

GENERAL INFORMATION:

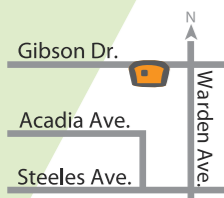
- Full payment can be made using cash, cheque (payable to 105 Gibson Centre), or credit card. Class materials may incur additional charges.
- Registrants may receive full refund if they decide to withdraw 2 weeks before the first class.
- If the program is cancelled due to insufficient enrollment or 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.
- Activities and programs are subject to change.

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
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 www.105gibson.com



@105Gibson

Code	Course Name	Fee	Day	Time	Start Date	End Date	# Classes	Age	Lang. *	Course Description
SK00-S18	Karate	\$30/Month, \$25 per additional Family Member	Friday	7:30 - 9 pm	May 4	July 27	13	All Ages	E	Encourage young people to adopt a healthy living style. Exam and other karate membership fee are not included.
ETC01-S18	Tai Chi [Term 1]	\$54	Thursday	2:50 - 4 pm	May 3	Jun 28	9	18+	E/C	The gentle movements reduce stress and restore calmness. Improving balance, flexibility, circulation, and well-being.
ETC02-S18	Tai Chi [Term 2]	\$48	Thursday	2:50 - 4 pm	Jul 5	Aug 23	8	18+	E/C	
EFTC01-S18	Fitness and Yang style Simplified Tai Chi [Term 1]	\$63	Saturday	1 - 3 pm	May 5	Jun 30	9	18+	E/C	Strengthen muscle, balance, physical control and regulate breathing. Improving heart function and physical flexibility.
EFTC02-S18	Fitness and Yang style Simplified Tai Chi [Term 2]	\$56	Saturday	1 - 3 pm	Jul 7	Aug 25	8	18+	E/C	
STB-S18	Taekwondo - White Belt to Green Belt	\$285 for 25 Classes	Wednesday	5 - 6 pm	May 2	Aug 31	55	5 - 9	E/K/C/M	Learn techniques, pattern, sparring, self-defense and theories. This program is affiliated with the International TaeKwon-Do Federation. Students can obtain international recognition level and qualifications.
STA-S18	Taekwondo - Blue Belt to Black Belt	\$505 for 50 Classes \$880 for 100 Classes	Thursday Friday	6 - 7 pm	May 2	Aug 31	55	10+	E/K/C/M	
ELD101-S18	Line Dance Level 1 [Term 1]	\$30	Monday	10 - 11:15 am	May 7	Jun 25	6	18+	E/C	Taught by a certified line dance instructor and is designed for those with some line dance experience.
ELD102-S18	Line Dance Level 1 [Term 2]	\$35	Monday	10 - 11:15 am	Jul 9	Aug 27	7	18+	E/C	
ELD201-S18	Line Dance Level 2 [Term 1]	\$40	Friday	11:30 am - 1 pm	May 4	Jun 29	8	18+	E/C	
ELD202-S18	Line Dance Level 2 [Term 2]	\$45	Friday	11:30 am - 1 pm	Jul 6	Aug 31	9	18+	E/C	
EZF01-S18	Zumba Fitness [Term 1]	\$40	Friday	10 - 11:15 am	May 4	Jun 29	8	18+	E/C	Taught by a certified Zumba instructor to exercise different body parts and strengthen muscles.
EZF02-S18	Zumba Fitness [Term 2]	\$45	Friday	10 - 11:15 am	Jul 6	Aug 31	9	18+	E/C	
ESS01-S18	Strengthen Muscle & Bone [Term 1]	\$108	Thursday	1 - 2 pm	May 3	Jun 28	9	18+	E/C	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.
ESS02-S18	Strengthen Muscle & Bone [Term 2]	\$108	Thursday	1 - 2 pm	Jul 5	Aug 30	9	18+	E/C	
5KM01-S18	Jogging Training [Term 1]	\$40	Saturday	8:30 - 9:45 am	May 5	Jun 30	9	18+	E/C	Boost up fitness and improve mental and physical perseverance. Participants are required to bring snacks, water, and proper jogging attire.
5KM02-S18	Jogging Training [Term 2]	\$40	Saturday	8:30 - 9:45 am	Aug 4	Sep 29	9	18+	E/C	

