

105 Gibson Abundant Life Institute - Fall 2019 (Sep - Dec) Class Schedule

105 Gibson
Abundant Life Institute

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Code	Course Name	Fee	Start Date	End Date	Time	#Classes	Credit	Description	Instructor	Track
ALSC01	Singing Class	[Term 1] \$35	Sep 9	Oct 28	10:00 am - 11:00 am	7	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] \$35	Nov 4	Dec 16	10:00 am - 11:00 am	7	0.5			
SPB01	Pickleball Class Beginner	\$16	Sep 9	Sep 30	1:30 pm - 2:30 pm	4	-	Pickle Ball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs	James Cheng	Wellness
SPB02	Pickleball Class Intermediate	\$16	Sep 9	Sep 30	2:30 pm - 3:30 pm	4	-			
SPB03	Pickleball Class Beginner	\$16	Oct 7	Nov 4	1:30 pm - 2:30 pm	4	-			
SPB04	Pickleball Class Intermediate	\$16	Oct 7	Nov 4	2:30 pm - 3:30 pm	4	-			
SPB05	Pickleball Class Beginner	\$16	Nov 11	Dec 2	1:30 pm - 2:30 pm	4	-			
SPB06	Pickleball Class Intermediate	\$16	Nov 11	Dec 2	2:30 pm - 3:30 pm	4	-			
ALCD01	Chinese Dance Class	[Term 1] \$50	Sep 9	Oct 28	2:15 pm - 3:45 pm	7	0.5	Strengthening the muscular coordination and knowing Chinese culture through learning classical folkdance of minor ethnicities	Allyson Chiu Florence Chu Sophie Chung	Arts
ALCD02	Chinese Dance Class	[Term 2] \$50	Nov 4	Dec 16	2:15 pm - 3:45 pm	7	0.5			
ALC01	Calligraphy 301	[Term 1] \$50	Sep 10	Oct 29	10:00 am - 11:30 am	8	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] \$45	Nov 5	Dec 17	10:00 am - 11:30 am	7	0.5			
ALLD01	Line Dance for Beginners	[Term 1] \$30	Oct 1	Oct 29	10:00 am - 11:30 am	5	0.5	Line dance for beginners, starts basic steps and dancing technique. No dancing experience needed	Rosanna Sham	Wellness
ALLD02	Line Dance for Beginners	[Term 2] \$30	Nov 5	Dec 17	10:00 am - 11:30 am	7	0.5			
ALCC	Perspectives in Chinese Culture	\$35	Sep 10	Oct 29	10:00 am - 11:15 am	8	0.5	Learning Chinese culture as well as its influence in politics and daily lives from the history of early Qin dynasty to Han dynasty	Peter Ko	Literacy
ALESS01	Full Body Stretching Exercise	[Term 1] \$50	Sep 3	Oct 29	1:00 pm - 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
ALESS02	Full Body Stretching Exercise	[Term 2] \$45	Nov 5	Dec 17	1:00 pm - 2:00 pm	7	0.5			
ALIP	Mobile Apps	\$50	Nov 5	Dec 17	2:00 pm - 3:30 pm	7	0.5	Through vivid interactive teaching, students can learn new apps and become a professional iPhone user (enrolment limited to 10 only)	David Lau	Literacy
ALSF01	Six Circulation Fist	[Term 1] \$30	Sep 3	Oct 29	2:00 pm - 3:30 pm	9	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	Nov 5	Dec 17	2:00 pm - 3:30 pm	7	0.5			
ALED01	Zumba	[Term 1] \$30	Sep 4	Oct 30	1:30 pm - 2:30 pm	9	0.5	Strengthening the musculare coordination through exercising all over the body under the instruction of a certified trainer	Elaine Cheung	Wellness
ALED02	Zumba	[Term 2] \$30	Nov 6	Dec 18	1:30 pm - 2:30 pm	7	0.5			
ALSD01	Soulful Dance	[Term 1] \$30	Sep 4	Oct 30	1:30 pm - 2:45 pm	9	0.5	A self-initiative dance performed publicly in park or square	Elsa Lam	Arts
ALSD02	Soulful Dance	[Term 2] \$30	Nov 6	Dec 18	1:30 pm - 2:45 pm	7	0.5			
ALBBD01	Brain Beat Dance	[Term 1] \$30	Sep 5	Oct 31	10:00 am - 11:00 am	9	0.5	Training the short-term memory of the brain and the coordination of the four limbs	Rev. Karl Lam Tsoi Man Shing	Wellness
ALBBD02	Brain Beat Dance	[Term 2] \$30	Nov 7	Dec 19	10:00 am - 11:00 am	7	0.5			
SPB	Pickleball Drop-in / per class	\$3	Sep 5	Oct 31	1:30 pm - 3:30 pm	9	-	Pickleball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs	Staff	Wellness
		\$3	Nov 7	Dec 19	1:30 pm - 3:30 pm	7	-			

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.

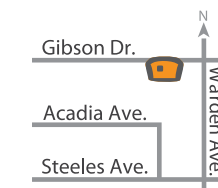
Our Belief

- 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.

