

Jan - Apr 2021



Program & Event Time Table

Continuous Learning for a Meaningful Life

How to Register?

Please register at www.105gibson.com/online-registration

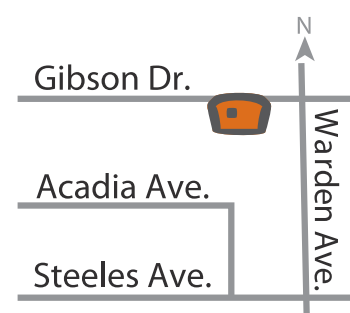
For more ALI information please visit:
www.105gibson.com/abundant-life-institute/

For Class Fees and Policy - please visit:
www.105gibson.com/wp-content/uploads/2019/12/ALI-card_Eng.pdf

The classes are offered in English (E), Cantonese (C), Mandarin (M), (Sp) Spanish, and Korean (K)



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	Class Name	Fee	Start Date	End Date	Time	# Classes	Location	Language	Credit	Description	Instructor	Track
M O N D A Y	Singing Class [Term 1]	\$40	4 Jan	22 Feb	9:30 - 10:30 am	7	Online	C	0.5	Learning the technique of breathing, vocalization and resonance so to express the Cantonese opera and popular songs.	Bernard Ho	Arts
	Singing Class [Term 2]	\$50	1 Mar	26 Apr	9:30 - 10:30 am	9	Online	C	0.5			
	ALI Chinese Dance [Term 1]	\$40	4 Jan	22 Feb	2:00 - 3:30 pm	7	Online	C/M	0.5	Strengthening the muscular coordination and knowing Chinese culture through learning classical folk-dance of minor ethnicities.	Sophie Chung	Arts
	ALI Chinese Dance [Term 2]	\$50	1 Mar	26 Apr	2:00 - 3:30 pm	9	Online	C/M	0.5			
	ALI Practical English [Term 1]	\$35	4 Jan	22 Feb	2:00 - 3:15 pm	7	Online	E/C	0.5	Teaching practical English, such as banking, shopping, basic cell phone skills and useful phrases at doctor's office and emergency room, etc.	Stella Lee, David Lee	Literacy
	ALI Practical English [Term 2]	\$45	1 Mar	26 Apr	2:00 - 3:15 pm	9	Online	E/C	0.5			
	Pickleball Class Beginner	\$20	4 Jan	25 Jan	1:30 - 2:30 pm	4	Centre	E/C	n/a	Pickleball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs.	James Cheng	Wellness
	Pickleball Class Intermediate	\$20	4 Jan	25 Jan	2:30 - 3:30 pm	4	Centre	E/C	n/a			
	Pickleball Class Beginner	\$20	1 Feb	1 Mar	1:30 - 2:30 pm	4	Centre	E/C	n/a			
	Pickleball Class Intermediate	\$20	1 Feb	1 Mar	2:30 - 3:30 pm	4	Centre	E/C	n/a			
Pickleball Class Beginner	\$20	8 Mar	29 Mar	1:30 - 2:30 pm	4	Centre	E/C	n/a				
Pickleball Class Intermediate	\$20	8 Mar	29 Mar	2:30 - 3:30 pm	4	Centre	E/C	n/a				
Pickleball Class Beginner	\$20	5 Apr	26 Apr	1:30 - 2:30 pm	4	Centre	E/C	n/a				
Pickleball Class Intermediate	\$20	5 Apr	26 Apr	2:30 - 3:30 pm	4	Centre	E/C	n/a				
Let's meet Korean! [Term 1]	\$35	4 Jan	22 Feb	8:30 - 9:30 pm	7	Online	E/K	0.5	Easy and Interesting Korean language course: Korean language pronunciation, speak and write.	Eddie Lim	Literacy	
Let's meet Korean! [Term 2]	\$45	1 Mar	26 Apr	8:30 - 9:30 pm	9	Online	E/K	0.5				
T U E S D A Y	Pickleball Drop-in	\$4	5 Jan	27 Apr	10:00 - 12:00 noon		Centre	E/C	n/a	Pickleball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs.	James Cheng	Wellness
	ALI Android Mobile Apps	FREE	2 Mar	27 Apr	10:00 - 11:00 am	9	Online	E/C	n/a	Android mobile phone Apps installation, setup and application, e.g. email, WhatsApp, Google Maps, Translate, etc.	William Leung	Literacy
	Full Body Stretching Exercise [Term 1]	\$50	5 Jan	23 Feb	1:00 - 2:00 pm	8	Centre/Online	E/C	0.5	60 minutes of warm up and stretching from toes to head performed on and around the chair.	Bronwyn Mar	Wellness
	Full Body Stretching Exercise [Term 2]	\$55	2 Mar	27 Apr	1:00 - 2:00 pm	9	Centre/Online	E/C	0.5			
ALI Mobile Apps	FREE	5 Jan	23 Feb	2:00 - 3:00 pm	8	Online	C	n/a	iPhone has become an important part of our lives. Let us staying at home to discover various important but not well-known functions provided by mobile apps such as WhatsApp, Uber and Translator! iPhone/iPad ONLY	David Lau	Literacy	
W E D N E S D A Y	Chinese Calligraphy: Prima & Practicum	\$30	19 Jan	23 Feb	10:00 - 11:00 am	6	Online	E/C/M	0.5	Deconstruct chinese characters into elementary stroke formations, understand their relationships and appreciate its aesthetic appearance.	Francis Ip	Literacy
	Chinese Calligraphy: Prima & Practicum (repeat)	\$30	23 Mar	27 Apr	10:00 - 11:00 am	6	Online	E/C/M	0.5			
