

## Sports & Recreational Activities

### HOOP AND SHOOT (SSH-F17)

Activities include physical training, passing, dribbling, shooting, defense, rules, match basics, sportsmanship and team spirit.

**Target:** Grades 4 to 8 Boys & Girls

**Language:** English

**Date:** Tuesday Sep 19 – Dec 12 (13 classes)

**Time:** 4:00 pm – 5:30 pm

**Fee:** \$42/Term

### KARATE (SK09-F17)

Shinbu Kai is a non-profit karate organization established in 2005 with the purpose of promoting a better relationship and communication between children and their parents through the practice of karate. Shinbu Kai encourages young people to participate in sports and adopt a healthy living style. Exam fee and other karate membership fee are not included.

**Target:** All Ages & Families (For Beginner)

**Language:** English

**Date:** Friday Sep 8 – Dec 29 (17 classes)

**Time:** 7:30 pm – 9:00 pm

**Fee:** \$30 for the 1st family member, \$25 for others in same family

### TAI CHI

The gentle flowing movements of Tai Chi will help reduce stress and restore calmness while improving balance, flexibility, blood circulation and general well-being.

**Target:** Adults & Seniors

**Language:** Cantonese/English

#### FALL TERM 1 (ETC01-F17)

**Date:** Thursday Sep 7 – Oct 19 (7 classes)

**Time:** 2:50 pm – 4:00 pm

**Fee:** \$42/Term

#### FALL TERM 2 (ETC02-F17)

**Date:** Thursday Nov 2 – Dec 14 (7 classes)

**Time:** 2:50 pm – 4:00 pm

**Fee:** \$42/Term

### TAEKWONDO

The program includes basic technique, pattern, sparring, self-defense and related theories. Our goals are to discover students' hidden potential and to develop them to their fullest extent per the Tenets of TaeKwon-Do, "Courtesy, Integrity, Perseverance, Self-control, and Indomitable

Spirit". This program is affiliated with the International TaeKwon-Do Federation (I.T.F.), students can obtain international recognition level and qualification. Visit [www.choongmootkd.com](http://www.choongmootkd.com) for more details.

**Language:** English/Korean/Cantonese/Mandarin

**Note:** I.T.F. Official Uniform Set, Theory Book, Annual Membership and Test are not included in the fee.

**Target:** Age 5 – 9, or White Belt to Green Stripe (recommend minimum 2 classes per week)

**Time:** 5:00 pm – 6:00 pm

**Fee:** \$135 per term

#### Wednesday Classes (STBW01-F17)

**Date:** Sep 6 – Dec 13 (15 classes)

#### Thursday Classes (STBT01-F17)

**Date:** Sep 7 – Dec 14 (15 classes)

#### Friday Classes (STBF01-F17)

**Date:** Sep 8 – Dec 15 (15 classes)

**Target:** Age 10+, Adult or Green Belt to Black Belt (recommend minimum 2 classes per week)

**Time:** 6:00 pm – 7:00 pm

**Fee:** \$135 per term

#### Wednesday Classes (STAW01-F17)

**Date:** Sep 6 – Dec 13 (15 classes)

#### Thursday Classes (STAT01-F17)

**Date:** Sep 7 – Dec 14 (15 classes)

#### Friday Classes (STAF01-F17)

**Date:** Sep 8 – Dec 15 (15 classes)

### LINE DANCE BEGINNER

Taught by a certified Zumba instructor and is designed for those with minimum line dance experience.

**Target:** Adult

**Language:** Cantonese/English

#### FALL TERM 1 (ELDB01-F17)

**Date:** Monday Oct 16–30 (3 classes)

**Time:** 10:00 am – 11:15 am

**Fee:** \$15/Term

#### FALL TERM 2 (ELDB02-F17)

**Date:** Monday Nov 6 – Dec 18 (7 classes)

**Time:** 10:00 am – 11:15 am

**Fee:** \$35/Term

**Important Note:** Participants must consult their family doctor before enrolling in any class of physical activities.

### LINE DANCE

Taught by a certified instructor. Follow different rhythms to help release stress. This class is designed for those who want to improve their line dancing skills.