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105 Gibson Abundant Life Institute - Fall 2019 (Sep - Dec) Class Schedule

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ALTC01	Tai Chi	[Term 1] \$50	Sep 6	Oct 25	10:00 am - 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	Nov 1	Dec 20	10:00 am - 11:30 am	8	0.5			
ALCS01	Calligraphy 101 for Beginners	[Term 1] \$50	Sep 6	Oct 25	10:00 am - 11:30 am	8	0.5	Teaching the beginners the technique of calligraphy and writing methods	Selina Leon	Literacy
ALCS02	Calligraphy 101 for Beginners	[Term 2] \$50	Nov 1	Dec 20	10:00 am - 11:30 am	8	0.5			
ALCB01	Calligraphy 201	[Term 1] \$50	Sep 6	Oct 25	10:00 am - 11:30 am	8	0.5	Teaching technique of holding pens, basic writing to improve the structure of characters in calligraphy	Margret Lee	Literacy
ALCB02	Calligraphy 201	[Term 2] \$45	Nov 1	Dec 13	10:00 am - 11:30 am	7	0.5			
ALPD01	Praise Dance	[Term 1] \$30	Sep 6	Oct 25	11:00 am - 12:00 pm	8	0.5	Enhancing spiritual growth and relaxation through dancing and hymns singing	Lyly Huynh	Wellness
ALPD02	Praise Dance	[Term 2] \$30	Nov 1	Dec 20	11:00 am - 12:00 pm	8	0.5			
ALTCS01	Tai Chi Sword 42 Form	[Term 1] \$50	Sep 6	Oct 25	2:30 pm - 4:00 pm	8	0.5	Dredging tendons and activating blood through balancing body and stretching to increase the body resistance	Florence Lam	Wellness
ALTCS02	Tai Chi Sword 42 Form	[Term 2] \$50	Nov 1	Dec 20	2:30 pm - 4:00 pm	8	0.5			

Message from Rev. Monica Chan Director of Older Adult Services

True Friendship through Hardships

My family, that is my husband, myself, and our two sons, Moses and Joshua, was sent from Hong Kong to Hokkaido, Japan for pioneer church planting for 10 years (1989-1998). In May, we visited Hiraoka Evangelical Christian Church in Sapporo, the church we planted more than two decades ago. We also went to Iwate Prefecture, the area severely affected during the tsunami 8 years ago. I want to share some of the encouraging incidents by seniors during our trip.



Presently Hiraoka Church is pastored by Rev. Yoshinaga. We participated in two Sunday services. To our amazement, we met 12 members, who were seekers and new believers back then, and now became major members of the church. Among them, especially brother Kanno (head of the neighbourhood committee), after about 30 years seeking, was baptized only last year. We had very warm fellowship with them and chatted endlessly, just like before. We are really thankful that most of them have strong and faithful next generation, and building Christian homes.

This time we stayed in the house of Mrs. Kon. Her husband is not a Christian, but does not mind his wife being a Christian. Mrs. Kon has been in wheelchair due to a severe disease about 20 years ago. They were very hospitable to all of us. Moses and Joshua played ukulele and sang along with them joyfully like a family. Mrs. Kon wrote several Japanese poems to express her excitement. We arranged that Rev. Yoshinaga to visit her and praise the Lord that she willingly agreed that a future Bible study group be held in her house. We are so grateful to the Lord that the friendship between our two families can last so long, and even their grandchildren were talking about coming to Canada to study. We pray that not only Mr. Kon, but the whole family will come to know God eventually.

May the Lord raise up more missionaries and Japanese pastors to meet the needs of His Kingdom in Japan!

105 Gibson Abundant Life Institute

Continuous Learning for a Meaningful Life



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Lifelong Learning Program

105 Gibson Abundant Life Institute offers the following different weekly Lifelong Learning Programs for the members:

A. Cantonese Gospel K Song

Time: Every Wednesday 2 - 3:30 pm
Venue: 105 Gibson Centre Room 106B
Content: Singing Cantonese opera and Pop Songs with Karaoke

B. Sing-A-Long

Time: Every Thursday 2 - 3:30 pm
Venue: 105 Gibson Centre Room 106
Content: Live band with Folk Songs singing

The Lifelong Learning programs provided by the 105 Gibson Abundant Life Institute are FREE of charge. Interested members can bring a friend to enroll at the beginning of each session. Seats are limited and on first-come-first-served basis.

ALI Talk

The theme for this term's ALI Talk is How to improve your Health and Shape (Cantonese)

Date: Saturday, November 23
Time: 2 - 4 pm

Speaker: Bronwyn Mar
(Physical Educator, Structural Bodyworker and Movement Teacher)

Please reserve your seat by Nov 16, 2019 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 3 ALI Talks in each year with the purpose to provide a relaxing and fun time for ALI members and new friends to build friendship through interactive workshops and interesting activities, and to keep lifelong learning.

Upcoming Event

Birthday Celebration (July to December)

Date: Saturday, September 14
Time: 2 - 4 pm
Fee: \$5
Individuals celebration their 65th birthday and above (every 5 year interval) will be presented with a birthday certificate from the Federal government.

Wellness Consultation Day

Date: Saturday, October 26
Time: 10 am - 4 pm
Content: Chinese Traditional Medicine check, massage, blood sugar and blood pressure test, health talk and wellness soulful dance at noon. **FREE.**

Anniversary Celebration

Date: Saturday, October 19
Time: 10 am - 3 pm
Fee: \$5
Couples celebrating 30th to 80th anniversary (5 year interval) will be presented with an anniversary certificate from the Federal government.

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.