

Sports & Recreational Activities

HOOP AND SHOOT (SSH-W18)

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 Feb 6 – May 8 (13 classes)
Time: 4:00 pm – 5:30 pm
Fee: \$42/Term

KARATE (SK00-W18)

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 Jan 5 – Apr 27 (16 classes)
Time: 7:30 pm – 9:00 pm
Fee: \$30 per month for the 1st family member, \$25 per month 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

WINTER TERM 1 (ETC01-W18)
Date: Thursday Jan 11 – Feb 22 (6 classes)
Time: 2:50 pm – 4:00 pm
Fee: \$36/Term

WINTER TERM 2 (ETC02-W18)
Date: Thursday Mar 1 – Apr 19 (7 classes)
Time: 2:50 pm – 4:00 pm
Fee: \$42/Term

Fitness and Yang style simplified TAI CHI

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

Target: Adults
Language: Cantonese/English

WINTER TERM 1 (EFTC01-W18)
Date: Saturday Jan 6 – Feb 24 (8 classes)
Time: 1:00 pm – 3:00 pm
Fee: \$56/Term

WINTER TERM 2 (EFTC02-W18)
Date: Saturday Mar 3 – Apr 28 (9 classes)
Time: 1:00 pm – 3:00 pm
Fee: \$63/Term

TRADITIONAL 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 extend 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 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 5-11, or White Belt to Green Stripe (recommend minimum 2 classes per week)

Wednesday Classes (STBW01-W18)
Date: Jan 24 – Apr 25 (14 classes)
Time: 5:00 pm – 6:00 pm
Fee: Full curriculum special package \$126 / Term

Thursday Classes (STBT01-W18)
Date: Jan 25 – Apr 26 (14 classes)
Time: 5:00 pm – 6:00 pm
Fee: Full curriculum special package \$126 / Term

Friday Classes (STBF01-W18)
Date: Jan 26 – Apr 27 (13 classes)
Time: 5:00 pm - 6:00 pm
Fee: Full curriculum special package \$117 / Term

Saturday Classes (STBS01-W18)
Date: Jan 27 – Feb 10, Mar 3 – Apr 28 (11 classes)
Time: 1:30 pm - 2:30 pm
Fee: Full curriculum special package \$99 / Term

Target: Age 12+, Adult or Green Belt to Black Belt (recommend minimum 2 classes per week)

Wednesday Classes (STAW01-W18)
Date: Jan 24 – Apr 25 (14 classes)
Time: 6:00 pm - 7:00 pm
Fee: Full curriculum special package \$126 / Term

Thursday Classes (STAT01-W18)
Date: Jan 25 – Apr 26 (14 classes)
Time: 6:00 pm - 7:00 pm
Fee: Full curriculum special package \$126 / Term

Friday Classes (STAF01-W18)
Date: Jan 26 – Apr 27 (13 classes)
Time: 6:00 pm - 7:00 pm
Fee: Full curriculum special package \$117 / Term

Saturday Classes (STAS01-W18)
Date: Jan 27 – Feb 10, Mar 3 – Apr 28 (11 classes)
Time: 2:30 pm - 3:30 pm
Fee: Full curriculum special package \$99 / Term

LINE DANCE LEVEL 1

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

Target: Adult
Language: Cantonese/English

WINTER TERM 1 (ELDB01-W18)
Date: Monday Jan 8 – Feb 26 (5 classes)
Time: 10:00 am - 11:15 am
Fee: \$25/Term

WINTER TERM 2 (ELDB02-W18)
Date: Monday Mar 5 – Apr 30 (7 classes)
Time: 10:00 am - 11:15 am
Fee: \$35/Term

LINE DANCE LEVEL 2

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 dancing skills required)
Language: Cantonese/English

WINTER TERM 1 (ELDB01-W18)
Date: Friday Jan 12 – Feb 23 (5 classes)
Time: 11:30 am - 1:00 pm
Fee: \$25/Term

WINTER TERM 2 (ELD02-W18)
Date: Friday Mar 2 – Apr 27 (6 classes)
Time: 11:30 am - 1:00 pm
Fee: \$30/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

WINTER TERM 1 (EZF01-W18)
Date: Friday Jan 12 – Feb 23 (5 classes)
Time: 10:00 am – 11:15 am
Fee: \$25/Term

WINTER TERM 2 (EZF02-W18)
Date: Friday Mar 2 – Apr 27 (6 classes)
Time: 10:00 am – 11:15 am
Fee: \$30/Term

SPORTS DROP IN BASKETBALL (SBB-W18)

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

SPORTS DROP IN BADMINTON (SBT-W18)

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-W18)

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

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

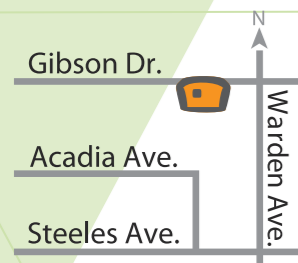
Saturday: 9 am - 10 pm

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
 Markham, ON L3R 3K7

Tel: 905.946.8787

Fax: 905.477.9152

Email: info@105gibson.com

www.105gibson.com



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.