**Target:** Adult (basic line dance skills required)

**Language:** Cantonese/English

#### FALL TERM 1 (ELD01-F17)

**Date:** Friday Oct 13 – 27 (3 classes)

**Time:** 11:30 am – 1:00 pm

**Fee:** \$15/Term

#### FALL TERM 2 (ELD02-F17)

**Date:** Friday Nov 3 – Dec 29 (9 classes)

**Time:** 11:30 am – 1:00 pm

**Fee:** \$45/Term

### ZUMBA FITNESS

Taught by a certified Zumba instructor. Dancercise is an exercise dance class for all ages. This class will help to exercise different parts of your body and strengthen your body muscle.

**Target:** All Ages

**Language:** Cantonese/English

#### FALL TERM 1 (EZF01-F17)

**Date:** Friday Oct 13 – 27 (3 classes)

**Time:** 10:00 am – 11:15 am

**Fee:** \$15/Term

#### FALL TERM 2 (EZF02-F17)

**Date:** Friday Nov 3 – Dec 29 (9 classes)

**Time:** 10:00 am – 11:15 am

**Fee:** \$45/Term

### STRENGTHEN MUSCLE & BONE

Resistance exercises to increase muscle mass and stimulate bone health. Stretching practice to realign muscle tension. Agility exercises to help facilitate alertness. Please bring along an exercise mat.

**Target:** All Ages (Minimum 8 people)

**Language:** Cantonese/English

#### FALL TERM 1 (ESS01-F17)

**Date:** Friday Sep 1 – Oct 27 (9 classes)

**Time:** 1:30 pm – 2:30 pm

**Fee:** \$108/Term

#### FALL TERM 2 (ESS02-F17)

**Date:** Friday Nov 3 – Dec 29 (9 classes)

**Time:** 1:30 pm – 2:30 pm

**Fee:** \$108/Term

### JOGGING TRAINING (5KM-F17)

Jogging exercises to boost up fitness and improve physical and mental perseverance to overcome different life challenges. (Participants are required to bring: food, water or energy drink, jogging equipment such as clothing, towel, running shoes, hat, sunscreen)

**Target:** Adult & Seniors

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 8:30 am – 9:45 am

**Fee:** \$35/Term (special discount for Abundant Life Program members)

### SPORTS DROP IN BASKETBALL

**Time:** Every Wednesday 4:00 pm – 6:30 pm,  
Saturday 7:00pm – 9:30 pm

**Target:** All Ages (Maximum 24 people)

**Fee:** \$7 per use (SBA-F17)

### SPORTS DROP IN BADMINTON (SBT-F17)

**Time:** Every Wednesday 7:00 pm – 10:00 pm,  
Saturday 4:00 pm – 7:00 pm

**Target:** All Ages (Maximum 30 people)

**Fee:** \$5 per use or \$20 per month

### SPORTS DROP IN TABLE TENNIS (STT-F17)

**Time:** Every Wednesday 7:00 pm – 10:00 pm,  
Saturday 4:00 pm – 7:00 pm

**Target:** All Ages

**Fee:** \$5 per use or \$20 per month

### FITNESS AND YANG STYLE SIMPLIFIED TAI CHI NEW

Strength muscle, balance, physical control and regulate breathing, improve heart function and physical flexibility.

**Target:** Adults

**Language:** Cantonese/English

#### FALL TERM 1 (EFTC01-F17)

**Date:** Saturday Sep 23, 30, Oct 14, 21, 28 (5 classes)

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$35 (5 classes)

#### FALL TERM 2 (EFTC02-F17)

**Date:** Saturday Nov 4 – Dec 16 (7 classes)

**Time:** 1:00 pm – 3:00 pm

**Fee:** \$49/Term



# Activities & Programs



105 Gibson Centre is a Christian faith-based care centre devoted to bringing positive changes to the surrounding neighborhood through a wide range of social services which include: Youth Services, Abundant Life Program, Community Classroom, Community Needs (food bank), Sports Program and other recreational activities.

