

**GENERAL INFORMATION:**

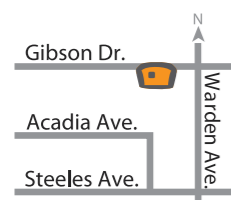
- Full payment can be made using cash, cheque (payable to 105 Gibson Centre), or credit card. Class materials may incur additional charges.
- Registrants may receive full refund if they decide to withdraw two weeks before the first class
- If the program is cancelled due to insufficient enrollment or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



@105Gibson

**SPORTS & EXERCISE**

| Code    | Course Name                          | Fee   | Start Date | End Date | Weekday  | Time              | # Classes | Age      | Lang.*        | Remarks  |
|---------|--------------------------------------|---|------------|----------|----------|-------------------|-----------|----------|---------------|--|
| ELD101  | Line Dance Level 1 [Term 1]          | \$25  | Jan 7      | Feb 25   | Monday   | 10:30am - 11:45am | 5         | Age 18+  | E / C         | Taught by a certified line dance instructor and is designed for those with some line dance experience.   |
| ELD102  | Line Dance Level 1 [Term 2]          | \$45  | Mar 4      | Apr 29   | Monday   | 10:30am - 11:45am | 9         |          |               |  |
| STA     | Taekwondo (White Belt to Green Belt) | \$285 / 25 Classes                                  | Jan 21     | Apr 22   | Monday   | 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. |
| STB     | Taekwondo (Blue Belt to Black Belt)  | \$505 / 50 Classes<br>\$880 / 100 Classes           | Jan 21     | Apr 22   | Monday   | 6:00pm - 7:00pm   | -         | Age 10+  |               |  |
| SSH     | Hoop and Shoot                       | \$42  | Feb 26     | May 14   | Tuesday  | 4:00pm - 5:30pm   | 11        | All Ages | E / C         | Basketball skills such as physical training, passing, dribbling, shooting, defense, rules, match basics, sportsmanship and team spirit.  |
| STA     | Taekwondo (White Belt to Green Belt) | \$285 / 25 Classes                                  | Jan 22     | Apr 23   | Tuesday  | 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. |
| STB     | Taekwondo (Blue Belt to Black Belt)  | \$505 / 50 Classes<br>\$880 / 100 Classes           | Jan 22     | Apr 23   | Tuesday  | 6:00pm - 7:00pm   | -         | Age 10+  |               |  |
| ETC01   | Tai Chi [Term 1]                     | \$35  | Jan 10     | Feb 28   | 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   | Tai Chi [Term 2]                     | \$35  | Mar 7      | Apr 18   | Thursday | 2:00pm - 3:00pm   | 7         |          |               |  |
| VIPTC01 | VIP Tai Chi Classes [Term 1]         | \$21  | Jan 10     | Feb 28   | 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 | VIP Tai Chi Classes [Term 2]         | \$21  | Mar 7      | Apr 18   | Thursday | 3:00pm - 4:00pm   | 7         |          |               |  |
| STA     | Taekwondo (White Belt to Green Belt) | \$285 / 25 Classes                                  | Jan 24     | Apr 25   | Thursday | 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. |
| STB     | Taekwondo (Blue Belt to Black Belt)  | \$505 / 50 Classes<br>\$880 / 100 Classes           | Jan 24     | Apr 25   | Thursday | 6:00pm - 7:00pm   | -         | Age 10+  |               |  |
| EZF01   | Zumba Fitness [Term 1]               | \$20  | Jan 11     | Feb 22   | Friday   | 1:00pm - 2:15pm   | 4         | Age 18+  | E / C         | Taught by a certified Zumba instructor to exercise different body parts and strengthen muscle.   |
| EZF02   | Zumba Fitness [Term 2]               | \$40  | Mar 1      | Apr 26   | Friday   | 1:00pm - 2:15pm   | 8         |          |               |  |
| ELD201  | Line Dance Level 2 [Term 1]          | \$20  | Jan 11     | Feb 22   | Friday   | 2:30pm - 4:00pm   | 4         | Age 18+  | E / C         | Taught by a certified line dance instructor and is designed for those with some line dance experience.   |
| ELD202  | Line Dance Level 2 [Term 2]          | \$40  | Mar 1      | Apr 26   | Friday   | 2:30pm - 4:00pm   | 8         |          |               |  |
| SK00    | Karate                               | \$30/mth.<br>\$25/mth for additional family members | Jan 4      | Apr 26   | Friday   | 7:30pm - 9:00pm   | 16        | All Ages | E             | Encourage young people to adopt a healthy living style. Exam and other karate membership fee are not included.   |
| EFTC01  | Fitness & Yang style [Term 1]        | \$56  | Jan 5      | Feb 23   | Saturday | 1:00pm - 3:00pm   | 8         | Age 18+  | E / C         | Strength muscle, balance, physical control and regulate breathing, improve heart function and physical flexibility.  |
| EFTC02  | Simplified Tai Chi [Term 2]          | \$63  | Mar 2      | Apr 27   | Saturday | 1:00pm - 3:00pm   | 9         |          |               |  |

