

**GENERAL INFORMATION:**

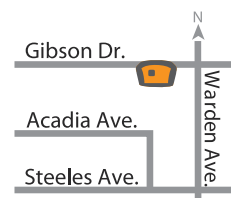
- Full payment can be made using cash, cheque (payable to 105 Gibson Centre), or credit card. Class materials may incur additional charges.
- Registrants may receive full refund if they decide to withdraw two weeks before the first class
- If the program is cancelled due to insufficient enrollment or 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.
- Full refund will be issued only if withdraw two weeks before the first lesson or class cancelled.
- NO refund will be allowed after second lesson.
- \$5 Administration Fee will be charged for any class withdrawal.

**105 GIBSON CENTRE - HOURS OF OPERATIONS**

Monday - Friday : 10 am - 10 pm  
 Saturday : 9 am - 10 pm  
 Closed on Sundays and Statutory Holidays

**CULTURAL CAFÉ - HOURS OF OPERATIONS**

Monday - Friday : 11 am - 7 pm  
 Saturday : 11 am - 4 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  
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@105Gibson

**SPORTS & EXERCISE**

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.*	Remarks
SK00-F18	Karate	\$30/mth.	Sep 7	Dec 21	Friday	7:30pm - 9:00pm	16	All Ages	E	Adopt a healthy lifestyle. Exam and other karate membership fee are not included. \$25/mth for additional family members
ETC01-F18	Tai Chi	[Term 1] \$35	Sep 6	Oct 18	Thursday	2:00pm - 3:00pm	7	Age 18+	E / C	The gentle movements reduce stress and restore calmness. Improve balance, flexibility, circulation, and well-being.
ETC02-F18		[Term 2] \$35	Nov 1	Dec 13	Thursday	2:00pm - 3:00pm	7			
VIPTC01-F18	VIP Tai Chi Classes <b>NEW</b>	[Term 1] \$21	Sep 6	Oct 18	Thursday	3:00pm - 4:00pm	7	Age 18+	E / C	The class is designed for the "Visually Impaired People" and their family members. It will cover Yang style Tai Chi and information on healthy living. The Tai Chi movements will be adjusted in accordance with the needs and capability of the VIP.
VIPTC02-F18		[Term 2] \$21	Nov 1	Dec 13	Thursday	3:00pm - 4:00pm	7			
EFTC01-F18	Fitness & Yang style Simplified Tai Chi	[Term 1] \$63	Sep 1	Oct 27	Saturday	1:00pm - 3:00pm	9	Age 18+	E / C	Strength muscle, balance, physical control and regulate breathing, improve heart function and physical flexibility.
EFTC02-F18		[Term 2] \$49	Nov 3	Dec 15	Saturday	1:00pm - 3:00pm	7			
STA-F18	Taekwondo (White Belt to Green Belt)	\$285 / 25 Classes \$505 / 50 Classes \$880 / 100 Classes	Sep 5	Dec 21	Wed, Thur, Fri	5:00pm - 6:00pm		Age 5-9	E / K / C / M	Learn techniques, patterns, sparring, self-defense and theories. This program is affiliated with the International Taekwon-Do Federation. Students can obtain international recognition level and qualifications. Visit choongmootkd.com for more details. Training Fee: \$285 / 25 classes (Valid 6 months), \$505 / 50 classes (Valid 8 months), \$880 / 100 classes (Valid 14 months) (All training fee are not allowed Exchange or Refund)
STB-F18	Taekwondo (Blue Belt to Black Belt)		Sep 5	Dec 21	Wed, Thur, Fri	6:00pm - 7:00pm		Age 10+		
ELD101-F18	Line Dance Level 1		[Term 1] \$35	Sep 10	Oct 29	Monday	10:00am - 11:15am	7		
ELD102-F18		[Term 2] \$35	Nov 5	Dec 17	Monday	10:00am - 11:15am	7			
ELD201-F18	Line Dance Level 2	[Term 1] \$40	Sep 14	Oct 26	Friday	2:30pm - 3:15pm	8	Age 18+	E / C	Taught by a certified Zumba instructor to exercise different body parts and strengthen muscle.
ELD202-F18		[Term 2] \$40	Nov 2	Dec 21	Friday	2:30pm - 3:15pm	8			
EZF01-F18	Zumba Fitness [Term 1]	\$40	Sep 14	Oct 26	Friday	1:00pm - 2:15pm	8	Age 18+	E / C	Taught by a certified Zumba instructor to exercise different body parts and strengthen muscle.
EZF02-F18	Zumba Fitness [Term 2]	\$40	Nov 2	Dec 21	Friday	1:00pm - 2:15pm	8			
EOHT01-F18	Rouge Park Hiking <b>NEW</b>	[Term 1] \$25	Sep 4	Oct 2	Tuesday	9:00am - 11:00am	5	Age 18+	E / C	Improve physical fitness and mental health through walking and hiking within GTA. First class will be from 10:00am - 12:00pm and is an indoor lesson.
EOHS01-F18		[Term 1] \$25	Sep 8	Oct 6	Saturday	9:00am - 11:00am	5			
EOHT02-F18		[Term 2] \$25	Oct 9	Nov 5	Tuesday	9:00am - 11:00am	5			
EOHS02-F18		[Term 2] \$25	Oct 13	Nov 10	Saturday	9:00am - 11:00am	5			
EPT-F18	Pickleball Training <b>NEW</b>	\$30	Sep 17	Oct 29	Monday	1:30pm - 3:30pm	6	All Ages	E	Pickleball is a combination of tennis, badminton and table tennis. With medium physical requirement, suitable for all ages
SSH-F18	Hoop and Shoot	\$42	Sep 18	Dec 4	Tuesday	4:00pm - 5:30pm	12	Gd.4 - Gd.8	E	Activities include physical training, passing, dribbling, shooting, defense, rules, match basics, sportsmanship and team spirit.