Youth Program

YOUTH SUCCESS INITIATIVES (YSI-W18)

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 Jan 13 – Apr 28

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

Fee: Free

A MEAL TOGETHER (YMT-W18)

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 Jan 11 – Apr 26

Time: 4:00 pm – 8:00 pm

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

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).

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 or call 905.946.8787.

105 Gibson Centre FREE Tax Clinic

From March 3 to April 29, a group of trained volunteers will provide free tax return services for individuals and families who meet the following eligibility criteria:

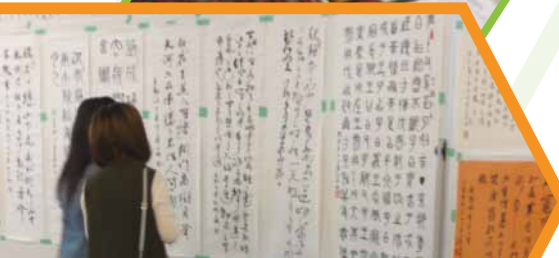
- Individual income less than \$30,000
- Family income less than \$40,000
- No business or rental income
- No investment income
- Foreign properties less than \$100,000

Every Saturday and Sunday,
Mar 3, 2018 to April 29, 2018
Saturday : 9:30 am to 12:30 pm
Sunday : 2:30 pm to 5:30 pm

English, Cantonese and Mandarin services available.

Please leave a message at 905-946-8787 ext #168 or email 105gibson.taxclinic@gmail.com if you meet the above criteria to book.

By
APPOINTMENT
only



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

BASIC/STARTER (Winter Term 1) (MVS01-W18)

Date: Saturday Jan 6 – Feb 24 (7 classes)

Time: 10:30 am - 11:30 am

Fee: \$56/Term

BASIC/STARTER (Winter Term 2) (MVS02-W18)

Date: Saturday Mar 3 – Apr 21 (7 classes)

Time: 10:30 am - 11:30 am

Fee: \$56/Term

INTERMEDIATE (Winter Term 1) (MVI01-W18)

Date: Saturday Jan 6 – Feb 24 (7 classes)

Time: 9:30 am - 10:30 am

Fee: \$56/Term

INTERMEDIATE (Winter Term 2) (MVI02-W18)

Date: Saturday Mar 3 – Apr 21 (7 classes)

Time: 9:30 am - 10:30 am

Fee: \$56/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

Basic (Winter Term 1) (MEB01-W18)

Date: Saturday Jan 6 – Feb 24 (7 classes)

Time: 12:00 pm – 1:00 pm

Fee: \$56/Term

Basic (Winter Term 2) (MEB02-W18)

Date: Saturday Mar 3 – Apr 21 (7 classes)

Time: 12:00 pm – 1:00 pm

Fee: \$56/Term

INTERMEDIATE (Winter Term 1) (MEI01-W18)

Date: Saturday Jan 6 – Feb 24 (7 classes)

Time: 1:00 pm – 2:00 pm

Fee: \$56/Term

INTERMEDIATE (Winter Term 2) (MEI02-W18)

Date: Saturday Mar 3 – Apr 21 (7 classes)

Time: 1:00 pm – 2:00 pm

Fee: \$56/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

WINTER TERM 1 (MSC01-W18)

Date: Monday Jan 8 – Feb 26 (7 classes)

Time: 7:30 pm – 9:00 pm

Fee: \$42/Term

WINTER TERM 2 (MSC02-W18)

Date: Monday Mar 5 – Apr 30 (9 classes)

Time: 7:30 pm – 9:00 pm

Fee: \$54/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.