**SPORTS DROP IN**

| Sport        | Fee                             | Weekday               | Time                                |
|--------------|---------------------------------|-----------------------|-------------------------------------|
| Badminton    | \$5/person or \$20 Monthly Pass | Wednesday<br>Saturday | 7:00pm - 10:00pm<br>4:00pm - 7:00pm |
| Basketball   | \$7/person                      | Wednesday<br>Saturday | 4:00pm - 6:30pm<br>7:00pm - 9:30pm  |
| Pickleball   | \$4/person                      | Monday<br>Thursday    | 1:30pm - 3:30pm<br>1:30pm - 3:30pm  |
| Table Tennis | \$5/person or \$15 Monthly Pass | Wednesday<br>Saturday | 7:00pm - 10:00pm<br>4:00pm - 7:00pm |

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

**January to April, 2019**



**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), Out of the Cold, Sports Program and other recreational activities.

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



| Code               | Course Name  | Fee             | Start Date      | End Date         | Weekday                | Time                                   | # Classes | Age      | Lang. *   | Remarks  |
|--------------------|--|-----------------|-----------------|------------------|------------------------|--|-----------|----------|-----------|--|
| MSC01<br>MSC02     | Singing Class<br>Singing Class                                       | \$42<br>\$54    | Jan 7<br>Mar 4  | Feb 25<br>Apr 29 | Monday<br>Monday       | 7:30pm - 9:00pm<br>7:30pm - 9:00pm     | 7<br>9    | 18+      | C         | Improve vocal techniques, diction and breathing through singing of Cantonese pops and gospel songs.  |
| MVTW01<br>MVTW02   | Adult Vocal Training<br>Adult Vocal Training                         | \$100<br>\$100  | Jan 9<br>Mar 6  | Feb 27<br>Apr 24 | Wednesday<br>Wednesday | 7:00pm - 9:00pm<br>7:00pm - 9:00pm     | 8<br>8    | 18+      | C         | Learn, practice and improve singing techniques and build self-confidence through singing Chinese pop songs. Taught by an award winning singer.           |
| MGVSA01<br>MGVSA02 | Good Voice Singing Class A<br>Good Voice Singing Class A             | \$63<br>\$72    | Jan 17<br>Mar 7 | Feb 28<br>Apr 25 | Thursday<br>Thursday   | 6:30pm - 8:30pm<br>6:30pm - 8:30pm     | 7<br>8    | 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.    |
| MGVSB01<br>MGVSB02 | Good Voice Singing Class B<br>Good Voice Singing Class B             | \$63<br>\$72    | Jan 17<br>Mar 7 | Feb 28<br>Apr 25 | Thursday<br>Thursday   | 7:30pm - 9:30pm<br>7:30pm - 9:30pm     | 7<br>8    |          |           |  |
| MVTF01<br>MVTF02   | Adult Vocal Training<br>Adult Vocal Training                         | \$87.5<br>\$100 | Jan 11<br>Mar 8 | Feb 22<br>Apr 26 | Friday<br>Friday       | 7:00pm - 8:30pm<br>7:00pm - 8:30pm     | 7<br>8    | 18+      | C         | Learn, practice and improve singing techniques and build self-confidence through singing Chinese pop songs. Taught by an award winning singer.           |
| MVI01<br>MVI02     | Fun with the Violin Intermediate<br>Fun with the Violin Intermediate | \$64<br>\$64    | Jan 5<br>Mar 2  | Feb 23<br>Apr 27 | Saturday<br>Saturday   | 9:30am - 10:30am<br>9:30am - 10:30am   | 8<br>8    | All Ages | E / C / M |  |
| MVB01<br>MVB02     | Fun with the Violin Basic<br>Fun with the Violin Basic               | \$64<br>\$64    | Jan 5<br>Mar 2  | Feb 23<br>Apr 27 | Saturday<br>Saturday   | 10:30am - 11:30am<br>10:30am - 11:30am | 8<br>8    | 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.          |
| MVJ01<br>MVJ02     | Fun with the Violin Junior<br>Fun with the Violin Junior             | \$40<br>\$40    | Jan 5<br>Mar 2  | Feb 23<br>Apr 27 | Saturday<br>Saturday   | 11:30am - 12:00pm<br>11:30am - 12:00pm | 8<br>8    | 5-10     |           |  |
| MES01<br>MES02     | Fun with the Erhu Basic<br>Fun with the Erhu Basic                   | \$64<br>\$64    | Jan 5<br>Mar 2  | Feb 23<br>Apr 27 | Saturday<br>Saturday   | 12:00pm - 1:00pm<br>12:00pm - 1:00pm   | 8<br>8    | 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. |