**YOUTH PROGRAM**

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.*	Remarks
YSI-F18	Youth Success Initiatives	Free	Sep 15	Dec 15	Saturday	10:00am - 1:00pm	-	Grades 9-12	E	Free tutoring services in math, science or ESL in the Ontario curriculum. Offered for low income families. An eligibility review will be conducted before acceptance.
YSW-F18	Strength Workshop for Young Adults	\$20	Oct 6	Oct 20	Saturday	9:30am - 11:30am	2	Age 17-25	E	Discover your strengths and unlock your potential using the StrengthsQuest test.
AMT-F18	A Meal Together	Free	Sep 6	Dec 20	Thursday	4:00pm - 8:00pm	-	Grade 9 to Uni /College	E	Build friendship through sharing a free meal with youths in the community. Sports activity available. Limited seating. 24 hours advance booking required.

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.

September to December, 2018



**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 Institute, Community Classroom, Community Needs (food bank, thrift store, free tax clinic), Sports Program and other recreational activities.

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.*	Remarks
MVB01-F18	Fun with the Violin	Basic/Starter [Term 1]	Sep 8	Oct 13	Saturday	10:30am - 11:30am	6	All Ages	E / C / M	Learn basic techniques in playing violin, fundamentals of reading music, and understanding music theory. Must bring own violin and music stand.
MVB02-F18		[Term 2]	Oct 20	Nov 24	Saturday	10:30am - 11:30am	6			
MVI01-F18		Intermediate [Term 1]	Sep 8	Oct 13	Saturday	9:30am - 10:30am	6			
MVI02-F18		[Term 2]	Oct 20	Nov 24	Saturday	9:30am - 10:30am	6			
MES01-F18	Fun with the Erhu Basic	[Term 1]	Sep 8	Oct 13	Saturday	12:00pm - 1:00pm	6	All Ages	E / C / M	Learn basic techniques in playing erhu, fundamentals of reading simplified and traditional music, and music theory. Must bring own erhu and music stand.
MES02-F18		[Term 2]	Oct 20	Nov 24			6			
MSC01-F18	Singing Class	[Term 1]	Sep 9	Oct 29	Monday	7:30pm - 9:00pm	7	Age 18+	C / M	Improve vocal techniques, diction and breathing through singing of Cantonese pops and gospel songs.
MSC02-F18		[Term 2]	Nov 5	Dec 17			7			
MGVS01-F18	Good Voice Singing Studio	[Term 1]	Sep 6	Oct 25	Thursday	7:30pm - 9:30pm	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-F18		[Term 2]	Nov 1	Dec 13			7			
MVTW01-F18	Adult Vocal Training	[Term 1] Wed	Sep 5	Oct 24	Wednesday	6:00pm - 8:30pm	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.
MVTF01-F18		[Term 1] Fri	Sep 7	Oct 26	Friday	7:00pm - 8:30pm	8			
MVTW02-F18	Adult Vocal Training	[Term 2] Wed	Nov 7	Dec 19	Wednesday	6:00pm - 8:30pm	7			
MVTF02-F18		[Term 2] Fri	Nov 2	Dec 21	Friday	7:00pm - 8:30pm	8			
GCCF01-F18	Cooking Class <span style="color: orange;">NEW</span>	[Sept] Fri	Sep 7	Sep 28	Friday	10:00am - 2:00pm	4	Age 18+	E / C	Each month will offer 4 topics and will repeat for each month. 1st week : Eating well to prevent cancer 2nd week : Dessert for Diabetics 3rd week : High-calcium food 4th week : Prevention for high blood pressure, high glucose and high triglyceride levels
GCCF02-F18		[Oct] Fri	Oct 5	Oct 26			4			
GCCF03-F18		[Nov] Fri	Nov 2	Nov 23			4			
GCCF04-F18		[Dec] Fri	Nov 30	Dec 21			4			
GCCS01-F18	Cooking Class <span style="color: orange;">NEW</span>	[Sept] Sat	Sep 8	Sep 29	Saturday	10:00am - 2:00pm	4	Age 18+	E / C	
GCCS02-F18		[Oct] Sat	Oct 6	Oct 27			4			
GCCS03-F18		[Nov] Sat	Nov 3	Nov 24			4			
GCCS04-F18		[Dec] Sat	Dec 1	Dec 22			4			
ACC01-F18	Chinese Calligraphy <span style="color: orange;">NEW</span>	[Term 1]	Sept 5	Oct 31	Wednesday	6:30pm - 8:00pm	9	Age 18+	E / C	Learn basic Chinese calligraphy techniques such as holding the brush, paper and ink selection etc.
ACC02-F18		[Term 2]	Nov 7	Dec 19			7			

## Other Services

**FOOD BANK**  
Open year-round. If you are in need of food, please call 905.4946.8787 to make an appointment.

**CULTURAL CAFÉ**  
Serves drinks, refreshments and light lunches. The renowned HK style milk tea is a must-try! The 105 Gibson Cultural Cafe is operated by Joy Beyond Vision Community and its visually impaired staff.

**RENTALS**  
We offer short- or long-term rental solutions with catering options. Our rooms range from 280 ft<sup>2</sup> to 6,800 ft<sup>2</sup> in size, providing you with plenty of options to host your event. For more info, please visit [www.105gibson.com](http://www.105gibson.com) or call 905.946.8787.