WINTER TERM 1 (MGVS01-W18)

Date: Thursday Jan 11 – Feb 22 (7 classes)

Time: 7:30 pm – 9:30 pm

Fee: \$56/Term

WINTER TERM 2 (MGVS02-W18)

Date: Thursday Mar 1 – Apr 26 (9 classes)

Time: 7:30 pm – 9:30 pm

Fee: \$72/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

WINTER TERM 1

Tuesday Classes (MCST01-W18)

Date: Jan 2 – Feb 20 (8 classes)

Fee: \$100/Term

Friday Classes (MCSF01-W18)

Date: Jan 5 – Feb 23 (8 classes)

Fee: \$100/Term

WINTER TERM 2

Tuesday Classes (MCST02-W18)

Date: Mar 6 – Apr 24 (6 classes)

Fee: \$75/Term

Friday Classes (MCSF02-W18)

Date: Mar 9 – Apr 27 (6 classes)

Fee: \$75/Term

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

WINTER TERM 1

Wednesday Classes (MVTW01-W18)

Date: Jan 3 – Feb 21 (8 classes)

Time: 7:00 pm – 8:30 pm

Fee: \$100/Term

Thursday Classes (MVTT01-W18)

Date: Jan 4 – Feb 22 (8 classes)

Time: 11:45 am – 1:15 pm

Fee: \$100/Term

Friday Classes (MVTF01-W18)

Date: Jan 5 – Feb 23 (8 classes)

Time: 7:00 pm – 8:30 pm

Fee: \$100/Term

WINTER TERM 2

Wednesday Classes (MVTW02-W18)

Date: Mar 7 – Apr 25 (6 classes)

Time: 7:00 pm – 8:30 pm

Fee: \$75/Term

Thursday Classes (MVTT02-W18)

Date: Mar 8 – Apr 26 (6 classes)

Time: 11:45 am – 1:15 pm

Fee: \$75/Term

Friday Classes (MVTF02-W18)

Date: Mar 9 – Apr 27 (6 classes)

Time: 7:00 pm – 8:30 pm

Fee: \$75/Term

Other Classes

EARTH CARE THRU INDOOR FARMING (VIGA01-W18)

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 Jan 30 – Feb 27 (5 classes)

Time: 7:00 pm – 8:30 pm

Fee: \$75 up to 4 people/Unit (fee includes materials)

ADULT DIABETES OUTPATIENT EDUCATION (MSH-W18)

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)

Activities and programs are subject to change. Please visit www.105gibson.com or call 905.946.8787 for more information

Abundant Life Program - Winter 2018 (January – April) Class Schedule



“Let the wise listen and add to their learning,
and let the discerning get guidance.”

Proverbs 1:5

I dearly missed 105 Gibson while I was in Hong Kong and Vancouver to take care of my family. Fortunately, I was able to connect with my colleagues and key volunteers who kept me informed during my time away.

The Abundant Life Court (ALC) construction is well underway and very soon, we will have a brand new spacious area dedicated to hosting a wide range of programs and activities in 2018! I am extremely excited about what's happening and what is planned for the new year.

I read Proverbs 1:5 this morning and felt that this message is an encouragement to everyone to learn new knowledge everyday - to participate in our programs and ALP Talks, to study and to learn together, to live joyfully, healthily and in contentment. Let us receive God's blessings and wisely create a safe environment in ALC for all to live a life in love and abundance.

