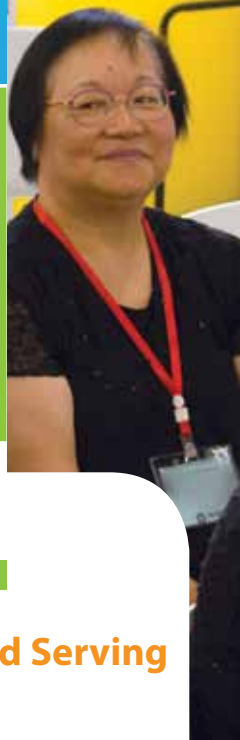




Feature Article



The Birth of the Abundant Life Institute

Pastor Monica Chan

With great delight, the Abundant Life Institute has launched this week! It is our dream come true. The idea of ALI started in 2014 but the journey had begun much earlier before. Pastor Monica spent many years serving in a community as a missionary in Japan and also as a chaplain at long-term care homes. She witnessed how older adults were eager and willing to learn. Through communal learning and peer encouragement, new talents were developed and self-esteem was strengthened. She also believes that people have the potential of giving back to the community by serving older adults. ALI's foundation is based on such concepts of communal learning and community engagement. Its goal is to provide a comfortable and safe environment for older adults where they are empowered to build social relationships, connect with and contribute to the community and continue to live an abundant life.

ALI initially began as the Abundant Life Program and adopted a holistic approach to older adult learning through the various curriculum tracks. What will we see with ALI? Exciting new classes and initiatives will be introduced. To encourage learning, ALI offers an "all you can learn" fee in which members can enrol in up to ten courses per term for a flat fee. ALI members will graduate upon reaching certain credit requirements.

Relationship building and community engagement are also crucial to their quality of life. This summer, some members visited the York Regional Police headquarters and the St. Mark's Coptic Orthodox Cathedral. ALI also partners with Meals in Need and Yee Hong Centre so members can volunteer to deliver meals to others in the community.

So the next time you meet an older adult in the Centre, why not share a greeting and encourage them on this journey of lifelong learning? -- *Written by 105 Gibson Reporter*



105 Gibson Abundant Life Institute

Serves those 55 years old or older by providing lifelong learning opportunities and building a meaningful life. ALI Learning Tracks include Health and Wellness, Literacy and Culture Appreciation, Visual Arts and Performing Arts, Spiritual and Life Concerns and Community Engagement.

The Fulfillment of Learning and Serving

Winston and Ruby Chiu

Winston and his wife Ruby joined 105 Gibson's Abundant Life Program almost two years ago as they identified with 105 Gibson's mission and decided to support the community by attending the classes here. While Winston enjoys tai chi classes, Ruby loves to attend line dancercise classes to stay healthy.

Winston is also an ambassador by trying to establish a friendly relationship with other students in class and to invite them to other activities at the Centre. He intends to share his passion in serving the community with those he knows. He even hosted his 70th birthday party at the Centre with more than 100 friends and family members present. In lieu of birthday gifts, he asked them to support the Centre's mission.

Ruby finds attending classes rewarding. She treasures the opportunity to interact with older adults and to build friendships by sharing her faith and life experience with them. She feels younger and more energized in serving them.

Outside of the classrooms, they also volunteer as ALI Committee members and assisted with the planning and execution of the Spring Passion Summer Camp. They witnessed how excited the participants were and how fully engaged they were in the activities. With half of the participants over 80 years old, they had been out of school for many years but were able to re-live their childhood memories through activities such as watercolor painting. As both ALI students and ALI volunteers, they embrace and exemplify the ALI vision to empower older adults to live an active learning and communal life in their retirement years. Together, they find fulfillment in serving the community. -- *Written by 105 Gibson Reporter*



MY experience with 105 Gibson

Understanding my Mother

Shen Wing Lui

Shen Wing Lui has been an active participant of 105 Gibson's Abundant Life Institute and hopes to be more involved with the Centre's activities in the future. He moved to Toronto from New Brunswick in 2013 as he wanted to live closer to his mother and sister. He was introduced to 105 Gibson around 3 years ago when he began driving his mother every Monday and Thursday for her singing and exercise classes here. Soon he decided to attend the singing class with his mother. He felt that it is God's plan for him to spend more time with her after his retirement. 105 Gibson has provided that perfect opportunity for him. Eventually, he also enrolled in the Mandarin class on Wednesday and Tai Chi class on Friday. When Shen Wing was asked why he was so attracted to 105 Gibson, he replied: "I am able to meet new friends and build genuine relationships here; and it is a place where we can share stories of our life journey, not to mention other common interests such as football. We are retired and have ample time to rediscover our purpose in life. Now I am closer to my mom as I also know her friends

here. I have developed more empathy and understanding of her. It is encouraging to see other retirees becoming happier and relaxed as they integrate into the Centre. It is now my second family."