#### GENERAL INFORMATION:

- Full payment can be made using cash, cheque (payable to 105 Gibson Centre), or credit card. Class materials may incur additional charges.
- Registrants may receive full refund if they decide to withdraw 2 weeks before the first class
- If the program is cancelled due to insufficient enrollment or other unforeseen circumstances, the registered participants will receive a full refund.
- Program fee is not transferable and is only applicable to the activity listed on the receipt.
- 105 Gibson Centre reserves the right to cancel or postpone any program/event.
- NO CLASSES on public holidays. Please pay attention to the announcement in class.

#### 105 GIBSON CENTRE - HOURS OF OPERATION

Monday - Friday: 10 am - 10 pm

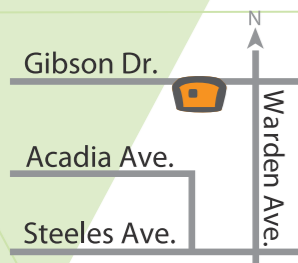
Saturday: 9 am - 10 pm

Closed on Sundays and Statutory Holidays

#### CULTURAL CAFÉ - HOURS OF OPERATION

Monday - Saturday: 11 am - 7 pm

Closed on Sundays and Statutory Holidays



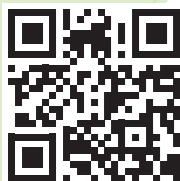
105 Gibson Drive.  
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## Youth Program

### YOUTH SUCCESS INITIATIVES (YSI-F17)

Free tutoring services offered to students from low income families struggling to succeed in math, science or ESL in the Ontario curriculum. An eligibility review will be conducted prior to confirmation of registration.

**Target:** Grades 9 – 12

**Language:** English

**Date:** Saturday Sep 23 – Dec 16

**Time:** 10:00 am – 1:00 pm (subject to tutor's availability)

**Fee:** Free

### A MEAL TOGETHER (YMT-F17)

Sharing food is friendship building. A free meal is offered to youths in the community. Sports activities provided.

**Target:** Grade 9 – University/College students

**Language:** English

**Date:** Thursday Sep 7 – Dec 21

**Time:** 4:00 pm – 8:00 pm

**Fee:** Free (24 hour advance booking required, limited capacity)

NEW

### MICROSOFT OFFICE SKILLS (MSOS-F17)

Equip job seekers and those in employment with practical Microsoft Office skills at an intermediate level. Software includes Excel, Word, and Powerpoint. Students are required to have their own version of Microsoft Office 7 or higher.

**Target:** Adults

**Date:** Tuesday Sep 19 – Nov 7 (8 classes)

**Time:** Tuesdays 7:00 pm – 9:00 pm

**Language:** Cantonese/English

**Fee:** \$48

## Other Services

### FOOD BANK

Open year-round. If you are in need of food, please call 905.477.7533 ext 321 to make an appointment.

### CULTURAL CAFÉ

We serve drinks, refreshments and light lunches, and our renowned HK-style milk tea is a must-try! Operated by VIP (Visually Impaired Persons). Our cafe can also host your special event! Please call 905.946.8787 to inquire.

### RENTALS

Looking to host a private event? Whether you are planning a church event, group seminar, fundraising event, or private party, we have the space to accommodate you. For more info, please visit [www.105gibson.com](http://www.105gibson.com) or call 905.946.8787.

### Smart Chef 101 - Feeds the Family (HSW1-F17) NEW

Do you have trouble preparing different meals each day? This class will teach you how to be a Smart Chef - from planning the three daily meals to preparing quick and easy meal suitable for the whole family.

