

# Abundant Life Institute Classes & Talks - 2022 Jan - Apr

Day	Class Name	Fee: Age 55-64	Fee: Age 65+	Start Date	End Date	Time	# Classes	Location	Language	Track	Credit	Description
Monday	ALI Singing Class [Term 1]	\$80	\$40	3-Jan	28-Feb	9:30 - 10:30 am	8	Online	C	Arts	0.5	Learn breathing, vocalization, and resonance with Cantonese opera and popular songs. (Feb 21 no class)
Monday	ALI Singing Class [Term 2]	\$80	\$40	7-Mar	25-Apr	9:30 - 10:30 am	8	Online	C	Arts	0.5	
Monday	Introduction to Silver Ballerina (Basic Level) [Term 1]	\$72	\$36	3-Jan	28-Feb	10:30 am - 12:00 pm	8	Centre	E/C	Arts	0.5	Silver Ballerina has been designed for older learners to improve posture, coordination, and energy levels. Never too late to start exercising your toes; Join us and explore the joys of dancing. (Feb 21 no class)
Monday	Introduction to Silver Ballerina (Basic Level) [Term 2]	\$72	\$36	7-Mar	25-Apr	10:30 am - 12:00 pm	8	Centre	E/C	Arts	0.5	
Monday	Pickleball Class (Basic Level)	\$48	\$24	3-Jan	28-Feb	1:30 - 2:30 pm	8	Centre	E/C	Wellness	n/a	Pickleball is the mixture of tennis, badminton and ping-pong. (Feb 21 no class)
Monday		\$48	\$24	7-Mar	25-Apr	1:30 - 2:30 pm	8	Centre	E/C	Wellness	n/a	
Monday	Pickleball Class (Intermediate Level)	\$48	\$24	3-Jan	28-Feb	2:30 - 3:30 pm	8	Centre	E/C	Wellness	n/a	
Monday		\$48	\$24	7-Mar	25-Apr	2:30 - 3:30 pm	8	Centre	E/C	Wellness	n/a	
Monday	ALI Chinese Dance (Basic Level) [Term 1]	\$72	\$36	3-Jan	28-Feb	2:00 - 3:30 pm	8	Centre	C/M	Arts	0.5	Learn Chinese folklore dances from ethnic minority regions to strengthen your muscles and coordination. (Feb 21 no class)
Monday	ALI Chinese Dance (Basic Level) [Term 2]	\$72	\$36	7-Mar	25-Apr	2:00 - 3:30 pm	8	Centre	C/M	Arts	0.5	
Monday	ALI Practical English (Basic Level) [Term 1] <b>New</b>	Free	Free	3-Jan	28-Feb	2:00 - 3:15 pm	8	Centre/Online	E/C	Literacy	0.5	Learn basic English for everyday use: banking, shopping, and medical appointments. (Feb 21 no class)
Monday	ALI Practical English (Basic Level) [Term 2] <b>New</b>	Free	Free	7-Mar	25-Apr	2:00 - 3:15 pm	8	Centre/Online	E/C	Literacy	0.5	
Tuesday	Pickleball Drop-in	Multi-Pass	Multi-Pass	4-Jan	26-Apr	10:00 am - 12:00 pm		Centre	E/C	Wellness	n/a	Pickleball is the mixture of tennis, badminton and ping-pong.
Tuesday	Line Dance (Basic Level) [Term 1] <b>New</b>	\$72	\$36	4-Jan	22-Feb	10:00 - 11:30 am	8	Centre	E/C	Wellness	0.5	Line dance for beginners with basic steps and dancing techniques.
Tuesday	Line Dance (Basic Level) [Term 2] <b>New</b>	\$81	\$41	1-Mar	26-Apr	10:00 - 11:30 am	9	Centre	E/C	Wellness	0.5	
Tuesday	Full Body Stretching Exercise [Term 1]	\$48	\$24	4-Jan	22-Feb	1:00 - 2:00 pm	8	Online	E/C	Wellness	0.5	60 minutes of warm up and stretching from head to toe, performed on and around a chair.
Tuesday	Full Body Stretching Exercise [Term 2]	\$54	\$27	1-Mar	26-Apr	1:00 - 2:00 pm	9	Online	E/C	Wellness	0.5	
Wednesday	ALI Zumba Dancercise [Term 1]	\$48	\$24	5-Jan	23-Feb	1:30 - 2:30 pm	8	Centre/Online	E/C	Wellness	0.5	Exercise and strengthen your muscle coordination with a certified trainer.
Wednesday	ALI Zumba Dancercise [Term 2]	\$54	\$27	2-Mar	27-Apr	1:30 - 2:30 pm	9	Centre/Online	E/C	Wellness	0.5	
Wednesday (2nd & 4th)	Golden Oldies (Basic Level) [Term 1] <b>New</b> (2nd and 4th Wednesday)	\$48	\$24	12 & 26 - Jan	09 & 23 - Feb	2:00 - 4:00 pm	4	Centre	E/C	Arts	0.5	Rekindle with the songs you love to sing from your youth- Karaoke style.
Wednesday (2nd & 4th)	Golden Oldies (Basic Level) [Term 2] <b>New</b> (2nd and 4th Wednesday)	\$48	\$24	09 & 23 - Mar	13 & 27 - Apr	2:00 - 4:00 pm	4	Centre	E/C	Arts	0.5	
Wednesday (1st & 3rd)	LA Connect -- Equip and Training (Intermediate Level) [Term 1] (1st & 3rd Wednesday)	Free	Free	05 & 19 - Jan	02 & 16 - Feb	2:00 - 4:00 pm	4	Online	E/C	Spiritual / Community Service	0.5	Equipping volunteers to understand the needs for older adults. We aim to learn and serve to build a positive community life.
Wednesday (1st & 3rd)	LA Connect -- Equip and Training (Intermediate Level) [Term 2] (1st & 3rd Wednesday)	Free	Free	02 & 16 - Mar	06 & 20 - Apr	2:00 - 4:00 pm	4	Online	E/C	Community Service	0.5	
