



105 GIBSON

Feature Article

Sports and Mentorship

Terry Tong, Sports Ministry Coordinator

Terry loves to play sports at a young age and he loves to share different sports with the community through regular classes, tournaments and workshops. But his goal is to share Jesus' love and build a friendly relationship with them.

Often people think sports are only for younger boys, but for Terry, raising people's physical literacy level through sports is for all ages. Young kids learn fundamental running or motor skills; teenagers sharpen their skills for more competitive games and also learn how to adjust to their changing bodies; adults refine their skills as they already know their strengths and weaknesses; and seniors learn how to take care of their bodies through less strenuous exercises.



Last year he saw others playing pickleball and decided to introduce it to 105 Gibson, targeting those who are older as it is physically less demanding. It is encouraging to see new users come to the Centre because of pickleball – one of them even comes during his lunch time to play! The most rewarding part for Terry is building relationships with the teenagers outside of sports by sharing his own life experience and then they in turn share their own stories. To Terry, this mentorship and relationship are beyond what a sports game can achieve.

Terry would introduce our food bank or tax clinic services to the tournament players and thus allowing them to understand the needs in the community. With new classes launching in the fall, Terry wishes that people will come more often to build an active and healthy lifestyle. In the future, Terry hopes to start a 105 Gibson sports league that can compete with other teams in the community. Would you like to join? -- *Written by 105 Gibson Reporter*

105 Gibson Sports Ministry

Uses sports as a platform to connect and to inspire through programs, sports workshops and tournaments.

A Familiar Sport at a New Place

James

James immigrated to Canada over 40 years ago and is now retired. He is quite active and enjoys playing sports in his spare time. He used to play badminton but has also explored other sports. He has recently learned to play pickleball which is a combination of tennis, table tennis and badminton. To James, it is a less rigorous and a more age-appropriate game for him to play. Now he plays pickleball at least once a week at YMCA and different community centres in Richmond Hill. He heard about 105 Gibson Centre through a friend who comes to play pickleball on Thursdays, and he decided to join him. He was able to meet new friends here too.

Among the centres that he visits for pickleball, he likes 105 Gibson the most as the location is close to where he lives. The facility is bright, clean and well maintained as compared to other places that he has visited. One part that stands out as different at 105 Gibson for James is the ample sitting area. He enjoys having a drink in the café and relaxing after playing pickleball. Sometimes he would watch the youth play basketball. This is something that he does not see or do at other community centres. He also finds the people here friendly and the ambience vibrant with many activities happening.

This is a place where he can stay behind after the pickleball sessions to relax and socialize with others.

James has been coming to the Centre for almost three months now and is enjoying the positive experience. He recently brought a new friend to play pickleball here and he would definitely encourage other friends to come and have fun here too! -- *Written by 105 Gibson Reporter*



MY experience with 105 Gibson

A Mutual Exchange of Benefits

Stephanie Zacharkiw, NPower Canada

NPower Canada has been renting 105 Gibson Centre's facilities since September 2016 to host our free IT training and job placement program for underserved young adults. Though we have several locations in the GTA, 105 Gibson was our first site in York Region. Its location along the Markham/Toronto boundary makes transportation convenient to our participants.

Spending five days each week here is an eye-opening experience. It is always busy with many activities going on for youth and seniors. Its services are also diversified, which is important to our participants as well. As some of them come from families with lower income, they also use 105 Gibson's services. Some stay behind class to play sports in the gym; some are food bank users; some find quiet space to study and some shop at the Thrift Store. Almost all of them are customers at the Cultural Café, enjoying meals and the famous curry fish balls prepared by their staff with visual impairment. Our graduation ceremony is also held in the Centre's gym. We are thankful that the 105 Gibson staff and volunteers prepared a photobooth for our grads with printed photos in a beautiful frame! Their Financial Literacy course instructor was also a guest-speaker at one of our classes to teach our participants about finance, savings and avoiding debt. This is a topic in which we are not certified to teach and we are glad 105 Gibson has a knowledgeable speaker from that field.

Over the course of two years, we have found ourselves at ease with the staff who are friendly and flexible to accommodate our needs. It is like a big family here with a harmonious feeling for all. I have seen a mutual exchange of benefits between us and 105 Gibson. Through our program, we are able to serve youths who are not within 105 Gibson's service network. At the same time, our participants also benefit from their services. It has truly been a place where our students' needs are met beyond what we offer through our program - it is more than what we have hoped for. -- *Written by 105 Gibson Reporter*



Father – Son Learning Together

Cheung Family

The Cheung's family is one of the few families in which two generations attend classes at 105 Gibson Centre together for one common goal – stay healthy. Mr. Cheung Hin-Tung (the father) has poor vision and weak knees limiting his mobility and thus made it difficult for him to exercise. His son, Edmund, and his daughter-in-law, Cordelia, invited him to enrol in the Centre's Abundant Life Program. For Cordelia, exercising is crucial as part of her cancer recovery process so it was a great opportunity to invite her in-laws to the Centre where they could all benefit from joining the classes. In the beginning, Mr. Cheung was not able to walk comfortably and had difficulties following the movement in classes. Now that he has attended classes for a while, he has benefited from improved physical and mental health and social well-being. He has met new friends at the Centre who care about him. By participating in different activities, he has experienced how the community can assist and care for a senior. He is more joyful as he feels the love and care from others. Cordelia feels that her family is blessed and hope people around them will also receive God's grace and blessings at 105 Gibson. -- *Written by 105 Gibson Reporter*



Upcoming Events

105 Gibson in Action

Youth met in April and May to find out their strengths and how to utilize them in the "Youth Strength Workshop" hosted by Youth Services.



This year's first Abundant Life Talk was held on May 17. The topic was "First Aid at a Glance".



Danny and Kenny returned with their band on June 1 at the Friday Night Cultural Café concert, singing popular Cantonese and English songs.



7 teams from the community competed in the basketball tournament on June 16.



Thrift Store's first Side Walk Sale for this year was held on June 23 and 24.



Abundant Life Program will host a birthday celebration for members born in July, August and September on Saturday July 14 from 2 – 4 pm. Activities include sharing, singing, games and riddle games. We welcome birthday boys/girls and family members to attend. Fee is \$5.

The Abundant Life Institute grand opening will take place on Thursday September 6 from 10:45 to 11:15 am. We welcome Abundant Life members to join the celebration and learn more about ALL's new initiatives.

105 Gibson **WALK A MILE IN THEIR SHOES** will be held on Saturday September 22. Please participate in the walk or you can support the walkers. Stay tuned for details.



105 Gibson will participate in City of Markham's **Doors Open Markham** on Saturday September 22 from 11am 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 to celebrate five full years of grace from our Lord. More details will be announced in September.

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.