| Code | Course Name               | Fee  | Start Date | End Date | Weekday  | Time                                     | # Classes | Age         | Lang. * | Remarks   |
|------|---------------------------|------|------------|----------|----------|--|-----------|-------------|---------|---|
| AMT  | A Meal Together           | Free | Jan 10     | Jun 6    | Thursday | 3:30pm - 7:30pm                          | -         | Ages 14-22  | E       | Build friendship through sharing a free meal with youths in the community. Sports activity available. Limited seating. 24 hours advance booking required. |
| YSI  | Youth Success Initiatives | Free | Jan 12     | Jun 8    | Saturday | 10:00am - 11:30am<br>or 11:30am - 1:00pm | -         | Grades 9-12 | E       | Free tutoring services in math, science or ESL in the Ontario curriculum. Offered for high school students in need.                                       |

| Code   | Course Name                    | Fee  | Start Date | End Date | Weekday  | Time              | # Classes | Age           | Lang. *   | Remarks   |
|--------|--------------------------------|------|------------|----------|----------|-------------------|-----------|---------------|-----------|---|
| VIGA01 | Earth Care Thru Indoor Farming | \$60 | Jan 15     | Jan 29   | Tuesday  | 7:00pm - 8:30pm   | 3         | 8+ & Families | E / C / M | Learn to grow healthy herbs and vegetables in an indoor natural water-based ecosystem. Fee includes materials.  |
| CAP    | Financial Literacy Course      | \$10 | Apr 6      | Apr 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. |

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.

## Other Services

### THRIFT STORE

Selling high quality items at lower cost and encouraging green environmental initiatives. All proceeds support programs and services at the Centre. Please visit [www.105gibson.com](http://www.105gibson.com) for store opening hours.

### FOOD BANK

Open year-round. If you are in need of food, please call 905.946.8787 ext.107 or email [fooddrive@105gibson.com](mailto:fooddrive@105gibson.com) to make an appointment.

### 105 Gibson Centre FREE Tax Clinic

**From March 2 to April 28**, 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 \$35,000
- Family income less than \$50,000
- No business or rental income
- No investment income
- Foreign properties less than \$100,000

By APPOINTMENT only

Every Saturday and Sunday, March 2 to April 28, 2019  
Saturday: 9:30 am to 12:30 pm  
Sunday: 2:30 to 5:30 pm

English, Cantonese and Mandarin services available.

Please leave a message at 905-946-8787 ext 168 or email [taxclinic@105gibson.com](mailto:taxclinic@105gibson.com) if you meet the above criteria to book.