	ALI Zumba Dancercise [Term 1]	\$40	6 Jan	24 Feb	1:30 - 2:30 pm	8	Centre/Online	E/C	0.5	Strengthening the muscular coordination through exercising all over the body under the instruction of a certified trainer	Elaine Chung	Wellness
	ALI Zumba Dancercise [Term 2]	\$45	3 Mar	28 Apr	1:30 - 2:30 pm	9	Centre/Online	E/C	0.5			
LOVE Ambassador -- Equip and Training [Term 1]	FREE	6 Jan	24 Feb	2:00 - 4:00 pm	8	Online	E/C	0.5	Equip volunteers to understand oneself and the needs of older adults. Through different trainings to serve people to have a better and happier life in the community (with guest speakers and gospel singing practice sessions).	Rev Monica Chan, Mike Lam	Spiritual (0.25) + Community (0.25)	
LOVE Ambassador -- Equip and Training [Term 2]	FREE	3 Mar	28 Apr	2:00 - 4:00 pm	9	Online	E/C	0.5				
Spanish Class for Beginners [Term 1]	\$40	6 Jan	24 Feb	6:45 - 7:45 pm	8	Online	E/Sp	0.5	Spanish is commonly referred to as one of three most common world languages. Learn beginner Spanish for daily use from native speakers and use it on your trips around the world.	Alex Remero	Literacy	
Spanish Class for Beginners [Term 2]	\$45	3 Mar	28 Apr	6:45 - 7:45 pm	9	Online	E/Sp	0.5				
T H U R S D A Y	ALI Wellness Exercise [Term 1]	\$45	7 Jan	25 Feb	10:00 - 11:15 am	8	Centre	E/C	0.5	Through various kind of exercise to stretch joints and muscles, can strengthen body joints and soothe meridians of the whole body. Helps blood circulation more lively and smoothly.	William Leung	Wellness
	ALI Wellness Exercise [Term 2]	\$50	4 Mar	29 Apr	10:00 - 11:15 am	9	Centre	E/C	0.5			
	ALI Visceral Approach Stretching Exercise [Term 1]	\$45	7 Jan	25 Feb	2:00 - 3:15 pm	8	Centre	C	0.5	This exercise is designed to help ease internal organs back to their proper meridians, making you feel rejuvenated.	Mary Cheng	Wellness
	ALI Visceral Approach Stretching Exercise [Term 2]	\$50	4 Mar	29 Apr	2:00 - 3:15 pm	9	Centre	C	0.5			
Health Talks in Chinese Medicine	\$55	7 Jan	25 Feb	1:30 - 2:45 pm	8	Online	C	0.5	This course will teach the 4 diagnostic methods in TCM: observation, smelling and hearing, inquiry and palpation.	Dr. Leo Fung	Wellness	
Pickleball Drop-in	\$4	7 Jan	29 Apr	1:00 - 3:00 pm		Centre	E/C	n/a	Pickleball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs.	James Cheng	Wellness	
F R I D A Y	ALI Yang-Style 40-Form Tai Chi [Term 1] (include practise time)	\$50	8 Jan	26 Feb	10:00 - 12:15 pm	8	Centre	C	0.5	Learning Tai Chi is able to strengthen one's body resistance. It's easy to learn Tai Chi. (Class on Feb 12)	Stella Ng	Wellness
	ALI Yang-Style 40-Form Tai Chi [Term 2] (include practise time)	\$50	5 Mar	30 Apr	10:00 - 12:15 pm	8	Centre	C	0.5			
	Health and Wellness Dietary Recipes: a Chinese Perspective (3rd instalment)	\$80	8 Jan	30 Apr	10:00 - 11:15 am	14	Centre	C	1	Recipes are prepared from Chinese perspective for all concerned seniors who treasure/value their personal health and wellbeings. (no class on Feb12, Apr 2,9)	Jason Mo, MMed, PhD	Wellness
	Chinese Herbs: Medicinal Properties for Health and Wellness Diet	\$90	8 Jan	30 Apr	11:30 - 12:45 pm	14	Centre	C	1	Explore medicinal properties of Chinese herbs for health and wellness dietary preparation. Prerequisite: "Health and Wellness Dietary Recipes". (no class on Feb12, Apr 2,9)	Jason Mo, MMed, PhD	Wellness
	Level 2 on Chinese Herbs: Medicinal Properties	\$100	8 Jan	30 Apr	1:00 - 2:15 pm	14	Centre	C	1	FURTHER exploration of medicinal properties of Chinese herbs for health and wellness dietary preparation. Prerequisite: "Chinese Herbs: Medicinal Properties". (no class on Feb12, Apr 2,9)	Jason Mo, MMed, PhD	Wellness
	Praise Dance [Term 1]	\$20 Admin charge (discount not applicable)	8 Jan	26 Feb	11:00 - 12:00 noon	7	Online	C	0.5	Enhancing spiritual growth and relaxation through dancing and hymns singing. (no class on Feb12, Apr 2)	Toronto Praise Dance Group	Wellness
Praise Dance [Term 2]	\$20 Admin charge (discount not applicable)	5 Mar	30 Apr	11:00 - 12:00 noon	8	Online	C	0.5				
