtual Information Sessions zoom

LOHAS (Lifestyle of Health and Sustainability) - Cantonese Workshops
Register online using Google link — https://forms.gle/2U9ifNTeFifKuFCj8

October 9 (Friday)	Canada Reverse Mortgage and Estate Planning	11:00am—12:00pm	Clifford Choy, Home Equity Bank Andy Ho, Royal Bank of Canada
October 23 (Friday)	Common Conditions of Shoulder Pains	11:00am—12:30pm	Dr. Christina Choi, Chiropractor Amity Health
November 13 (Friday)	Understanding Online Shopping and Banking *(Eng. Workshop with Cantonese Interpretation)*	11:00am—12:00pm	Ana Noee YMCA GTA
November 27 (Friday)	Knee Pains and Fundamentals	11:00am—12:30pm	Dr. Christina Choi, Chiropractor Amity Health
December 11 (Friday)	Sleep Apnea *(Mandarin Workshop)*	11:00am—12:00pm	Wen Zhao, Registered Nurse Carefirst

English Workshops (In partnership with Aaniin Community Centre)

October 19 (Monday)	Knee Pains and Fundamentals	6:30pm—8:00pm	Dr. Christina Choi, Chiropractor Amity Health

Register online using Eventbrite — https://www.eventbrite.ca/e/knee-pains-and-fundamentals-tickets-113897342016

November 20 (Friday)	Hearing Loss and Aging during COVID-19 (Part 1)	11:00am—12:30pm	Sara Jiang, Hearing Care Counselor Canadian Hearing Services

Register online using Eventbrite — https://www.eventbrite.ca/e/hearing-loss-and-aging-during-covid-19-pt1-tickets-123094307387

December 18 (Friday)	Hearing Loss and Aging during COVID-19 (Part 2)	11:00am—12:30pm	Sara Jiang, Hearing Care Counselor Canadian Hearing Services

Register online using Eventbrite — https://www.eventbrite.ca/e/hearing-loss-and-aging-during-covid-19-pt2-tickets-123095575179

Revised October 7, 2020

Carefirst Wellness Club

zoom

Register online using Google Link— https://forms.gle/VCA81rCcT5163Mzb8

Art				
WEL10501	**Chinese Brush Painting** Debbie Mak	Monday 12:00pm—1:30pm	Sep 14—Oct 26 (No class: Oct 12)	*FULL*
	Chinese Calligraphy Workshop Jeffrey Cheung	Friday 3:00pm—4:30pm	Nov 20—Jan 22 (No class: Dec 25, Jan 1)	$100 (8 sessions)
WEL10533	**Water Colour Painting Beginner** Ken Loke	Saturday 11:15am—12:45pm	Oct 17—Dec 19	*FULL*
WEL10530	**Vocal** Venna Kwok	Wednesday 3:00pm—4:30pm	Sep16—Nov 4	*FULL*
Language				
WEL10503	**Everyday Mandarin** Sandy Su	Wednesday 10:45am—12:15pm	Sep 16—Nov 4	$12 (8 sessions)
IT Café Club				
WEL10531	**IT Café Club** **(For members with basic computer skills)** IT "V" Team	Saturday 10:00am—12:30pm	Oct 17 & Nov 21	*FULL*
Health and Wellness				
	Yoga 101 Beginner Kay Leung	Wednesday 9:45am—10:45am	Oct 14—Dec 23 (No class: Nov 11)	$65 (10 sessions)
WEL10536	**Yoga** Betty Chan	Tuesday 11:15am—12:30pm	Oct 13—Dec 15	*FULL*
WEL10537	**Yoga** Betty Chan	Thursday 11:15am—12:30pm	Oct 8—Dec 10	*FULL*
Mandarin Group Program				
	Canadian Chinese Harmony Group (CCHG)	Every Tuesday	1:00pm—3:00pm	

Wellness Club Communication Channel

Email / WhatsApp Broadcast List

If you wish to receive Wellness Club updates from us, please complete the Google Form below.

https://forms.gle/2Q9kXpzpQiwHBwat8

WeChat ID: CarefirstwellnessCD

Please scan our QR code to receive our latest update.

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Carefirst Wellness Club — (300 Silver Star Blvd. Scarborough)

Art				
WEL10520	**Chinese Calligraphy** Grace Man	Thursday 12:30pm—2:00pm	Sep 10—Nov 26 (No class: Sep 17, 24)	*FULL*
Dance				
WEL10505	**Line Dance L1 +** Cecilia Tang	Monday 10:00am—11:15am	Sep 14—Dec 7 (No class: Oct 12)	$36 (12 sessions)
WEL10506	**Line Dance L1** Cecilia Tang	Monday 11:45am—1:00pm		*FULL*
WEL10507	**Line Dance 101 Beginner** Cecilia Tang	Monday 1:30pm—2:45pm		$36 (12 sessions)
WEL10510	**Line Dance Beginner L1** Yvonne Au	Tuesday 10:00am—11:00am	Sep 8—Nov 10	$25 (10 sessions)
WEL10511	**Line Dance L1+** Yvonne Au	Tuesday 11:30am—12:45pm	Sep 8—Nov 10	$30 (10 sessions)
WEL10522	**Line Dance L2+** Elsa Lee	Thursday 11:00am—12:30pm	Sep 10—Nov 12	*FULL*
WEL10526	**Line Dance L2+** Dodo Yeung	Saturday 10:30am—12:00pm	Sep 5—Nov 7	*FULL*