### 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.

# 105 Gibson Abundant Life Institute - Winter 2019 (Jan - Apr) Class Schedule

105 Gibson  
Abundant Life Institute

MON

| Code   | Course Name            | Fee           | Start Date | End Date | Time                | #Classes | Credit | Description   | Instructor                                   | Track    |
|--------|------------------------|---------------|------------|----------|---------------------|----------|--------|---|--|----------|
| ALSC01 | Singing Class [Term 1] | \$32          | Jan 7      | Feb 25   | 10:00 - 11:00 am    | 8        | 0.5    | Learning the technique of breathing, vocalization and resonance so to express the Cantonese opera and popular songs                                   | Stella Kwok                                  | Arts     |
| ALSC02 | Singing Class [Term 2] | \$32          | Mar 4      | Apr 29   | 10:00 - 11:00 am    | 7        | 0.5    |   |  |          |
| ALCM   | Mandarin 101           | \$50          | Mar 4      | Apr 29   | 10:00 am - 12:00 pm | 9        | 1      | Learn basic pinyin and phrases for daily conversation uses  | Bibiana Yee                                  | Literacy |
| SPB    | Pickleball Drop-in     | \$3 per class | Jan 7      | Apr 29   | 1:30 - 3:30 pm      | 16       | -      | Pickle Ball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs (non member \$4 per class) | Terry Tong                                   | Wellness |
| ALCD01 | Chinese Dance [Term 1] | \$50          | Jan 7      | Feb 25   | 2:15 - 3:45 pm      | 7        | 0.5    | Learn about the Chinese culture through traditional dances  | Allyson Chiu<br>Florence Chu<br>Sophie Chung | Arts     |
| ALCD02 | Chinese Dance [Term 2] | \$50          | Mar 4      | Apr 29   | 2:15 - 3:45 pm      | 9        | 0.5    |   |  |          |

TUE

|         |                                 |      |        |        |                  |   |     |  |              |          |
|---------|---------------------------------|------|--------|--------|------------------|---|-----|--|--------------|----------|
| ALCC0   | Perspectives in Chinese Culture | Free | Jan 8  | Feb 26 | 10:00 - 11:15 am | 8 | 0.5 | Learning Chinese culture as well as its influence in politics and daily lives from the history of three kings and five emperors to early Qin dynasty | Peter Ko     | Literacy |
| ALC01   | Calligraphy 301 [Term 1]        | \$38 | Jan 22 | Feb 26 | 10:00 - 11:30 am | 6 | 0.5 | Starting from the technique of holding pens and writing to improve the structure of characters in calligraphy  | Margaret Lee | Literacy |
| ALC02   | Calligraphy 301 [Term 2]        | \$50 | Mar 5  | Apr 23 | 10:00 - 11:30 am | 8 | 0.5 |  |              |          |
| ALESS02 | Full Body Stretching Exercise   | \$50 | Mar 5  | Apr 30 | 1:00 - 2:00 pm   | 9 | 0.5 | 60 min of warm up and stretching from toes to head perform on and around the chair   | Bronwyn Mar  | Wellness |
| ALSF01  | Six Circulation Fist [Term 1]   | \$30 | Jan 8  | Feb 26 | 2:00 - 3:30 pm   | 8 | 0.5 | Six Circulation Fist can stretch the tendons and muscle, increase blood circulation and strengthen the body resistance                               | Eliza Wong   | Wellness |
| ALSF02  | Six Circulation Fist [Term 2]   | \$30 | Mar 5  | Apr 30 | 2:00 - 3:30 pm   | 9 | 0.5 |  |              |          |

WED

|        |                       |      |       |        |                |   |     |  |                    |          |
|--------|-----------------------|------|-------|--------|----------------|---|-----|--|--------------------|----------|
| ALED01 | Zumba [Term 1]        | \$23 | Jan 2 | Feb 27 | 1:30 - 2:30 pm | 6 | 0.5 | Strengthening the musculare coordination through exercising all over the body under the instruction of a certified trainer (no class on Jan 23 to Feb 6) | Elaine Cheung      | Wellness |
| ALED02 | Zumba [Term 2]        | \$30 | Mar 6 | Apr 24 | 1:30 - 2:30 pm | 8 | 0.5 |  |                    |          |
| ALSD02 | Wellness Square Dance | Free | Mar 6 | Apr 24 | 1:30 - 2:45 pm | 8 | -   | A self-initiative dance performed publicly in park or square   | Elsa Lam           | Arts     |
| ALPE   | Practical English     | Free | Jan 9 | Feb 20 | 2:00 - 3:15 pm | 7 | -   | Teaching daily practical English for taking bank transactions, buying groceries in supermarkets and taking public vehicles, etc                          | David & Stella Lee | Literacy |