YOUTH PROGRAM

Code	Course Name	Fee	Day	Time	Start Date	End Date	# Classes	Age	Lang. *	Course Description
YSI-S18	Youth Success Initiatives	Free	Saturday	10 am - 1 pm	May 5	Jun 16		Grade 9 - 12	E	Free tutoring services in maths, science or ESL in the Ontario curriculum. Offered for low income families. An eligibility review will be conducted before acceptance.
AMT-S18	A Meal Together	Free	Thursday	4 - 8 pm	May 3	Jun 14		Grade 9 - Uni/College	E	Build friendships through sharing a free meal with youths in the community. Sports available. Limited Seating. Contact andrewc@105gibson.com to reserve a spot.

Lang. * E - English C - Cantonese M - Mandarin K - Korean

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



Activities & Programs



105 Gibson Centre is a Christian faith-based community 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, thrift store), Sports Program and other recreational activities.

MUSIC, ARTS & CRAFTS

Code	Course Name	Fee	Day	Time	Start Date	End Date	# Classes	Age	Lang.*	Course Description
MVI01-S18	Fun with the Violin Intermediate [Term 1]	\$56	Saturday	9:30 - 10:30 am	May 5	Jun 16	7	All Ages	E/C/M	Learn basic techniques in playing the violin, reading music, and understanding musical theory. Must bring your own violin and music stand.
MVI02-S18	Fun with the Violin Intermediate [Term 2]	\$56	Saturday	9:30 - 10:30 am	Jul 7	Aug 25	7			
MVB01-S18	Fun with the Violin Basic [Term 1]	\$56	Saturday	10:30 - 11:30 am	May 5	Jun 16	7			
MVB02-S18	Fun with the Violin Basic [Term 2]	\$56	Saturday	10:30 - 11:30 am	Jul 7	Aug 25	7			
MEI01-S18	Fun with the Erhu Intermediate [Term 1]	\$56	Saturday	12:00 - 1:00 pm	May 5	Jun 16	7	All Ages	E/C/M	Learn basic techniques in playing erhu, reading simplified and traditional music and understanding musical theory. Must bring your own erhu and music stand.
MEI02-S18	Fun with the Erhu Intermediate [Term 2]	\$56	Saturday	12:00 - 1:00 pm	Jul 7	Aug 25	7			
MES01-S18	Fun with the Erhu Starter [Term 1]	\$56	Saturday	1:00 - 2:00 pm	May 5	Jun 16	7			
MES02-S18	Fun with the Erhu Starter [Term 2]	\$56	Saturday	1:00 - 2:00 pm	Jul 7	Aug 25	7			
MSC01-S18	Singing Class [Term 1]	\$42	Monday	7:30 - 9:00 pm	May 7	Jun 25	7	Age 18+	C/M	Improve vocal techniques, diction and breathing through singing of Cantonese pop and gospel songs.
MSC02-S18	Singing Class [Term 2]	\$42	Monday	7:30 - 9:00 pm	Jul 9	Aug 27	7			
MGVS01-S18	Good Voice Singing Class [Term 1]	\$64	Thursday	7:30 - 9:30 pm	May 10	Jun 28	8	Age 18-65	E/C/M	Using "The Royal Conservatory of Music" voice syllabus material and karaoke music, students learn to sing, understand and improve singing techniques.
MGVS02-S18	Good Voice Singing Class [Term 2]	\$72	Thursday	7:30 - 9:30 pm	Jul 5	Aug 30	9			
MCST01-S18	Children Singing Class - [Term 1] Tue	\$100	Tuesday	5:00 - 6:00 pm	May 1	Jun 19	8	Age 5-8	C	Inspire the mind and discover talents. Learn to appreciate and improve Cantonese listening and speaking skills. Taught by award winning singer.
MCST02-S18	Children Singing Class - [Term 2] Tue	\$100	Tuesday	5:00 - 6:00 pm	Jul 3	Aug 21	8			
MCSF01-S18	Children Singing Class - [Term 1] Fri	\$100	Friday	5:00 - 6:00 pm	May 4	Jun 22	8			
MCSF02-S18	Children Singing Class - [Term 2] Fri	\$100	Friday	5:00 - 6:00 pm	Jul 6	Aug 24	8			
MVTW01-S18	Adult Vocal Training - [Term 1] Wed	\$100	Wednesday	7:00 - 8:30 pm	May 2	Jun 20	8	Age 18+	C	Learn, practice, and improve singing techniques and build self-confidence through singing Chinese pop songs. Taught by an award winning singer.
MVTW02-S18	Adult Vocal Training - [Term 2] Wed	\$100	Wednesday	7 - 8:30 pm	Jul 4	Aug 22	8			
MVTT01-S18	Adult Vocal Training - [Term 1] Thu	\$100	Thursday	11:45 am - 1:15 pm	May 3	Jun 21	8			
MVTT02-S18	Adult Vocal Training - [Term 2] Thu	\$100	Thursday	11:45 am - 1:15 pm	Jul 5	Aug 23	8			
MVTF01-S18	Adult Vocal Training - [Term 1] Fri	\$100	Friday	7:00 - 8:30 pm	May 4	Jun 22	8			
MVTF02-S18	Adult Vocal Training - [Term 2] Fri	\$100	Friday	7:00 - 8:30 pm	Jul 6	Aug 24	8			
ADP-S18	Digital Photography	\$60	Friday	7:30 - 9:30 pm	May 4	May 25	4	All Ages	E/C	Learn how to shoot in different modes and really understand the key principles of photography. Students must bring their own camera.