## Upcoming Events

**Walk A Mile In Their Shoes Walkathon**  
Saturday September 22.

**Doors Open Markham**  
Saturday September 22, 12 to 4 pm.

**105 Gibson 5th Anniversary Thanksgiving Dinner**  
Sunday September 23.

**Abundant Life Institute Christmas Lunch**  
Thursday December 6.

**105 Gibson Community Christmas Celebration**  
Saturday December 15.

**Newcomer Christmas Celebration**  
Sunday December 16.

**A Meal Together Christmas Celebration**  
Thursday December 20.

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.*	Remarks
CAP-F18	Financial Literacy Course	\$10	Oct 13	Oct 27	Saturday	10:00am - 12:00pm	3	All Ages	E	Learn how to manage your finance with a cash-based system. Learn about budgeting, saving, giving and preventing debt. Course is designed by award winning debt counselling charity Christians Against Poverty. \$10 refundable upon completion.
MSH-F18	Adult Diabetes Outpatient Education	Free (OHIP Covered)	-	-	Tuesday Thursday	9:00am - 1:00pm 1:00pm - 5:00pm	-	Age 18+	C / M	With diabetes or pre-diabetes with doctor referral. Note: To enquire please leave a message on voice mail 905.472.7527 ext 2.
VIGA01-F18	Earth Care Thru Indoor Farming	\$60	Oct 2	Oct 23	Tuesday	7:00pm - 8:30pm	4	Age 8+ & Families	E / C / M	Learn to grow healthy herbs and vegetables in an indoor natural water-based ecosystem. Fee includes materials.
PTW-F18	Parenting Teenagers Workshop	\$20	Oct 5	Dec 7	Friday	7:30pm - 9:00pm	10	Age 18+	C / M	How to nurture a healthy relationship with your teenage child and help him/her grow into a mature person with good character and positive values?

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

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 Institute - Fall 2018 (Sep - Dec) Class Schedule

