



# CAREFIRST WELLNESS CLUB

## 2024-2025 SUMMER

耆暉會 耆康社 夏季課程

In-person 實體



300 Silver Star Blvd. Scarborough

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24132	Line Dance - L1+ 排舞 - L1+ Cecilia Tang	Mon 10:15 - 11:45	Jul 8 - Sep 23 (No class: Aug 5, Sep 2) (10)	\$60	Jun 17, 09:00
WEL24152	Health Stretching Exercise 保健拉筋伸展操 Anissa Ho	Mon 11:15 - 12:30	Jun 24 - Sep 16 (No class: Jul 1, Aug 5, Sep 2) (10)	\$60	Jun 10, 09:00
WEL24133	Line Dance - L1 排舞 - L1 Cecilia Tang	Mon 12:00 - 13:30	Jul 8 - Sep 23 (No class: Aug 5, Sep 2) (10)	\$55	Jun 17, 09:00
WEL24131	Cantonese Opera Sharing Group 粵韻曲藝研習小組 組長: Alvin Chiu師兄	Mon 13:30 - 15:00	Jun 24 - Sep 16 (No class: Jul 1, Aug 5, Sep 2) (10)	\$70	Jun 10, 09:00
WEL24154	DIY Cooking 樂活煮意 Green Tea Mousse Cake & Sandust Pudding 綠茶慕絲蛋糕 & 木糠布甸 Wendy Au	Mon 13:30 - 15:30	Jul 8	\$28	May 13, 09:00
WEL24155	DIY Cooking 樂活煮意 Gluten Rice-stir Fried Chicken & Red Bean Paste Sago 糯米釀全雞 & 豆沙西米盞 Wendy Au	Mon 13:30 - 15:30	Aug 12	\$28	May 13, 09:00
WEL24156	DIY Cooking 樂活煮意 Mini Mooncake & Green Bean Paste 迷你月餅 & 綠豆蓉製法 Wendy Au	Mon 13:30 - 15:30	Sep 9	\$28	May 13, 09:00
WEL24134	Line Dance - Beginner 排舞 - 初班 Cecilia Tang	Mon 14:00 - 15:30	Jul 8 - Sep 23 (No class: Aug 5, Sep 2) (10)	\$50	Jun 17, 09:00
WEL24039	Knitting Club@300SS 編織組在300SS	Tue 10:00 - 11:45	Apr 2024 - Mar 2025	\$35	Mar 16, 09:00

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24129	Line Dance - Beginner 排舞 - 初班 Yvonne Au	Tue 10:00 - 11:00	Jun 4 - Jul 30 (No class: Jul 2) (8)	\$40	May 21, 09:00
WEL24130	Line Dance - L1+ 排舞 - L1+ Yvonne Au	Tue 11:15 - 12:45	Jun 4 - Jul 30 (No class: Jul 2) (8)	\$48	May 21, 09:00
WEL24157	Chair Qigong & Tai Chi Health Exercise 椅子氣功與太極養生運動 Brenda Ho	Tue 14:15 - 15:30	Jul 9 - Sep 10 (10)	\$50	Jun 4, 09:00
WEL24145	Chinese Calligraphy - Beginner Tuesday 中國書法【隸書】- 初級班 星期二 Peter Ly	Tue 14:30 - 16:00	Jun 11 - Aug 27 (No class: Aug 13, Aug 20) (10)	\$70	May 28, 09:00
WEL24179	Health Qigong - Yijinjing 健身氣功 - 易筋經 Anissa Ho	Wed 10:00 - 11:10	Jul 3 - Sep 4 (10)	\$60	May 24, 09:00
WEL24175	Mandarin Choir 國語歌詠班 Pauline Yeh	Wed 10:15 - 11:45	Jun 5 - Aug 14 (No class: Jun 19) (10)	\$50	May 13, 09:00
WEL24153	Sunset Kung Fu Fan 夕陽美功夫扇 Anissa Ho	Wed 11:20 - 12:30	Jun 12 - Sep 4 (13)	\$78	May 29, 09:00
WEL24171	Line Dance - L1+/2 排舞 - L1+/2 Elsa Lee - Pooh Team	Wed 14:00 - 15:15	Aug 7 - Sep 25 (8)	\$48	Jul 3, 09:00
WEL24140	Table Tennis - Beginner Part 1 兵乓球培訓 - 初班 第一節 Raymond Ka	Wed 14:00 - 16:00	Jun 5 - Jul 10 (6)	\$45	May 15, 09:00
WEL24141	Table Tennis - Beginner Part 2 兵乓球培訓 - 初班 第二節 Raymond Ka	Wed 14:00 - 16:00	Jul 17 - Aug 21 (6)	\$45	May 15, 09:00
WEL24142	Table Tennis - Beginner Part 3 兵乓球培訓 - 初班 第三節 Raymond Ka	Wed 14:00 - 16:00	Aug 28 - Oct 2 (6)	\$45	May 15, 09:00
WEL24158	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jul 3	\$22	Jun 19, 09:00
WEL24159	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jul 10	\$22	Jun 19, 09:00
WEL24160	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jul 17	\$22	Jun 19, 09:00
WEL24161	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jul 24	\$22	Jun 19, 09:00
WEL24162	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Jul 31	\$22	Jun 19, 09:00

Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24163	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Aug 7	\$22	Jul 24, 09:00
WEL24164	Hand-built Pottery 手捏陶瓷 Sheila Tsang	Wed 15:00 - 17:00	Sep 25	\$22	Jul 24, 09:00
WEL24165	Yang TaiChi 24 Forms - Beginner & 108 Forms - Practice 楊家太極24式 - 初班 及 108式 - 練習 Phyllis Fung	Thu 09:30 - 11:00	Jun 27 - Aug 29 (10)	\$55	Jun 13, 09:00
WEL24172	Line Dance - L2+/3 排舞 - L2+/3 Elsa Lee - Pooh Team	Thu 11:00 - 12:30	Jun 13 - Aug 1 (No class: Jul 18, Jul 25)(6)	\$48	May 30, 09:00
WEL24173	Line Dance - L2+/3 排舞 - L2+/3 Elsa Lee - Pooh Team	Thu 11:00 - 12:30	Aug 8 - Sep 12 (6)	\$48	Jul 25, 09:00
WEL24174	Line Dance - L2+/3 排舞 - L2+/3 Elsa Lee - Pooh Team	Thu 11:00 - 12:30	Sep 19 - Oct 24 (6)	\$48	Sep 5, 09:00
WEL24166	Chinese Calligraphy - Intermediate 中國書法 中班 Grace Man	Thu 12:00 - 14:00	Jun 13 - Jul 25 (No class: Jul 4, Jul 11) (5)	\$63	May 16, 09:00
WEL24168	Wudang Taichi 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	Jun 13 - Aug 15 (10)	\$60	May 30, 09:00
WEL24167	Chinese Calligraphy - Beginner 中國書法 - 初班 Grace Man	Thu 14:30 - 16:00	Jun 13 - Jul 25 (No class: Jul 4, Jul 11) (5)	\$63	May 16, 09:00
WEL24135	Line Dance - L2 排舞 - L2 Cecilia Tang	Thu 15:15 - 16:45	Jun 13 - Aug 15 (10)	\$70	May 30, 09:00
WEL24169	Chen Style Taijiquan 56 Form 陳式五十六式太極拳 Lesley Liao	Thu 15:40 - 16:40	Jun 13 - Aug 15 (10)	\$45	May 30, 09:00
WEL24170	Fundamental Guitar Skills for Folk Songs Lovers 民歌吉他初班 C P Chu	Thu 17:00 - 18:15	Jun 13 - Aug 15 (10)	\$100	May 30, 09:00
WEL24127	Yang Tai Chi 24 Forms - Absolute Beginner 楊家太極24式 - 初級新手班 Terry Yu	Fri 09:15 - 10:15	Jul 5 - Aug 2 (5)	\$40	Apr 23, 09:00
WEL24128	Yang Tai Chi 24 Forms - Absolute Beginner 楊家太極24式 - 初級新手班 Terry Yu	Fri 09:15 - 10:15	Aug 9 - Sep 6 (5)	\$40	Jul 26, 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	
WEL24136	Table Tennis Practice - A 乒乓球練習 - A組	Fri 12:30 - 14:30	Jun 28 - Aug 2 (6)	\$30	Jun 14, 09:00
WEL24137	Table Tennis Practice - A 乒乓球練習 - A組	Fri 12:30 - 14:30	Aug 9 - Sep 13 (6)	\$30	Jul 26, 09:00
WEL24143	Windows 10/11 - Beginner Windows 10/11 - 初班 Michael Chan	Fri 12:30 - 14:00	Jun 14 - Aug 16 (10)	\$50	May 31, 09:00
WEL24144	iPhone/iPad - Beginner iPhone/iPad - 初班 Michael Chan	Fri 14:10 - 15:40	Jun 14 - Aug 16 (10)	\$50	May 31, 09:00
WEL24138	Table Tennis Practice - B 乒乓球練習 - B組	Fri 14:45 - 16:45	Jun 28 - Aug 2 (6)	\$30	Jun 14, 09:00
WEL24139	Table Tennis Practice - B 乒乓球練習 - B組	Fri 14:45 - 16:45	Aug 9 - Sep 13 (6)	\$30	Jul 26, 09:00