OTHER CLASSES

ESLC01	ESL Café for Arabic Speaking People	Free	Saturday	2:00 - 4:00 pm	Jul 7	Aug 25	8	All Ages	E	Curriculum specifically designed for Arabic speakers. Child activities are provided.
CAP01	Financial Literacy	\$10 Refundable deposit	Saturday & Sunday	2:00 - 5:00 pm	Jun 2	Jun 3	2	All Ages	E	Learn about budgeting, saving, giving and preventing debt.
MSH-S18	Adult Diabetes Outpatient Education	Free	Tuesday	9:00 am - 1:00 pm				18+	C/M	Group or individual counselling sessions by registered dietitian and registered nurse, organized by Markham Stouffville Hospital. Advance booking is required, please leave a voicemail at 905.472.7527 ext 2.
MSH-S18	Adult Diabetes Outpatient Education	(covered by OHIP)	Thursday	1:00 - 5:00 pm				18+	C/M	
VIGA01-S18	Earth Care Thru Indoor Farming	\$75	Tuesday	7:00 - 8:30 pm	May 1	May 29	5	Age 8+ & Families	E/C/M	Learn to grow healthy herbs and vegetables in an indoor natural water-based eco-system.

Lang. * E - English C - Cantonese M - Mandarin K - Korean

Other Services

FOOD BANK

Open year-round. If you are in need of food, please call 905.946.8787 ext 107 or email fooddrive@105gibson.com 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 Joy Beyond Vision Community (JBVC), Visually Impaired Persons (VIP).

RENTALS

We offer short- or long-term rental solutions with catering options. Our rooms range from 280 ft² to 6,800 ft² in size, providing you with plenty of options to host your event. For more info, please visit www.105gibson.com or call 905.946.8787.

Upcoming Events

YOUTH STRENGTHS WORKSHOP

Discover your strengths and unlock your potential using the StrengthsQuest test. Suitable for people 16-23 years old. This is a two-parts workshop. Registration is for both dates.

PART I: Understanding Your Strengths

Date: Saturday April 28, 2018
Time: 9:30 - 11 am

Part II: Interactive Application

Date: Saturday May 12, 2018
Time: 9:30 am - 1 pm

Workshop Material Cost: CAD\$20

Online StrengthsQuest Assessment: US\$19.99

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.