**Target:** Adults

**Date:** Monday Oct 16 – Nov 6 (4 classes)

**Time:** 1:00 pm – 2:30 pm

**Language:** Cantonese

**Fee:** \$25/Term

### Smart Chef 102 - For a Big Party (HSW2-F17) NEW

From Raw to Awe - this class will teach you how to prepare food for big parties with a budget as low as \$1/person! Topics include raw ingredient shopping to preparation for awesome food.

**Target:** Housewives

**Date:** Monday Nov 12 – Dec 4 (4 classes)

**Time:** 1:00 pm – 2:30 pm

**Language:** Cantonese

**Fee:** \$25/Term

105 Gibson Centre is dedicated to serve all members of the community. Individuals and/or families experiencing financial difficulty may be eligible for assistance. Please call 905.946.8787 to inquire.

## Art & Cultural Activities

### FUN WITH THE VIOLIN

Learn the basic techniques in playing this fine instrument. Participants will be taught fundamentals of the "5-lines score sheet" and simple music theory. Before you know it you will be able to play popular melodies. Students will need to supply their own instrument and music stand.

**Target:** All Ages

**Language:** Cantonese/Mandarin/English

#### STARTER (Fall Term 1) (MVS01-F17)

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 11:00 am – 11:45 am

**Fee:** \$56/Term

#### STARTER (Fall Term 2) (MVS02-F17)

**Date:** Saturday Nov 4 – Dec 30 (9 classes)

**Time:** 11:00 am – 11:45 am

**Fee:** \$63/Term

#### BASIC (Fall Term 1) (MVB01-F17)

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 10:15 am – 11:00 am

**Fee:** \$56/Term

#### BASIC (Fall Term 2) (MVB02-F17)

**Date:** Saturday Nov 4 – Dec 30 (9 classes)

**Time:** 10:15 am – 11:00 am

**Fee:** \$63/Term

#### INTERMEDIATE (Fall Term 1) (MVI01-F17)

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 9:30 am – 10:15 am

**Fee:** \$56/Term

#### INTERMEDIATE (Fall Term 2) (MVI02-F17)

**Date:** Saturday Nov 4 – Dec 30 (9 classes)

**Time:** 9:30 am – 10:15 am

**Fee:** \$63/Term

### FUN WITH ERHU

Learn the basic techniques in playing this popular Chinese musical instrument. Participants will be taught fundamentals of the simplified score, the music score and basic music theory. Students will need to supply their own instrument and music stand.

**Target:** All Ages

**Language:** Cantonese/Mandarin/English

#### STARTER (Fall Term 1) (MES01-F17)

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 1:00 pm – 2:00 pm

**Fee:** \$56/Term

#### STARTER (Fall Term 2) (MES02-F17)

**Date:** Saturday Nov 4 – Dec 30 (9 classes)

**Time:** 1:00 pm – 2:00 pm

**Fee:** \$63/Term

#### INTERMEDIATE (Fall Term 1) (MEI01-F17)

**Date:** Saturday Sep 9 – Oct 28 (8 classes)

**Time:** 12:00 noon – 1:00 pm

**Fee:** \$56/Term

#### INTERMEDIATE (Fall Term 2) (MEI02-F17)

**Date:** Saturday Nov 4 – Dec 30 (9 classes)

**Time:** 12:00 noon – 1:00 pm

**Fee:** \$63/Term

### SINGING CLASS

Become a better singer by learning how to improve your vocal techniques, diction and breathing through singing of Cantonese pop songs and gospel hymns.

**Target:** Adult

**Language:** Cantonese/Mandarin

#### FALL TERM 1 (MSC01-F17)

**Date:** Monday Sep 11 – Oct 30 (7 classes)

**Time:** 7:30 pm – 9:00 pm

**Fee:** \$42/Term

#### FALL TERM 2 (MSC02-F17)

**Date:** Monday Nov 6 – Dec 18 (7 classes)

**Time:** 7:30 pm – 9:00 pm

**Fee:** \$42/Term

### PHOTOGRAPHY NEW

An introductory class to digital photography. Perfect for anyone looking to get the most out of their camera. The instructor teaches you how to shoot in different modes and really understand the key principles of photography. Students must bring their own camera.