Elementary TaiChi Fan [Term 1] (include practise time)	\$45	8 Jan	26 Feb	2:00 - 4:00 pm	7	Centre	C	0.5	Dredging tendons and activating blood through balancing body and stretching to increase the body resistance.	Florence Lam	Wellness	
Elementary TaiChi Fan [Term 2] (include practise time)	\$50	5 Mar	30 Apr	2:00 - 4:00 pm	8	Centre	C	0.5				
Fall prevention (Tele Rehab)	FREE	7 Jan		7:30 - 8:15 pm		Online	E		Strengthening your different parts of the body for Fall Prevention and how to prevent a fall at home.	Derek Cheung		
Diabetes Medications: Basics	FREE	9 Jan		10:00 - 11:30 am		Online	E		Prescriptions of medications to control diabetes, understanding their features and precautions.	Chris Wong		
Mental fitness during pandemic	FREE	16 Jan		11:00 - 12:30 pm		Online	E		Let's learn the best practice in increasing our psychological strengths and resilience so we will not only survive the pandemic but also come out of it stronger!	Thomas Li		
2021 Financial Talk	FREE	16 Jan		2:00 - 3:00 pm		Online	E		Perspective of 2021, with review of 2020.	Ian Cheung		
Sitting posture (Tele Rehab)	FREE	21 Jan		7:30 - 8:15 pm		Online	E		Sitting posture, exercises for neck to prevent neck and brain strain, flexibility for back and hips.	Derek Cheung		
Sassy Snazzy Stretching Skill Set	FREE	23 Jan		2:00 - 3:00 pm		Online	M		A sophisticated and segue set of stretching exercise routine; explained in succinct humorous format.	Bronwyn Mar		
Winter blues (Depression)	FREE	30 Jan		1:00 - 2:30 pm		Online	E		Why is my heart not so light? Why are the stars not so bright? Is the sun still shining? Is the world still smiling? Feeling down and gloomy? Let's find ways out!	Tammy Wong		
COVID-19 Essentials	FREE	6 Feb		11:00 - 12:30 pm		Online	E		Latest on Tests, Virtual doctor visit, Airplane safety, new Treatment, and Vaccine.	David Wong		
Getting the Most from your Health Care Appointment	FREE	13 Feb		10:00 - 11:30 am		Online	E		Focuses on what to do before, during and after medical appointment and uses action planning to optimize people's health.	Koko Lung		
Diabetes Medications: Basics	FREE	27 Feb		10:00 - 11:30 am		Online	C		Prescriptions of medications to control diabetes, understanding their features and precautions.	Chris Wong		
Long-term Care Services for Seniors in Ontario	FREE	10 Mar		10:00 - 11:00 am		Online	C		This workshop will give details to seniors and caregivers regarding application for long-term care services in Ontario such as community support services and nursing home services.	Nicky Lam		
Workplace stress and coping	FREE	13 Mar		11:00 - 12:30 pm		Online	E		Our work has taken on a new face and style after the pandemic. What can we do to cope more effectively with the challenges of a new work environment?	Thomas Li		
Neck pain during Covid-19	FREE	20 Mar		10:00 - 11:30 am		Online	E		Are you experiencing neck pain during the quarantine period? Let's learn more about the causes of neck pain, exercises and self-care methods!	Elli Luy		
Getting the Most from your Health Care Appointment	FREE	27 Mar		10:00 - 11:30 am		Online	C		Focuses on what to do before, during and after medical appointment and uses action planning to optimize people's health.	Koko Lung		
Sassy Snazzy Stretching Skill Set	FREE	10 Apr		2:00 - 3:00 pm		Online	E		A sophisticated and segue set of stretching exercise routine; explained in succinct humorous format.	Bronwyn Mar		
Growth Experience of the Original Family on Mental Health	FREE	24 Apr		10:00 - 11:30 am		Online	M		Understand the growth experience of the original family, its impact on mental health. Explore with new visions, and further develop the life potential.	Li-Fen Hung		
Brain overloaded? (Anxiety)	FREE	24 Apr		1:00 - 2:30 pm		Online	E		Is my brain overloaded? Feeling fear, nervous, something may go wrong, and ... Is it possible to live like a lion king: Hakuna Matata (meaning "worry-free")? Please come with your matata!	Tammy Wong		