Please contact the Centre for inquiries and registration

** Members 65 years or older receive a 50% discount on course fee(s) ONLY. Discount not applicable to material fee **

Date	Time	Course Name	Course Code	Fee	Track
MONDAY					
1/8 – 2/26 (7 c)	10:00am – 11:00am	Singing Class	ALSC	\$24/term + Materials \$2	Arts
3/5 – 4/30 (9 c)					
Every Monday	11:00am – 12:00pm	Community Exercise	ALCE, SR01	Full	Wellness
TUESDAY					
1/9 – 2/27 (8 c)	10:30am – 12:00pm	Chinese Landscape Painting	ALCP1	Full	Arts
3/6 – 4/24 (8 c)			ALCP2		
1/9 – 2/27 (8 c)	10:00am – 11:30am	Calligraphy Intermediate	ALC	\$40/term + Materials \$5	Literacy
3/6 – 4/24 (8 c)					
1/9 – 1/30 (4 c)	1:00pm – 2:00pm	Full Body Stretching Exercise	ALESS	\$20/term \$40/term	Wellness
3/6 – 4/24 (8 c)					
WEDNESDAY					
1/10 – 2/28 (8 c)	1:00pm – 2:00pm	Basic Mandarin	ALTM	FREE + Materials \$3	Literacy
3/7 – 4/25 (8 c)					
1/10 – 2/28 (8 c)	1:30pm – 2:30pm	Dancercise	ALED01 ALED02	\$24/term	Wellness
3/7 – 4/25 (8 c)					
THURSDAY					
1/4 – 2/22 (8 c)	10:00am – 11:00am	Brain Beat Dance	ALBBD	\$24/term	Wellness
3/1 – 4/26 (9 c)					
Every Thursday	11:00am – 12:00pm	Community Exercise	ALCE, SR01	Full	Wellness
Starting from 2/1	1:30pm – 3:30pm	Pickleball	SPB	\$3 (65 or above) \$4 (under 65)	Wellness
every Thursday					
1/4 – 3/29 (13 c)	2:00pm – 3:15pm	Health Talks in Chinese Medicine	ALCM	\$40/term	Wellness
FRIDAY					
1/12 – 2/23 (7 c)	10:00am – 11:30am	Tai Chi	ALYT24	\$40/term	Wellness
3/2 – 4/27 (8 c)					
1/12 – 2/23 (7 c)	12:00pm – 1:30pm	Calligraphy Beginner	ALCB	\$24/term + Materials \$5	Literacy
3/2 – 4/27 (8 c)					
1/12 – 2/23 (6 c)	11:00am – 12:00pm	Praise Dance	ALPD	\$18/term \$24/term	Wellness
3/2 – 4/27 (8 c)					
1/5 – 2/23 (8 c)	2:00pm – 3:30pm	Tai Chi Fan 32 Form	ALTC01	\$40/term	Wellness
3/2 – 4/27 (8 c)					

C=classes

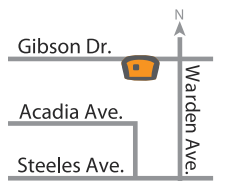
105 Gibson Abundant Life Program aims to serve the **retired and semi-retired people** in our neighborhood through the love of Christ, and to bring fulfillment, love and abundance into their lives.

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
105 Gibson Drive
Markham, ON L3R 3K7

Tel: 905.946.8787
Email: info@105gibson.com
www.105gibson.com



Mou-Ying Chan Program User

Mrs. Mou-Ying Chan puts on a broad smile as she passionately shows me around 105 Gibson Centre. Mou-Ying has familiarized herself in just six weeks after joining the Spring Passion Senior Summer Camp. Immigrated to Toronto 30 years ago, she lives in leisure after having brought up her children as well as grandchildren. She spends her time watching TV at home, not going out much, until her daughter's former colleague invited her to the Senior Camp.

Among all the activities, she enjoys Praise Dance the most as she exercises while listening to inspirational hymns and draws herself closer to the Christian faith. She has learned to give thanks often from the Senior Camp.

She loves the many group activities and extended her special thanks to Pastor Monica and all the volunteers involved for their warm welcome and detailed organization. Clearly, Mou-Ying had a wonderful summer at 105 Gibson!



Joseph Yeung Program User

Joseph Yeung, looking dapper in his sunglasses and with a straightened back, shares with me his life experiences, recalling how impetuous and ill-tempered he was before he became a Christian. God changed his mind and personality by teaching him through the Bible. He has very positive comments about the programs at 105 Gibson. He likes the well-structured and diversified activities. Pastor Monica and the many volunteers collaborated well and the lunches at round tables made it easy for attendees to socialize with each other. Painting brings back childhood memories and his youthful vigour as it was one of his favourite pastimes when he was younger. He also plays guitar and erhu which enables him to volunteer in the future and to further enrich the programs here.



**Abundant Life Christmas Lunch
Thursday Dec 7, 12:00 – 2:00 pm**
Invite your family and friends to join. You can book a table for ten. Program includes brain beat dance, praise dance, tai chi sword demonstration, Christmas caroling, Chinese opera, buffet lunch and gift draw. Tickets are \$10 each and available at Centre reception.

**105 Gibson Community Christmas Celebration
Saturday Dec 16, 5:00 – 8:00 pm**
Tickets are available: \$12 for adults; \$6 for children 4-12, free for children 4 and under. Program includes Christmas caroling, class performances, buffet dinner and gift draw. Tickets available at Centre reception.

Share the Love, Buy a Gift Card
105 Gibson will receive a cash rebate for every gift card purchased. For more information, please visit our website or contact info@105gibson.com



Spring Passion Senior Summer Camp graduation on September 24



Students from Spring Passion Senior Summer Camp enjoyed a day trip to the zoo on Oct 6

105 Gibson annual walkathon on Sept 30



105 Gibson 4th anniversary Thanksgiving Dinner on Oct 1