THU

|         |                                  |               |       |        |                  |    |     |   |                                |          |
|---------|----------------------------------|---------------|-------|--------|------------------|----|-----|---|--------------------------------|----------|
| ALBBD01 | Brain Beat Dance [Term 1]        | \$30          | Jan 3 | Feb 28 | 10:00 - 11:00 am | 9  | 0.5 | Training the short-term memory of the brain and the coordination of the four limbs  | Tsoi Man Shing<br>Rev Karl Lam | Wellness |
| ALBBD02 | Brain Beat Dance [Term 2]        | \$30          | Mar 7 | Apr 25 | 10:00 - 11:00 am | 8  | 0.5 |   |                                |          |
| SPB     | Pickleball Drop-in               | \$3 per class | Jan 3 | Apr 25 | 1:30 - 3:30 pm   | 17 | -   | Pickle Ball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs (non member \$4 per class) | Terry Tong                     | Wellness |
| ALCM01  | Health Talks in Chinese Medicine | \$50          | Jan 3 | Feb 28 | 2:00 - 3:15 pm   | 9  | 0.5 | Learning the basic diagnostic methods in Chinese Medicine and the properties and flavours of Chinese herbs  | Leo Fung                       | Wellness |

FRI

|         |                                |      |        |        |                     |   |     |  |               |           |
|---------|--------------------------------|------|--------|--------|---------------------|---|-----|--|---------------|-----------|
| ALTC01  | Tai Chi [Term 1]               | \$50 | Jan 4  | Feb 22 | 10:00 - 11:30 am    | 8 | 0.5 | Learning Tai Chi is able to strengthen one's body resistance. It's easy to learn Tai Chi                             | Stella Ng     | Wellness  |
| ALTC02  | Tai Chi [Term 2]               | \$50 | Mar 1  | Apr 26 | 10:00 - 11:30 am    | 8 | 0.5 |  |               |           |
| ALCS01  | Calligraphy 101 (Beginner)     | \$50 | Jan 4  | Feb 22 | 10:00 - 11:15 am    | 8 | 0.5 | Teaching the beginners the technique of calligraphy and writing methods  | Selina & Leon | Literacy  |
| ALCB01  | Calligraphy 201 [Term 1]       | \$32 | Jan 25 | Feb 22 | 10:00 - 11:30 am    | 5 | 0.5 | Teaching technique of holding pens, basic writing to improve the structure of characters in calligraphy              | Margaret Lee  | Literacy  |
| ALCB02  | Calligraphy 201 [Term 2]       | \$50 | Mar 1  | Apr 26 | 10:00 - 11:30 am    | 8 | 0.5 |  |               |           |
| ALPD01  | Praise Dance [Term 1]          | \$30 | Jan 4  | Feb 22 | 11:00 am - 12:00 pm | 7 | 0.5 | Enhancing spiritual growth and relaxation through dancing and hymns singing (no class on Mar 15)                     | Lyly Huynh    | Wellness  |
| ALPD02  | Praise Dance [Term 2]          | \$30 | Mar 1  | Apr 26 | 11:00 am - 12:00 pm | 7 | 0.5 |  |               |           |
| AL101   | Abundance 101                  | Free | Apr 5  | Apr 26 | 2:00 - 3:15 pm      | 4 | -   | Investigate how to keep body healthy, make brain flexible, maintain family harmony and how to integrate into society | Pastor Monica | Spiritual |
| ALTCS01 | Tai Chi Sword 42 Form [Term 1] | \$50 | Jan 4  | Feb 22 | 2:30 - 4:00 pm      | 8 | 0.5 | Dredging tendons and activating blood thorough balancing body and stretching to increase the body resistance         | Florence Lam  | Wellness  |
| ALTCS02 | Tai Chi Sword 42 Form [Term 2] | \$50 | Mar 1  | Apr 26 | 2:30 - 4:00 pm      | 8 | 0.5 |  |               |           |

SAT

|       |                                       |      |        |        |                |   |     |   |                |          |
|-------|---------------------------------------|------|--------|--------|----------------|---|-----|---|----------------|----------|
| 5KM01 | 5K jogging Training Class             | \$15 | Apr 6  | Apr 27 | 8:30 - 9:45 am | 4 | 0.5 | To strengthen the body resistance, relieve stress and train the pre perseverance through slow running                           | Rev. Philip Ko | Wellness |
| ALFM  | Financial Management after Retirement | \$30 | Jan 12 | Jan 26 | 2:00 - 3:15 pm | 4 | 0.5 | Topics include sources of retirement income, types of retirement spending, tax credits and other retirement financial decisions | Jessica Choi   | Literacy |

## Our Goal

To serve those 55 years old or older by providing lifelong learning opportunities and building a meaningful life.