## CAREFIRST WELLNESS CLUB

### 2024-2025 SUMMER

耆暉會 耆康社 夏季課程

**In-person 實體**

420 HWY 7 E. Unit 102, Richmond Hill



Code	Class / Instructor	Day / Time	Date (Sessions)	Fee	Registration
WEL24147	iPhone/iPad - Beginner iPhone/iPad - 初班 Michael Chan	Mon 14:15 - 15:45	Jun 17 - Sep 9 (No class: Jul 1, Aug 5, Sep 2) (10)	\$50	Jun 3, 09:00
WEL24084	Knitting Club@420 編織組在420	Thu 8:30 - 10:00	Apr 2024 - Mar 2025	\$35	Jun 3, 09:00
WEL24148	Windows 10/11 - Beginner Windows 10/11 - 初班 Michael Chan	Thu 14:15 - 15:45	Jun 13 - Aug 15 (10)	\$50	May 30, 09:00
WEL24178	Yoga - Beginner/ Intermediate 瑜伽 - 初/中班 Betty Chan	Thu 17:30 - 18:45	Jul 11 - Sep 12 (10)	\$70	May 15, 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 SUMMER**  
 耆暉會 耆康社 夏季課程



Virtual 網上

Code	Class / Instructor	Day / Time	Date / Session	Fee	Registration
WEL24150	Chinese Brush Painting - Intermediate 水墨國畫花鳥 - 中班 Debbie Mak	Mon 11:00 - 13:00	Jun 17 - Aug 12 (No class: Jul 1,15, & Aug 5) (6)	\$90	May 13, 09:00
WEL24188	Chinese Brush Painting - Intermediate 水墨國畫花鳥 - 中班 Debbie Mak	Mon 11:00 - 13:00	Aug 26 - Oct 7 (No class: Sep 2) (6)	\$90	Jul 29, 09:00
WEL24149	Yoga - Beginner/Intermediate 瑜伽 - 初/中班 Betty Chan	Tue 11:00 - 12:15	Jul 9 - Sep 10 (10)	\$50	Jun 25, 09:00
TBA	Everyday Guide to iPhone 101+ Agnus Ng	Wed 11:00 -12:30	July 2024	TBA	N/A
TBA	Everyday Mandarin 開心學國語 Sandy Su	Wed 11:00 -12:30	Summer Break	TBA	N/A
WEL24124	Vocal 聲樂 Venna Kwok	Mon 10:30 - 12:00	May 27 - Jul 22 (No class: Jul 1) (8)	\$40	Apr 25, 09:00
TBA	Sing Along - Daytime - Class A 越唱越開心 - 國粵語金曲 - A班 Lolita Siu	Thu 15:00 - 16:30	Oct 2024	TBA	N/A
TBA	Sing Along - Evening - Class B 越唱越開心 - 國粵語金曲 - B班 Lolita Siu	Thu 20:00 - 21:30	Oct 2024	TBA	N/A
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	Jun 15 - Jul 20 (No class: Jun 29) (5)	\$65	Apr 15, 9:00