Monday

Tuesday

Wednesday

Thursday

Code	Course Name	Fee	Start Date	End Date	Time	#Classes	Course Description	Track
ALSC01-F18	Singing Class	\$15	Sep 10	Oct 15	10:00am - 11:00am	5	Learn about breathing techniques and diction for contemporary songs	Arts
ALCE-F18	Community Exercise	Free	Sep 10	Dec 24	11:00am - 12:00pm	16	Learn to balance the body and endurance through stretching	Wellness
ALCL01-F18	Chinese Dance Class <b>NEW</b>	\$40	Sep 10	Oct 29	2:15pm - 3:45pm	7	Learn about the Chinese culture through traditional dances	Arts
ALCL02-F18	Chinese Dance Class <b>NEW</b>	\$40	Nov 5	Dec 31	2:15pm - 3:45pm	8		
EPT-F18	Pickleball Training <b>NEW</b>	\$20	Sep 17	Oct 29	1:30pm - 3:30pm	6	Pickleball is a combination of tennis, badminton and table tennis. With medium physical requirement, suitable for all ages	Wellness
ALCP01-F18	Chinese Landscape, Floral and Bird Art Class	\$40	Sep 4	Oct 23	10:30am - 12:00pm	8	Use your imagination to paint scenery and birds	Arts
ALC01-F18	Calligraphy Intermediate	\$40*	Sep 4	Oct 30	10:00am - 11:30am	8	Learn about holding and writing with a calligraphy brush	Arts
ALC02-F18	Calligraphy Intermediate	\$30*	Nov 6	Dec 11	10:00am - 11:30am	6		
ALCC-F18	Perspectives in Chinese Culture <b>NEW</b>	Free	Sep 4	Oct 23	10:00am - 11:30am	8	How has the philosophy of Chinese traditional medicine affected the Chinese politics?	Literacy
ALCT-F18	Art in Chinese Tea <b>NEW</b>	Free	Oct 9	Oct 30	2:00pm - 3:30pm	4	Learn about the different categories of tea, selection, brewing and preservation	Literacy
ALESS01-F18	Full Body Stretching Exercise	\$40	Sep 4	Oct 23	1:00pm - 2:00pm	8	Improve joint and muscle through stretching exercises	Wellness
ALESS02-F18	Full Body Stretching Exercise	\$40	Nov 6	Dec 18	1:00pm - 2:00pm	8		
ALSF01-F18	Six Circulation Fist	\$24	Sep 4	Oct 30	2:00pm - 3:30pm	8	Improve blood circulation through six circulation fist exercises	Wellness
ALSF02-F18	Six Circulation Fist	\$24	Oct 30	Dec 18	2:00pm - 3:30pm	8		
ALSD01-F18	Wellness Square Dance	\$24	Sep 4	Oct 23	2:00pm - 3:30pm	8	Learn this group dance that is very popular in China	Wellness
ALSD02-F18	Wellness Square Dance	\$24	Oct 30	Dec 18	2:00pm - 3:30pm	8		
ALM01-F18	Basic Mandarin	\$24	Sep 5	Oct 31	1:00pm - 2:00pm	9	Learn basic pinyin, tones and phrases for daily conversation uses	Literacy