DIY				
WEL10540	**Hand-build Pottery Workshop** Sheila Tsang	**(A)**: Tuesday 12:30pm—2:30pm	Oct 6 & Oct 13	$30 (2 sessions per workshop)
WEL10541		**(B)**: Tuesday 3:00pm—5:00pm		
WEL10542		**(A)**: Tuesday 12:30pm—2:30pm	Oct 20 & Oct 27	
WEL10543		**(B)**: Tuesday 3:00pm—5:00pm		

Health and Wellness				
WEL10509	**Yang 24 Style Tai Chi (Beginner)** Terry Yu	Tuesday 10:00am—11:00am	Sep 8—Nov 10	$80 (10 sessions)
WEL10521	**Tai Chi 24 & 108** Phyllis Fung & Henry Fung	Thursday 9:30am—11:00am	Sep 10—Nov 12	*FULL*
WEL10518	**Table Tennis (A)** Raymond Ka	Wednesday 9:30am—10:30am	Sep 9—Nov 18 (No class: Nov 11)	*FULL*
WEL10519	**Table Tennis (B)** Raymond Ka	Wednesday 11:00am—12:00pm		*FULL*

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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.

"Be Fit at Home" — Exercise and Falls Prevention Program

zoom

Register online using Google Link — https://forms.gle/k17GuHhM7J6JaSZK9

FREE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Low Mobility Conditioning (Mandarin)	**9:00 AM** Falls Prevention (Cantonese)	**9:00 AM** High Mobility Conditioning (Mandarin)	**9:00 AM** Falls Prevention (Cantonese)	**9:00 AM** Low Mobility Conditioning (Cantonese)
10:15 AM Falls Prevention (English)	**10:15 AM** Gold Line Dance (English) **10:15 AM** High Mobility Conditioning (Cantonese)	**10:15 AM** Falls Prevention (English)	**10:15 AM** Gold Line Dance (English) **10:15 AM** High Mobility Conditioning (Cantonese)	**10:15 AM** Falls Prevention (English)
11:30 AM Cardio/Strength/ Stretching (Cantonese)	**11:30 AM** Cardio/ Strength/ Stretching (Cantonese)	**11:30 AM** Breathing/ Stretching (English)	**11:30 AM** High Mobility Conditioning (English)	**11:30 AM** Low Mobility Conditioning (English)
1:00 PM Low Mobility Conditioning (English)	**1:00 PM** Falls Prevention (English)	**1:00 PM** Cardio/Strength/ Stretching (Cantonese)	**1:00 PM** Falls Prevention (English)	**1:00 PM** Cardio/Strength/ Stretching (Cantonese)
2:15 PM High Mobility Conditioning (English)	**2:15 PM** Low Mobility Conditioning (English)	**2:15 PM** High Mobility Conditioning (English)	**2:15 PM** Low Mobility Conditioning (English)	**2:15 PM** High Mobility Conditioning (English)

Dancercise by Dance Pooh Team
Register online using Google Link — https://forms.gle/AaJr3hzdZA4LjaJBA

FREE

Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM Hilda Ku	**11:30 AM** Winnie Ye	**1:30 PM** Elsa Lee	**11:30 AM** Winnie Ye	**11:00 AM** Hilda Ku
12:05 PM Hilda Ku		**2:35 PM** Elsa Lee		**12:05 PM** Hilda Ku

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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.

Program Fee:

- Program fee is not transferable.
- Payment Method:
  - 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:

- Withdrawal must be completed at least 5 business days prior to the start date of each class/ program. Full payment (minus $5 administration fee) will be returned.

Cancellation:

- NO CLASSES on Public Holidays.
- Carefirst reserves the right to cancel or postpone any classes/events.
- Absence due to personal reasons 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 Club Hotline at (416) 847-8939 for details.

For enquiries, please contact Wellness Club:

- **Carefirst One-Stop Multi-Services Centre**
  300 Silver Star Blvd., Scarborough
  Tel: **(416) 847-8939**
- **York Region Community Services Centre**
  420 Hwy 7 East, Unit 104A, Richmond Hill
  Tel: **(905)-771-3700**

Email: **wellness@carefirstontario.ca**
Website: **www.carefirstontario.ca**

Wellness Club Membership:

Eligibility:

- Age 50 and up

2020 -2021 Fee:

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

Period:

- April 1—March 31

United Way Greater Toronto

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGREMENT CANADA

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