**Target:** All Ages

**Language:** Cantonese/English

**Date:** Friday Sep 8 – Oct 20 (7 classes)

**Time:** 7:30 pm – 9:30 pm

**Fee:** \$60/Term

### GOOD VOICE SINGING STUDIO

Using "The Royal Conservatory of Music" voice syllabus material and Karaoke music, students learn how to sing in a relaxed way and understand and improve the general singing technique.

**Target:** Age 18 – 65 (16 Max.)

**Language:** Cantonese/Mandarin/English

**Note:** Interview may be needed before confirmation of registration to the class.

#### FALL TERM 1 (MGVS01-F17)

**Date:** Thursday Sep 7 – Oct 26 (8 classes)

**Time:** 7:30 pm – 9:30 pm

**Fee:** \$64/Term

#### FALL TERM 2 (MGVS02-F17)

**Date:** Thursday Nov 2 – Dec 14 (7 classes)

**Time:** 7:30 pm – 9:30 pm

**Fee:** \$56/Term

### CHILDREN SINGING CLASS

Inspire the mind and discover talents through music, learn to appreciate and improve Cantonese listening and speaking skills. Taught by an award winning singer.

**Target:** Age 5 – 8 (5 Min., 10 Max.)

**Language:** Cantonese

**Time:** 5:00 – 6:00 pm

**Fee:** \$100/Term

#### Tuesday Classes (MCST01-F17)

**Date:** Sep 5 – Oct 24 (8 classes)

**Friday Classes (MCSF01-F17)**

**Date:** Sep 1 – Oct 20 (8 classes)

### ADULT VOCAL TRAINING

Learn, practice and improve singing techniques and build self-confidence through singing Chinese pop songs. Taught by an award winning singer.

**Target:** Age 18+ (5 Min., 10 Max.)

**Language:** Cantonese

**Fee:** \$100/Term

#### Wednesday Classes (MVTW01-F17)

**Date:** Sep 6 – Oct 25 (8 classes)

**Time:** 11:45 am – 1:15 pm

#### Thursday Classes (MVTT01-F17)

**Date:** Sep 7 – Oct 26 (8 classes)

**Time:** 7:00 pm – 8:30 pm

## Other Classes

### EARTH CARE THRU INDOOR

#### FARMING (VIGA01-F17)

Learn to grow healthy herbs and vegetables in an indoor natural water-based ecosystem.

**Target:** Ages 8+ & Families

**Language:** Primary: English / Secondary: Cantonese & Mandarin

**Date:** Tuesday Sep 5 – Oct 24 (8 classes)

**Time:** 7:00 pm – 8:30 pm

**Fee:** \$300 up to 4 people from 1-2 families (fee includes materials)

### ADULT DIABETES OUTPATIENT

#### EDUCATION (MSH-F17)

Group or individual counseling sessions by registered dietitian and registered nurse, organized by Markham Stouffville Hospital. Advance booking is required, please leave voice message at 905.472.7527 ext 2.

**Target:** Adult with diabetes or pre-diabetes with doctor referral

**Time:** Tuesdays 9 am – 1 pm & Thursdays 1 – 5 pm

**Language:** Cantonese/Mandarin

**Fee:** Free (OHIP covered)

## 105 Gibson Centre Thrift Store Fall Sales

### September 22 – 24, 2017

New clothing and accessories starting from and up! All proceeds go to support our 105 Gibson programs. \$7

#### Thrift Store Hours:

Friday, Sept 22, 7:00 pm – 9:00 pm

Saturday, Sept 23, 10:00 am – 7:00 pm

Sunday, Sept 24, 10:00 am – 5:00 pm

Visit our website at [www.105gibson.com](http://www.105gibson.com) for more information.