# CAREFIRST WELLNESS CLUB

2024-2025 SUMMER  
耆暉會 耆康社 夏季課程

In-person 實體

## Happy Together Dining Program

【樂聚耆暉】聚餐活動

Code	Class / Instructor	Day / Time	Date / Session	Fee	Registration
<b>420 HWY 7 E. Unit 102, Richmond Hill, ON L4B 3K2</b>					
WEL24069	Happy Together@420 - Monday 【樂聚耆暉】在420 - 星期一	Mon 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
WEL24073	Happy Together@420 - Wednesday 【樂聚耆暉】在420 - 星期三	Wed 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
WEL24075	Happy Together@420 - Thursday 【樂聚耆暉】在420 - 星期四	Thu 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
WEL24077	Happy Together@420 - Friday 【樂聚耆暉】在420 - 星期五	Fri 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
<b>138 Hillview Drive, Richmond Hill, ON L4C 1T2</b>					
OUT24071	Happy Together@RHCBC 【樂聚耆暉】在黎明山	Tue 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
<b>Xpression Condos 9471 Yonge Street, Ground Floor, Richmond Hill, ON L4C 1V4</b>					
OUT24079	Happy Together@Yonge 【樂聚耆暉】在央街	Fri 11:00 - 14:00	Apr 2024 - Mar 2025	\$11 Per Session	
<b>300 Silver Star Blvd, Scarborough, ON M1V 0G2</b>					
WEL24080	Happy Together@300SS 【樂聚耆暉】在300SS	2nd Wed 10:30 - 13:30	Apr 2024 - Mar 2025	\$11 Per Session	
<b>3825 Sheppard Ave E, Scarborough, ON M1T 3P6</b>					
OUT24081	Happy Together@TOS 【樂聚耆暉】在譚雅珊	4th Thu 11:00 - 14:00	Apr 2024 - Mar 2025	\$11 Per Session TOS Resident Only	



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## 2024 - 2025 SUMMER

### 耆暉會 耆康社 夏季課程

## Happy Together Virtual Program 【樂聚耆暉】網上活動



### Virtual 網上

Code	Class / Instructor	Day / Time	Date / Session	Fee	Registration
WEL24070	Happy Together@Virtual - Monday 【樂聚耆暉】在網上- 星期一	Mon 10:30 - 12:30	Apr 2024 - Mar 2025		Free
OUT24072	Happy Together@Virtual - Tuesday 【樂聚耆暉】在網上- 星期二	Tue 10:30 - 12:30	Apr 2024 - Mar 2025		Free
WEL24074	Happy Together@Virtual - Wednesday 【樂聚耆暉】在網上- 星期三	Wed 10:30 - 12:30	Apr 2024 - Mar 2025		Free
WEL24086	Happy Together Tea Chat 茶話組	Wed 15:45 - 16:45	Apr 2024 - Mar 2025		Free
WEL24076	Happy Together@Virtual - Thursday 【樂聚耆暉】在網上- 星期四	Thu 10:30 - 12:30	Apr 2024 - Mar 2025		Free
WEL24078	Happy Together@Virtual - Friday 【樂聚耆暉】在網上- 星期五	Fri 10:30 - 12:30	Apr 2024 - Mar 2025		Free

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。

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.

Online Registration 網上報名  [wellnessprogram.carefirstontario.ca](https://wellnessprogram.carefirstontario.ca)

For enquiries 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

Wellness Club Hotline  
416-847-8939

Email  
[wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)

耆康社會籍

資格：  
50歲或以上

年費：  
\$30 全年

有效期：  
2024年4月1日 - 2025年3月31日

Wellness Club Membership

Eligibility:  
Age 50 and above

Fee:  
\$30 per year

Period:  
April 1, 2024 — March 31, 2025