ALI offers a Credit and Graduation system and an "All You Can Learn" fee structure for a wider range of courses and activities to expand members' horizons. It is our hope that members will be empowered to lead a healthy life in their retirement years.

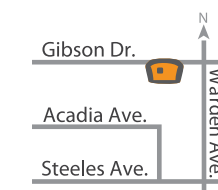
## Our Belief

- 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 105 Gibson Abundant Life Institute.

The annual membership fee:  
 \$20 from September 1 to August 31  
 \$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 talks and workshops.

**105 GIBSON CENTRE**  
 105 Gibson Drive  
 Markham, ON L3R 3K7  
 905.946.8787  
 info@105gibson.com  
[www.105gibson.com](http://www.105gibson.com)



## Life Long Learning Program

Weekly activities for members on a first-come-first-served basis as there is limited space. Members who are interested can sign up at the beginning of each session.

### Karaoke

Every Wednesday  
2 - 3:30 pm

### Cantonese Opera

Every Thursday  
2 - 3:30 pm

### Life Long Learning Program on Friday

Every Friday  
10 am - 3 pm (Mar 1 to Apr 26)  
Classes, lunch, talks and sharing  
Fee: \$120 (includes material fee and lunch)  
Must register and pay before Mar 1.  
Total 8 weeks. No program on Apr 19.

### Remark :

- ALI uses two fee structures :
  - 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.
  - All-you-can-learn fee for a maximum of 10 courses per term. Payment must be received at beginning of each term (Jan 1, May 1 and Sep 1). Fees will not be refunded and includes graduation fee but not material fees.
    - Abundant fee : \$105 (65+)
    - Regular fee : \$200 (under 65)
- Members can enroll in a maximum of two free courses per term.
- 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 two weeks.
- Course fees are based on term and not number of classes.

## ALI Talk

**Topic : Nutrition and Cardiac Health**  
(Cantonese)

Date : Friday March 29

Time : 12:45 - 2 pm

Speaker : Nancy Cheng (Registered Dietitian)

Join us and learn how to encounter someone's life. Please reserve your seat by **March 27** at Centre 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.

### Upcoming Events

#### Birthday Celebration

Date: Saturday January 19

Time: 2 - 4 pm

#### Happy Chinese New Year

Date: Saturday February 16

Time: 12 - 2:30 pm

105 Gibson Abundant Life Institute  
Opening Ceremony on Sep 6

### Highlight of Events



Over 70 participants celebrated their Spring Passion graduation with their friends and family members on Oct 7

Grand Birthday Party on Oct 20. Some participants received their birthday certificates from the three levels of government.

## 105 Gibson Abundant Life Institute

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

Aging Together (Proverbs 17:6)

Happy New Year! May you be filled with peace and health!

Many seniors fear isolation from society, communal groups, friends and families. Or they fear they will spend the remainder of their lives alone in a nursing home.



Fact is, we need a "community" as we age. It can be a community of peers and older adults to spend time together. There are two ladies (one speaks Mandarin and one speaks Cantonese) who join our Friday programs. They have become friends and even shared a piece of cheesecake dessert after lunch.

Another aspect of aging together is through a marriage. There are couples who join the same ALI class. There are also couples who choose to attend different classes based on their personal interests and to expand their own circle of friends. Overtime, 105 Gibson Abundant Life Institute has become their source of support.

Aging together is also about interacting with the younger generation because the aging process is not exclusive to the older adults but applies to all of us. We learn about the challenges as we take care of our grandparents and parents. Thus, both the volunteers and our seniors are blessed in the process of aging together!

### 105 Gibson Abundant Life Institute

Continuous Learning for a Meaningful Life