Activities and programs are subject to change. Please visit [www.105gibson.com](http://www.105gibson.com) or call 905.946.8787 for more information





I am deeply moved when our new ALP members inquire about details on course material, content and instructors as if they are children entering school for the first time. Other times I would encounter students discussing or practicing calligraphy, painting, singing, their dance choreography or exercise posture. Their devotion and mutual support painted a beautiful image of a community and encouraged me to arrange more diverse and inspirational courses for them.

Traditional Chinese medical practitioner Leo Fung will be teaching a free TCM course in September, focusing on holistic care for the body during the Fall/Winter seasons, with hopes that this will be beneficial to our members in taking care of our bodies granted from God.

There will also be a new Praise Dance class taught by newly certified instructors. Members will learn dancing moves according to praise songs, allowing the mind and soul to relax while exercising!

Our goal is to introduce more courses in the future so our members can constantly enjoy a healthy social life in an educational setting. Just as the lyrics of a hymn says "Lord, lift me up and let me stand...", Lord, plant my feet on higher ground," this is also our prayer for our members – to aim for higher ground and live an abundant life!

Please contact the Centre for inquiries and registration \*\* Members 65 years or older receive a 50% discount on course fee(s) \*\*

Date	Time	Course Name	Course Code	Fee	Track
<b>MONDAY</b>					
9/11 - 10/30 (7 c) 11/6 - 12/18 (7 c)	10:00am – 11:00am	<b>Singing Class</b>	ALSC	\$24/term + Materials \$2	Arts
Every Monday	11:00am – 12:00pm	<b>Community Exercise</b>	ALCE, SR01	Full	Wellness
<b>TUESDAY</b>					
9/5 – 10/31 (9 c) 11/7 – 12/19 (7 c)	10:00am – 11:30am	<b>Calligraphy</b>	ALC	\$40/term	Literacy
9/5 – 10/31 (9 c) 11/7 – 12/19 (7 c)	2:00pm – 3:00pm	<b>Full Body Stretching Exercise</b>	ALESS	\$40/term	Wellness
<b>WEDNESDAY</b>					
9/6-10/25 (8 c) 11/1-12/13 (7 c)	1:00pm – 2:00pm	<b>Basic Mandarin</b>	ALTM	<b>FREE</b>	Literacy
10/11-25 (3 c) 11/1 – 12/27 (9 c)	1:30pm – 2:30pm	<b>Dancercise</b>	ED01W ED02W	\$12/term \$24/term	Wellness
<b>THURSDAY</b>					
9/7 – 10/26 (8 c) 11/2 – 12/14 (7 c)	10:00am – 11:00am	<b>Brain Beat Dance</b>	ALBBD	\$24/term	Wellness
Every Thursday	11:00am – 12:00pm	<b>Community Exercise</b>	ALCE, SR01	Full	Wellness
9/7 – 11/30 (13 c)	2:00pm – 3:30pm	<b>Health Talks in Chinese Medicine</b>	ALCM	<b>FREE</b>	Wellness
<b>FRIDAY</b>					
9/1 – 10/27 (9 c) 11/3 – 12/29 (9 c)	10:00am – 11:30am	<b>Tai Chi</b>	ALYT24	\$40/term	Wellness
9/1 – 10/27 (9 c) 11/3 – 12/29 (9 c)	12:00pm – 1:30pm	<b>Calligraphy Beginner</b>	ALCB	\$24/term + Materials \$5	Literacy
9/8 – 10/27 (8 c) 11/3 - 12/15 (7 c)	11:00am – 12:00pm	<b>Praise Dance</b> <span style="background-color: orange; color: white; padding: 2px;">NEW</span>	ALPD	\$24/term	Wellness
9/22 – 10/27 (6 c) 11/3 – 12/22 (8 c)	2:00pm – 3:30pm	<b>Tai Chi Sword</b>	ALTC01	\$40/term	Wellness
<b>SATURDAY</b>					
9/9 – 10/28 (8 c)	8:30am – 9:45am	<b>5KM Marathon</b>	5KM	\$24/term	Wellness

C=classes

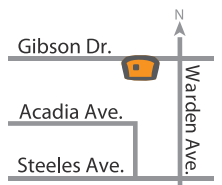
105 Gibson Abundant Life Program aims to serve the **retired and semi-retired people** in our neighborhood through the love of Christ, and to bring fulfillment, love and abundance into their lives.