ALM02-F18	Basic Mandarin	\$24	Nov 7	Dec 19	1:00pm - 2:00pm	7		
ALESL-F18	Practical English <b>NEW</b>	Free	Sep 5	Dec 19	1:00pm - 2:15pm	11	Learn simple English phrases for daily use. No classes from Oct 24 to Nov 21	Literacy
ALED01-F18	Dancercise	\$24	Sep 12	Oct 24	1:30pm - 2:30pm	8	Strength your muscle through zumba dance	Wellness
ALED02-F18	Dancercise	\$24	Oct 31	Dec 19	1:30pm - 2:30pm	8		
ALCCM-F18	Creative Card Making <b>NEW</b>	\$30**	Oct 3	Dec 5	2:30pm - 3:15pm	10	Create your own greeting cards while training your eye-hand coordination (English)	Arts
ALBBD01-F18	Brain Beat Dance	\$24	Sep 6	Oct 25	10:00am - 11:00am	8	Improve short term memory and limb coordination through this dance	Wellness
ALBBD02-F18	Brain Beat Dance	\$24	Nov 1	Dec 20	10:00am - 11:00am	8		
ALCM01-F18	Health Talks in Chinese Medicine	\$60	Sep 6	Nov 22	2:00pm - 3:15pm	12	Learn about the reasons for common ailments, the diagnosis and treatment through Chinese traditional medicine	Wellness
ALCE-F18	Community Exercise	Free	Sep 6	Dec 27	11:00am - 12:00pm	17	Learn to balance the body and endurance through stretching	Wellness
SPB-F18	Pickleball <b>NEW</b>	\$40	Sep 6	Nov 29	1:30pm - 3:30pm	13	Pickleball is a combination of tennis, badminton and table tennis. With medium physical requirement, suitable for all ages	Wellness
ALSS-F18	Life Story Sharing <b>NEW</b>	Free	Sep 6	Oct 25	1:00pm - 2:45pm	8	Sharing stories and inspire, enrich each other's life!	Spiritual

\* material fees \$5  
 \*\* material fees \$50

**Remarks:** 1. ALI uses two fee structures :  
 A. A la carte fee by course. Members 65 years or above receive a 50% discount on course fee(s) ONLY. Discount not applicable to material fee.  
 B. All-you-can-learn fee for a maximum of 10 courses per term (except Cooking Class). Payment must be received at beginning of each term (Jan 1, May 1 and Sept 1). Fees will not be refunded and includes graduation fee but not material fees.  
 a) Abundant fee : \$105 (65+)  
 b) Regular fee : \$200 (under 65)

2. Members can enroll in a maximum of 2 free courses per term.  
 3. Refund policy : members can withdraw from individual courses before the second class. Fees will not be refunded for class(es) already attended. \$5 admin fee applies. No refund will be allowed after 2 weeks.