Abundant Life Program - Spring 2018 (May – August) Class Schedule

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 **

Code	Course Name	Fee	Day	Time	Start Date	End Date	# Classes	Track
ALSC01-S18	Singing Class	\$26*	Monday	10:00 - 11:00 am	May 7	June 25	7	Arts
ALSC02-S18	Singing Class	\$26*	Monday	10:00 - 11:00 am	Jul 9	Aug 27	7	Arts
ALCP01-S18	Chinese Landscape Painting	\$40	Tuesday	10:30 am - 12:00 pm	May 15	Jul 3	8	Arts
ALC01-S18	Calligraphy Intermediate	\$45*	Tuesday	10:00 - 11:30 am	May 15	Jun 26	8	Literacy
ALC02-S18	Calligraphy Intermediate	\$45*	Tuesday	10:00 - 11:30 am	Jul 3	Aug 28	8	Literacy
ALESS01-S18	Full Body Stretching Exercise	\$40	Tuesday	1:00 - 2:00 pm	May 1	Jun 26	9	Wellness
ALESS02-S18	Full Body Stretching Exercise	\$40	Tuesday	1:00 - 2:00 pm	Jul 3	Aug 28	9	Wellness
ALSF01-S18	Six Circulation Fist	Free	Tuesday	2:00 - 3:30 pm	May 1	Jun 26	9	Wellness
ALSF02-S18	Six Circulation Fist	Free	Tuesday	2:00 - 3:30 pm	Jul 3	Aug 28	9	Wellness
ALED01-S18	Dancercise	\$24	Wednesday	1:30 - 2:30 pm	May 2	Jun 27	9	Wellness
ALED02-S18	Dancercise	\$24	Wednesday	1:30 - 2:30 pm	Jul 4	Aug 29	9	Wellness
ALKS01-S18	Karaoke Class	Free	Wednesday	2:00 - 3:30 pm	May 2	Jun 27	9	Arts
ALKS02-S18	Karaoke Class	Free	Wednesday	2:00 - 3:30 pm	Jul 4	Aug 29	9	Arts
ALSD01-S18	Square Dance	\$24	Wednesday	1:30 - 2:45 pm	May 2	Jun 27	9	Arts
ALSD02-S18	Square Dance	\$24	Wednesday	1:30 - 2:45 pm	Jul 4	Aug 29	9	Arts
ALHS-S18	Home Staging	Free	Wednesday	2:00 - 3:30 pm	May 2	May 30	4	Wellness
ALBBD01-S18	Brain Beat Dance	\$24	Thursday	10:00 - 11:00 am	May 3	Jun 28	9	Wellness
ALBBD02-S18	Brain Beat Dance	\$24	Thursday	10:00 - 11:00 am	Jul 5	Aug 30	9	Wellness
SPB-S18	Pickleball	\$3-4 ea time	Thursday	1:30 - 3:30 pm	May 3	Aug 30	9	Wellness
ALCM01-S18	Health Talks in Chinese Medicine	\$40	Thursday	2:00 - 3:15 pm	May 3	Jun 28	9	Wellness
ALCM02-S18	Health Talks in Chinese Medicine	\$40	Thursday	2:00 - 3:15 pm	Jul 5	Aug 30	9	Wellness
ALJL01-S18	Omoshiroi Nihongo	\$24	Thursday	1:00 - 2:15 pm	May 3	Jun 28	9	Literacy
ALJL02-S18	Omoshiroi Nihongo	\$24	Thursday	1:00 - 2:15 pm	Jul 5	Aug 30	9	Literacy
ALTC01-S18	Tai Chi	\$40	Friday	10:00 - 11:30 am	May 4	Jun 29	9	Wellness
ALTC02-S18	Tai Chi	\$40	Friday	10:00 - 11:30 am	Jul 6	Aug 31	9	Wellness
ALCB01-S18	Calligraphy Beginner	\$29*	Friday	12:00 - 1:30 pm	May 4	Jun 29	8	Literacy
ALCB02-S18	Calligraphy Beginner	\$29*	Friday	12:00 - 1:30 pm	Jul 6	Aug 31	8	Literacy
ALPD01-S18	Praise Dance	\$24	Friday	11:00 am - 12:00 pm	May 4	Jun 29	9	Wellness
ALPD02-S18	Praise Dance	\$24	Friday	11:00 am - 12:00 pm	Jul 6	Aug 31	9	Wellness
ALTCF01-S18	Tai Chi Fan 32 Form	\$40	Friday	2:00 - 3:30 pm	May 11	Jun 29	8	Wellness
ALTCF02-S18	Tai Chi Fan 32 Form	\$40	Friday	2:00 - 3:30 pm	Jul 6	Aug 24	8	Wellness
ALLS01-S18	Life Story Sharing	Free	Friday	2:00 - 3:30 pm	May 4	Jun 29	9	Spiritual
ALLS02-S18	Life Story Sharing	Free	Friday	2:00 - 3:30 pm	Jul 6	Aug 31	9	Spiritual
5KM01-S18	Jogging Training	\$24	Saturday	8:30 - 9:45 am	May 5	Jun 30	9	Wellness
5KM02-S18	Jogging Training	\$24	Saturday	8:30 - 9:45 am	Aug 4	Sep 29	9	Wellness