**Please become a member of the Abundant Life Program.** The annual membership fee is \$20 and applicable from September 1 to August 31. 65 years or older receive a 50% discount. Members enjoy a number of benefits, including free classes and discounted member program prices. All classes are conducted in Cantonese and Mandarin. Abundant Life Program currently covers five tracks of learning: Health and Wellness; Literacy; Visual and Performing Arts; Spiritual and Life Concerns; Community Engagement.



**105 GIBSON CENTRE**  
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**www.105gibson.com**



## Inner Voice

### Leo Fung Volunteer

It's been more than a year since I joined Abundant Life Program's core volunteer group. I am really thankful that I can serve the seniors from our community and able to enhance the ALP curriculum and teaching quality with my 18 years of experience as curriculum developer in Hong Kong's Education Bureau.

Our mission is to develop ALP to Abundant Life Institute in the future. We are setting clear teaching and learning objectives respectively for instructors and students by collecting key information and feedback. The Abundant Life Institute will be a high-quality and diversified institute that will offer a unique and different experience. Our vision is that the seniors can enjoy their golden years in a meaningful and wonderful way with life-long learning every day.



## Inner Voice

### Winston Chiu Volunteer

Funded by the Federal Government's New Horizons for Seniors Program, ALP's Spring Passion Elderly Life Camp is a 16-day camp taking place in July and August. Activities include health and wellness, tips for daily living, arts and crafts, as well as spiritual care. My wife and I were invited to participate in the preparation of this camp. As we were not familiar with the running of 105 Gibson Centre, we were a bit hesitant at first and felt we were not qualified. Yet under the expert guidance of Pastor Monica, and with a group of dedicated and mutually motivated members in the planning committee, we were able to work out the details for the camp. Now every aspect of the program is set including daily activities, lunch arrangements and volunteer recruitment. It is our hope that the participants will enjoy the program and be revitalized, while we volunteers will have a fruitful experience in serving the community as a reward.



## Upcoming Events

### ALP Talk

**Thursday September 14  
from 12:00 – 1:30 pm**

Theme: "Prevention and Treatment of Heart Disease – A Chinese Medicine Perspective"

Speaker: Leo Fung  
Chinese medicine practitioner  
Tickets are available at \$3 each, please register at 105 Gibson Reception or call 905-946-8787 no later than September 7, 2017.

**Dementia Awareness Seminar  
Saturday November 11**

Details will be announced later.

**Abundant Life Christmas Lunch  
Thursday, December 7**

**10:00 am – 2:00 pm**  
Please save the date, invite your family and friends to join our Abundant Life Christmas Lunch. Details will be announced later.



## Highlight of Events



July – August Spring Passion



Cantonese Opera Concert held on Saturday June 17



Health talk on May 19 and May 25 "Heart and Stroke" and "The Most Common Cancers and their Causes"

## Abundant Life Program

### ALP Talk

ALP Talk will be held on **Thursday, September 14 from 12:00 – 1:30 pm.** The theme will be "Prevention and Treatment of Heart Disease from A Chinese Medicine Perspective" and will be presented by **Leo Fung, a Chinese medicine practitioner.** Topics will include heart problems common to seniors, symptoms, treatment and prevention. A light lunch will be served.

Tickets are available at \$3 each, but **please reserve your spot by September 7, 2017** at the reception desk of 105 Gibson Centre, or call 905-946-8787. We encourage you to invite your friends and families to join us as well.

Abundant Life Program (ALP) hosts an ALP Talk in the winter, summer and autumn with a purpose to provide a relaxing and fun time for ALP members to build friendship through interactive workshops and interesting activities.