## Our Goal

To serve the retired and semi-retired by bringing fulfillment, love and abundance to their lives by providing them lifelong learning opportunities through five tracks of learning: Health and Wellness; Literacy; Arts and Crafts; Spiritual and Life Concerns; and Community Engagement. ALI offers a wide range of courses and activities to expand their horizons with the hope that they will be empowered to lead a healthy life in their retirement years.

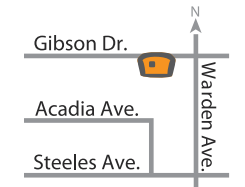
## Our Belief

- Lifelong learning regardless of qualification, age, gender, religion and ethnicity
- Pleasurable learning to sustain contributions to society
- Fostering peer support system
- Pursuing quality education and services

Join as a member of the **Abundant Life Institute**. The annual membership fee is \$20 from September 1 to August 31 and is \$10 from March 1 to August 31. 65 years or above receive a 50% discount. Members enjoy a number of benefits, including free classes and discounted member program prices. ALI also holds regular luncheon meetings and workshops.

**105 GIBSON CENTRE**  
 105 Gibson Drive  
 Markham, ON L3R 3K7

905.946.8787  
 info@105gibson.com  
**www.105gibson.com**



# Abundant Life Institute - Fall 2018 (Sep - Dec) Class Schedule

Friday

Code	Course Name	Fee	Start Date	End Date	Time	#Classes	Course Description	Track
ALCB01-F18	Calligraphy Beginner	\$40*	Sep 7	Oct 26	12:00pm - 1:30pm	8	Learn about holding and writing with a calligraphy brush	Arts
ALCB02-F18	Calligraphy Beginner	\$30*	Nov 9	Dec 14	12:00pm - 1:30pm	6		Arts
ALTC01-F18	Tai Chi	\$40	Sep 7	Oct 26	10:00am - 11:30am	8	Learn way to follow taichi moves to strengthen your body health	Wellness
ALTC02-F18	Tai Chi	\$40	Nov 2	Dec 14	10:00am - 11:30am	7		Wellness
ALPD01-F18	Praise Dance	\$24	Sep 7	Oct 26	11:00am - 12:00pm	8	Dancing through praises according to hymn lyrics and improve overall health	Wellness
ALPD02-F18	Praise Dance	\$24	Nov 2	Dec 14	11:00am - 12:00pm	7		Wellness
ALTC01-F18	Tai Chi Sword 42 Form	\$40	Sep 7	Oct 26	2:00pm - 3:30pm	8	Improve body balance, blood circulation and flexibility	Wellness
ALTC02-F18	Tai Chi Sword 42 Form	\$40	Nov 2	Dec 21	2:00pm - 3:30pm	8		Wellness
AL101-F18	Abundance101 <b>NEW</b>	Free	Oct 5	Oct 26	2:00pm - 3:15pm	4	Preparation for aging through understanding social resources to achieve personal growth	Spiritual
GCCF01-F18	Cooking Class (Sep) <b>NEW</b>	\$38/class	Sep 7	Sep 28	10:00am - 2:00pm	4	<b>Cooking Class :</b> Each month will offer 4 topics and will repeat for each month. 1st week : Eating well to prevent cancer 2nd week : Dessert for Diabetics 3rd week : High-calcium food 4th week : Prevention for high blood pressure, high glucose and high triglyceride levels <i>Senior Discount not applicable</i>	Wellness
GCCF02-F18	Cooking Class (Oct) <b>NEW</b>	\$38/class	Oct 5	Oct 26	10:00am - 2:00pm	4		Wellness
GCCF03-F18	Cooking Class (Nov) <b>NEW</b>	\$38/class	Nov 2	Nov 23	10:00am - 2:00pm	4		Wellness
GCCF04-F18	Cooking Class (Dec) <b>NEW</b>	\$38/class	Nov 30	Dec 21	10:00am - 2:00pm	4		Wellness
GCCS01-F18	Cooking Class (Sep) <b>NEW</b>	\$38/class	Sep 8	Sep 29	10:00am - 2:00pm	4	<b>Cooking Class :</b> Each month will offer 4 topics and will repeat for each month. 1st week : Eating well to prevent cancer 2nd week : Dessert for Diabetics 3rd week : High-calcium food 4th week : Prevention for high blood pressure, high glucose and high triglyceride levels <i>Senior Discount not applicable</i>	Wellness
GCCS02-F18	Cooking Class (Oct) <b>NEW</b>	\$38/class	Oct 6	Oct 27	10:00am - 2:00pm	4		Wellness
GCCS03-F18	Cooking Class (Nov) <b>NEW</b>	\$38/class	Nov 3	Nov 24	10:00am - 2:00pm	4		Wellness
GCCS04-F18	Cooking Class (Dec) <b>NEW</b>	\$38/class	Dec 1	Dec 22	10:00am - 2:00pm	4		Wellness
5KM01-F18	Jogging Training <b>NEW</b>	\$24	Sep 1	Oct 27	8:30am - 9:45am	9	Train your body and your endurance through slow runs	Wellness
5KM02-F18	Jogging Training <b>NEW</b>	\$24	Nov 3	Dec 29	8:30am - 9:45am	9		Wellness
ALFM-F18	Financial Management After Retirement <b>NEW</b>	Free	Oct 6	Oct 27	2:00pm - 3:00pm	4	Introduction to basic financial management, income and expenses after retirement and tax system	Literacy

