



WELLNESS CLUB PROGRAM EXERCISE & FALLS PREVENTION 2024 - 2025 SUMMER TERM



IN-PERSON
50 MINUTES

Carefirst - 300 Silver Star Blvd, Scarborough

**** Wellness Club Membership**

Code	Class	Language	Day	Time	Instructor
EPA71001	Qigong Practice		Mon	9:00 AM	Anissa Ho
EPA71010 *	Cardio Exercise	English	Mon	9:00 AM	Jose Balba
EPA71026	Brain Rhythmic Exercise		Mon	10:00 AM	Rev Karl Lam
EPB71001	Qigong Practice		Mon	10:00 AM	Anissa Ho
EPA61012 *	Dancercise (L1+)		Mon	12:55 PM	Pooh - Winnie Ye
EPA71006	Gentle Fitness	Eng/Chi	Tue	9:00 AM	Esther Wu
EPB71006	Gentle Fitness	Eng/Chi	Tue	10:00 AM	Esther Wu
EPA71003	Qigong Practice		Tue	10:30 AM	Brenda Ho
EPB71003	Qigong Practice		Tue	11:30 AM	Brenda Ho
EPA72045	Falls Prevention	Eng/Chi	Tue	11:00 AM	Esther Wu
EPA72035	Falls Prevention	English	Wed	9:00 AM	Jose Balba
EPA72036	Falls Prevention	Eng/Chi	Wed	11:30 AM	Ivan Lee
EPA61013 *	Dancercise (L1+)		Wed	12:55 PM	Pooh - Elsa Lee
EPB71026	Brain Rhythmic Exercise		Thu	10:00 AM	Rev Karl Lam
EPA71032	Gentle Fitness	English	Thu	11:00 AM	Annika Cummings
EPB71032	Gentle Fitness	English	Thu	12:00 PM	Annika Cummings
EPA71023	Line Dance Practice (L1)		Thu	12:55 PM	Cecilia Tang
EPA72032	Falls Prevention	English	Thu	2:00 PM	Jose Balba
EPA71020 *	Cardio Exercise	English	Thu	3:00 PM	Jose Balba
EPA71019 *	Gentle Fitness	English	Fri	9:00 AM	Jose Balba
EPA71031	Qigong Practice		Fri	10:15 AM	Albert Chan
EPB71031	Qigong Practice		Fri	11:15 AM	Albert Chan
EPA61014 *	Line Dance Practice (L1+)		Fri	2:30 PM	Pooh Team
EPA61015 *	Line Dance Practice (L2)		Fri	3:30 PM	Pooh Team



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50 MINUTES**



SUMMER TERM ONLY

Carefirst - 300 Silver Star Blvd, Scarborough

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Code	Class	Language	Day	Time	Instructor
EPA61058	Qigong Practice (from Jun 18)		Tue	9:00 AM	Anissa Ho
EPB61058	Qigong Practice (from Jun 18)		Tue	10:40 AM	Anissa Ho
EPA61044	Taichi Practice (from Jun 19)		Wed	9:00 AM	Phyllis Fung
EPA61054	Taichi Practice (from Jun 19)		Wed	9:45 AM	Phyllis Fung
EPA71004	Qigong Practice (from July 4)		Thu	1:10 PM	Foulata Lee
EPB71004	Qigong Practice (from July 4)		Thu	2:10 PM	Foulata Lee
EPB61044	Taichi Practice (from Jun 21)		Fri	9:00 AM	Phyllis Fung
EPB61054	Taichi Practice (from Jun 21)		Fri	9:40 AM	Phyllis Fung
EPA61060	Qigong Practice (from Jun 29)		Sat	1:00 PM	Henry Chan
EPB61060	Qigong Practice (from Jun 29)		Sat	2:00 PM	Henry Chan
EPA61059	Qigong Practice (from Jun 30)		Sun	11:00 AM	Anissa Ho
EPB61059	Qigong Practice (from Jun 30)		Sun	12:00 PM	Anissa Ho