* include \$2/\$5 material fees

About Abundant Life Program

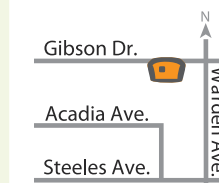
105 Gibson Abundant Life Program aims to serve the **retired and semi-retired people** in our neighborhood through the love of Christ, and to bring fulfillment, love and abundance into their lives.

Please become a member of the Abundant Life Program. The annual membership fee is \$20 and applicable from September 1 to August 31. Fee is \$10 from March 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.



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The Abundant Life Court is now in operations!

The Phase 2 expansion for 105 Gibson Centre has been completed and the Grand Opening was held on March 25. This is also the opening of the Abundant Life Court, an area of 2,800 sq. ft. dedicated for our members for life long learning.

To encourage our members to achieve this goal, the ALC has specially designed rooms for workshops or classes, allowing seniors to have their own space to gather and socialize. Not only does this allow growth in knowledge, it also foster healthy social relationships.

ALP is also introducing new courses this term so that the seniors' interest can expand to more topics including those that are not commonly taught in other places. For example, seniors can leisurely learn Japanese or home staging and décor techniques. They can also learn about and support each other through sharing life stories.

Lifelong learning is not new to this generation. I sincerely hope that our members can find their new passion at the ALC. Your abundant life begins here



I find great satisfaction when I engage in performing dance and I have always enjoyed teaching dance to adults or children even when I was in Hong Kong. I believe that dancing, yoga and tai chi have inevitable benefits for both physical and mental health and I feel glad to teach Praise Dance for the Abundant Life Program.

Praise Dance is especially easy to learn regardless of age. The central theme of the dance and the hymn lyrics allow participants to relax, thus enjoying the dance even more. It is my wish that seniors' physical health will improve through practicing Praise Dance. But most importantly, I hope that it will enable them to experience the Christian faith with their whole body through singing and the praise movements.

Amy Man
ALP Instructor

105 Gibson will hold the following workshops with Canadian Liver Foundation:

Date: Saturday April 28, 2018

Time: 10:00 - 11:30 am

Topic: Healthy Food Choices and Chronic Disease (Cantonese)

Speaker: Edwina Leung, Registered Dietitian & Diabetes and Obesity Educator

Date: Saturday May 26, 2018

Time: 10:00 - 11:30 am

Topic: Bile duct and gallbladder disease (Cantonese)

Speaker: Dr. Yvonne Tse, Gastroenterology Specialist from Toronto Western Hospital

Date: Saturday July 21, 2018

Time: 10:00 - 11:30 am

Topic: A Primer on Hepatitis B (Mandarin)

Speaker: Dr. Danny Chen, Infectious Disease Specialist from Mackenzie Health Hospital



Dr. Chi-Ming Chow spoke to our members about heart failure and prevention on Mar 10. Members had their blood pressure measured.



Pickleball course began in February! Members learned a new sport, met some new friends.



Members and their families celebrated CNY on Feb 25. Students from Studio 9 performed couple dances, adding energy and life to our festivities.



ALP Talk

Date: **Thursday May 17, 2018**

Time: **12:30 to 1:30 pm**

Topic: **First Aid at a Glance (Cantonese)**

Speaker: **Mr. Peter Lam**

Fee: **\$3**

Join us and learn how to save someone's life. A light lunch will be served. **Please reserve your spot by May 14, 2018** at the 105 Gibson Reception 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.