-- Written by 105 Gibson Reporter



105 Gibson in Action

ALI members born in July, August and September celebrated their birthdays in July.



Participants from the Spring Passion camp met new friends and enjoyed activities such as crafts, painting, workshop and exercises.



Newcomers' Summer BBQ on Aug 25 was a chance to know our neighbours who have settled here from Syria and Somalia. About 13 families came, some bringing new friends. All enjoyed hot dogs, burgers, ice cream and cupcakes.

Growing a Supportive Community

Elaine Cheung

Sports has always been a part of my life. Bowling, table tennis and badminton were my favourite during my college years. Over the past 20 years, I also grew an interest in tennis, line dance, Zumba and other fitness exercises. I started teaching line dance and Zumba at 105 Gibson in 2014 and 2015 respectively.

I have experienced much joy in this teaching role. I have observed my students becoming motivated and inspired by dancing and exercising. I am giving my 100% to my students and I often pray for my classes and those in need. At the same time, I also received support and comfort from them especially when my husband passed away in December 2015. They walked with me during a dark period of my life. Overtime, we have built a stronger relationship through mutual support. Now we have dance parties every three months and we enjoy the wonderful fellowship time. I can see that a community is growing through my classes.

It is so blessed to see my students coming every week with joy and enthusiasm. I am very thankful to God for this rewarding experience, His love, mercy, guidance and the opportunity to share the Christian faith through dancing and exercising. -- Written by 105 Gibson Reporter

We are all richer... Over 7 weeks in July and August, a small group of women had met weekly as part of Food Bank's Friendship Kitchen initiative. They shared food such as manti, mujadara, tabbouleh, baklava, wonton, red bean paste, spring rolls... and life stories as well.



Upcoming Events

105 Gibson Walkathon will be held on Saturday September 22 from 8:30 – 11 am. The theme is “Walk a Mile in Their Shoes”. We welcome users, friends and family members to join. To sign up or pledge a walker, please visit footprints.tccc.ca.



105 Gibson will participate in City of Markham's **Doors Open Markham** on Saturday September 22 from 12 to 4 pm. Activities include hot dog lunch, tour of Centre and performances. Free admission, all are welcome to join!



105 Gibson 5th Anniversary Thanksgiving Dinner will be held on Sunday September 23 at 6:00pm. We are thankful for God's grace and our supporters. If you would like to join us for a relaxing evening, please contact marketing@105gibson.com

The next **105 Gibson Cultural Friday Night Café Concert** will take place on October 19 from 7:30 to 9:30 pm. There will be sharing of songs and stories. Refreshments available.

Join the **Young Adult Strengths Workshop** on October 6 and 20 from 9:30 – 11:30 am to discover your strengths and unlock your potential using the StrengthsQuest test. Suitable for people 17-25 years old. This is a two-parts workshop. Registration is for both dates.

105 Gibson Abundant Life Institute will host a **birthday celebration** for members born in Oct, Nov and Dec and also those who are 65, 70, 75, 80, 85, 90 years old this year. Government certificates will be presented to those celebrating the above milestone birthdays. Celebration takes place on Saturday Oct 20 from 2 - 4:30 pm. Family members are welcomed to join. Fee is \$5.

105 Gibson Cultural Cafe will host “**Arts and Crafts Night Out**” on Fridays in October to December from 7:30 - 9:30 pm.

October 12 - Acrylic painting of Poppies

October 26- Acrylic painting of Sunset

November 9- Miniature Christmas cakes

November 23 - Acrylic painting of Cherry Blossom

December 7 - Beading Night

Fee is \$35/person. Discount available when registering at least two people. Please sign up at reception.



105 Gibson Thrift Store will open during the following hours:

Sat Sept 22 from 12 - 4 pm

Pre-Christmas and winter clothing sales, buy 2 get 1 free:

Sat Oct 20 from 9 am - 3 pm

Sun Oct 21 from 12 - 4 pm

Supporting 105 Gibson

We welcome you to join our efforts in blessing the community through partnership, donations, and volunteering. Visit our website for more information.