Saturday

Upcoming Events

Event	Date	Weekday	Time	Place	Description
Abundant Life Institute Opening Ceremony	Sep 6	Thursday	10:45am - 11:15am	105 Gibson Centre	Celebrate the launch of Abundant Life Institute
Fun with Hiking	Oct 13	Saturday	10:00am - 12:30pm	GTA Hiking Trail	Joint venture with Toronto Bruce Trail Club
Grand Birthday Party	Oct 20	Saturday	2:00pm - 4:00pm	105 Gibson Centre	Members celebrate birthdays and receive celebratory certificates from the government
Diabetic and Heart Diseases Workshop	Nov 3	Saturday	9:00am - 5:00pm	105 Gibson Centre	Hosted by the Canadian Heart and Stroke Foundation. Conducted in Cantonese

Events Highlight

**Asian Heritage Month:**  
About 50 participants visited the York Region Police Headquarter.

**Abundant Life Court**, with the completion of the second phase of 105 Gibson Centre, started its service in March 25, 2018. Programs in the grand opening of the ALI included accordion, karaoke and praise dance.

## ALI Talk

Topic : **Osteoporosis and Exercise (Cantonese)**  
 Date : Thursday September 13, 2018  
 Time : 12:15 to 2:00pm  
 Speaker : Neville Lau, R.Ac.  
 Fee : \$3 (A light lunch will be served)  
 Join us and learn how to save someone's life. Please reserve your seat by September 10, 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 Institute (ALI) hosts an ALI Talk in the winter, summer and autumn with the purpose to provide a relaxing and fun time for ALI members to build friendship through interactive workshops and interesting activities.

### Message from Pastor Monica Chan Director of Older Adult Services

Abundant Life Institute will commence in September! As the health and educational levels for the retired older adults (or commonly known as the Third Age group) are improving, they can conduct lifelong study through self-help and helping others.

ALI imitates the University of Third Age (U3A) model, an education system for retirees that started in France in 1970s with no educational background requirement or evaluation restrictions, so they can improve their quality of life. Currently U3A are established worldwide. ALI is offering 28 courses this term including 7 free ones. We hope you can select from different tracks to maximize your experience!



Thank you to the staff and volunteers who worked tirelessly to setup ALI. They are Kam Chan, Winston and Ruby Chiu, Leo and Louisa Fung, Mike Lam, Rev. Derek and Ena Ng, Fanny Ng and Elizabeth Chan.