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

**** Wellness Club Membership**

Code	Class	Language	Day	Time	Instructor
EPB61129	Gentle Fitness	Eng/Chi	Tue	9:00 AM	Hannah Li
EPB61043	Gentle Fitness	Eng/Chi	Tue	10:15 AM	Hannah Li
EPA62020	Falls Prevention	Eng/Chi	Tue	11:20 AM	Hannah Li
EPA62016	Falls Prevention	Eng/Chi	Tue	3:00 PM	Hannah Li
EPA62017	Falls Prevention	Eng/Chi	Wed	1:40 PM	Ivan Lee
EPA62018	Falls Prevention	Eng/Chi	Wed	2:40 PM	Ivan Lee
EPA62019	Falls Prevention	Eng/Chi	Wed	3:40 PM	Hannah Li
EPA61129	Gentle Fitness	Eng/Chi	Fri	9:15 AM	Hannah Li



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**IN-PERSON
50 MINUTES**



Bayview Hill Community Centre - 114 Spadina Ave, Richmond Hill

**** Adults 55+ Membership**

Code	Class	Language	Day	Time	Instructor
EPA61067	Gentle Fitness	English	Mon	9:30 AM	Hannah Li
EPA61120	Qigong Practice		Mon	10:00 AM	Brenda Ho
EPB61120	Qigong Practice		Mon	11:00 AM	Brenda Ho
EPA61118	Cardio Exercise - Pumpin' Up	English	Mon	1:30 PM	Hannah Li
EPB61118	Gentle Fitness - Dynamic Stretching	English	Mon	2:30 PM	Hannah Li
EPA61023	Qigong Practice		Tue	1:00 PM	Henry Chan
EPB61010	Taichi Practice		Wed	11:45 AM	Lesley Liao
EPA61119	Cardio Exercise	English	Thu	1:30 PM	Hannah Li
EPB61119	Gentle Fitness	English	Thu	2:30 PM	Hannah Li

Carefirst - 705 Progress Ave., unit 36 & 37, Scarborough

**** Wellness Club Membership**

Code	Class	Language	Day	Time	Instructor
EPA71033	Gentle Fitness	English	Fri	2:00 PM	Jose Balba
EPA71033	Gentle Fitness	English	Fri	3:00 PM	Jose Balba

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

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

Code	Class	Language	Day	Time	Instructor
EPA61011	Taichi Practice		Sat	2:00 PM	Lesley Liao
EPB61011	Taichi Practice		Sat	3:00 PM	Lesley Liao

Aaniin Community Centre - 5665 14th Avenue, Markham

Code	Class	Language	Day	Time	Instructor
EPA61064	Cardio Exercise	English	Tue	10:15 AM	Jose Balba
EPB61064	Cardio Exercise	English	Tue	11:15 AM	Jose Balba
EPA61009	Taichi Practice		Tue	1:30 PM	Lesley Liao
EPB61009	Taichi Practice		Tue	2:30 PM	Lesley Liao



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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

- Improve postural control and body strength through balancing exercise in sitting and standing positions.
- For individuals with a falls history, prone to failing, use an assistive device for ambulation, or simply to reduce falls.

**IN-PERSON
50 MINUTES**

GENTLE FITNESS

- Consists of ranges of motion, strength, low impact cardio and balance exercises
- For individuals transition from falls prevention classes or those prefer to maintain fitness through moderate intensity exercise

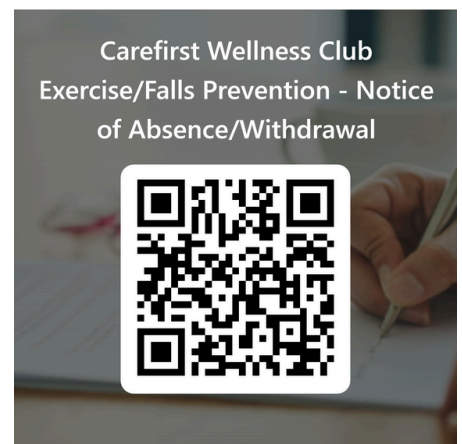
CARDIO EXERCISE (HIGH INTENSITY WORKOUT)

- Combines cardio and strengthening exercises to give a full body workout
- For individuals transition from gentle fitness classes or those who are already physically active looking for a high-intensity, calorie-burning workout safe and effective for older adults



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)

For inquiries & registration
Carefirst Wellness Club
416-847-8939
wellness@carefirstontario.ca