Carefirst Wellness Club
October 2021

In-Person Program List

Members Only

Register online starting Wednesday September 22, 9:30 am
Click here to register

or copy https://wellnessprogram.carefirstontario.ca/ to your browser, and click "PROGRAM" to register

Dance					Max.
WEL21144	**Line Dance (L1+)** Cecilia Tang	Monday 10:15am—11:45am	Oct 4—Oct 25 (No Class on Oct 11)	$12 (3 sessions)	11
WEL21145	**Line Dance (L1)** Cecilia Tang	Monday 12:00pm—1:30pm	Oct 4—Oct 25 (No class on Oct 11)	$12 (3 sessions)	11
WEL21146	**Line Dance (101 Beginner)** Cecilia Tang	Monday 2:00pm—3:30pm	Oct 4—Oct 25 (No class on Oct 11)	$12 (3 sessions)	11
WEL21148	**Line Dance (Beginner)** Yvonne Au	Tuesday 10:00am—11:00am	Oct 5—Oct 26	$10 (4 sessions)	9
WEL21149	**Line Dance (L1+) Group A** Yvonne Au	Tuesday 11:15am—12:30pm	Oct 5—Oct 26	$14 (4 sessions)	9
WEL21150	**Line Dance (L1+) Group B** Yvonne Au	Tuesday 12:45pm—2:00pm	Oct 5—Oct 26	$14 (4 sessions)	9
WEL21154	**Line Dance (L2/2+)** Elsa Lee Dancepooh Team	Thursday 11:30am—1:00pm	Oct 7—Oct 28	$32 (4 sessions)	11
WEL21158	**Line Dance (L2/2+)** Dodo Wong Dancepooh Team	Saturday 10:15am—11:45am	Oct 2—Oct 30	$40 (5 sessions)	10
WEL21159	**Line Dance (L2+/3)** Dodo Wong Dancepooh Team	Saturday 12:00pm—1:30pm	Oct 2—Oct 30	$40 (5 sessions)	10

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Exercise					Max.
WEL21147	**Yang Style Tai Chi** Terry Yu	Tuesday 9:30am—10:30am	Oct 5—Oct 26	$32 (4 sessions)	11
WEL21156	**Table Tennis Practice-Group A** Schedule/Policy: https://tlu.fyi/QkFpE	Friday 1:00pm—2:35pm	Oct 8—Oct 29	$20 (4 sessions)	11
WEL21157	**Table Tennis Practice-Group B** Schedule/Policy: https://tlu.fyi/QkFpE	Friday 3:00pm—4:35pm	Oct 8—Oct 29	$20 (4 sessions)	11
DIY					Max.
WEL21152	**Hand-build Pottery Workshop** Sheila Tsang	Wednesday 3:00pm—5:00pm	Oct 20—Oct 27	$36 (2 sessions)	11

Programs are open for existing students only					Max.
WEL21074	**Arts & Crafts, Self-Led Group**	Tuesday 10:15am—12:00pm	Yearly Program	Free	12
WEL21153	**Tai Chi 24 & 108 Practice** Phyllis Fung & Henry Fung	Thursday 9:30am—11:00am	Oct 7—Oct 28	$18 (4 sessions)	10
WEL21155	**Chinese Calligraphy (Beginner)** Grace Man	Thursday 12:30pm—2:00pm	Oct 7—Oct 28	$40 (4 sessions)	3

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.

Wellness Club & Volunteers YouTube Channel
https://www.youtube.com/carefirstwellnessvolunteers

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FREE

In-Person Exercise and Falls Prevention Program

All year round, classes are cancelled on statutory holidays
****Members Only, Max. 8 participants/class****

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.

Class Location：
Carefirst One-Stop Multi-Services Centre (300 Silver Star Blvd., Scarborough, ON, M1V 0G2)

Monday	Tuesday	Wednesday	Thursday	Friday
	9:30AM—10:15AM "Be Fit at Home" Exercise (English) *FULL*			
	10:30AM—11:15AM "Be Fit at Home" Exercise (English) *FULL*			

Note: Please bring water, towels and indoor shoes. Wear appropriate clothing and change to indoor shoes before entering the activity room.

Please Note: Participants in our exercise programs residing in York Region and North York must contact the Central Local Health Integration Network (LHIN) for an initial screening assessment and complete program registration. When registering, please mention that you are participating in Carefirst community exercise and falls prevention program.

Contact Numbers: 905-895-1240 or 416-222-2241 or 1-888-470-2222

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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:
  - Online **https://wellnessprogram.carefirstontario.ca/**
  - Cash
  - Credit Card
  - Cheque, payable to: Carefirst. (An administration fee of $10 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, per person per class) 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/Other Emergency:

- 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 on Carefirst's website **www.carefirstontario.ca** or call 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

2021—2022 Fee:

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

Period:

- April 1—March 31

United Way Greater Toronto