Thursday	Brain Health (Basic Level) [Term 1] <b>New</b>	\$48	\$24	6-Jan	24-Feb	10:00 - 11:00 am	8	Centre	E/C	Wellness	0.5	Use music and movements to strengthen your mind and body; Enhance your memory and reduce stress. Exercises can be done standing or sitting on a chair.
Thursday	Brain Health (Basic Level) [Term 2] <b>New</b>	\$54	\$27	3-Mar	28-Apr	10:00 - 11:00 am	9	Centre	E/C	Wellness	0.5	
Thursday	Pickleball Drop-in	Multi-Pass	Multi-Pass	6-Jan	28-Apr	1:00 - 3:00 pm		Centre	E/C	Wellness	n/a	Pickleball is the mixture of tennis, badminton and ping-pong.
Thursday	Calligraphy (Basic Level) [Term 1] <b>New</b>	\$72	\$36	6-Jan	24-Feb	1:30 - 3:00 pm	8	Centre	C	Arts	0.5	Calligraphy for beginners: learn proper pen technique and basic brushwork. Deconstruct Chinese characters into elementary stroke formations, understand their relationships, and appreciate their aesthetic appearance. Students should be self-sufficient with pen, ink, and paper.
Thursday	Calligraphy: (Basic Level) [Term 2] <b>New</b>	\$81	\$41	3-Mar	28-Apr	1:30 - 3:00 pm	9	Centre	C	Arts	0.5	
Thursday	Chinese Medicine Health Talk (Intermediate Level) [Term 1]	\$80	\$40	6-Jan	24-Feb	1:30 - 2:45 pm	8	Online	C	Wellness	0.5	Learn about herbal prescriptions in TCM on Releasing Exterior and Heat Clearing.
Thursday	Harmonica for Health (Basic Level) [Term 2]	\$81	\$41	3-Mar	28-Apr	2:00 - 3:30 pm	9	Centre	E/C	Arts	0.5	Learn the enjoyment of music through a 21 or 24 hole Tremolo harmonica in the key of C. Students will need a music stand and preferred choice of harmonica: Suzuki Study-24 Key of C. 1st semester: Basic skills and music theory applicable to harmonica playing. 2nd semester: Continuation of basic skills, learn popular oldies and hymns accompanied with singing.
Friday	ALI Tai Chi (Basic Level) [Term 1] (includes practice time) <b>New</b>	\$96	\$48	7-Jan	25-Feb	10:00 am - 12:00 pm	8	Centre	C	Wellness	0.5	Learn Tai Chi to strengthen one's body resistance. It's easy to learn Tai Chi. (Apr 15 no class)
Friday	ALI Tai Chi (Basic Level) [Term 2] (includes practice time) <b>New</b>	\$96	\$48	4-Mar	29-Apr	10:00 am - 12:00 pm	8	Centre	C	Wellness	0.5	
Friday	Calligraphy: (Intermediate and Advance Level) [Term 1] <b>Class Full</b>	\$72	\$36	28-Jan	25-Feb	10:00 am - 11:30 am	8	Centre	E/C	Arts	0.5	Saturday: the instructor uses WhatsApp to post videos for demonstration and next week's homework. Friday: hand in homework. Last Friday of each month: Return to the centre for class.
Friday	Calligraphy: (Intermediate and Advance Level) [Term 2] <b>Class Full</b>	\$72	\$36	25-Mar	29 - Apr	10:00 am - 11:30 am	8	Centre	E/C	Arts	0.5	
Friday	Praise Dance <b>Free Class</b>	\$30 Admin charge	\$30 Admin charge (discount not applicable)	4-Mar	29-Apr	10:30 am - 12:00 pm	8	Centre	C	Wellness	0.5	Enhancing spiritual growth and relaxation through dancing and hymn singing. (Apr 15 no class)
Friday	Tai Chi Fan (Basic Level) [Term 1] (includes practice time)	\$96	\$48	7-Jan	25-Feb	2:00 - 4:00 pm	8	Centre	C	Wellness	0.5	Moving tendons and activating blood through balancing body and stretching to increase the body resistance. (2:00-2:30 practice time) (April 15 no class).
Friday	Tai Chi Fan (Basic Level) [Term 2] (includes practice time)	\$96	\$48	4-Mar	29-Apr	2:00 - 4:00 pm	8	Centre	C	Wellness	0.5	

Day	Talk Name	Fee	Date	Time	Location	Language	Track	Description
Saturday	Nutrition for Older Adults	Free	22-Jan	10:00 - 11:15 am	Online	C		What is nutrition and why is it important for older adults? How do I eat healthy for age? What should I do if I am having trouble eating healthy?
Saturday	Cognitive Health and Older Adults	Free	12-Feb	10:00 - 11:15 am	Online	C		What is Brain Health? Some factors affecting brain health cannot be changed; Lifestyle changes can make a difference. Small changes add up and changing your routine will help.
Saturday	Medication for Depression and Anxiety	Free	26-Feb	10:00 - 11:15 am	Online	C		Psychiatric medication awareness discussion.
Wednesday	Constipation: Environment and Psychological factors	Free	9-Mar	2:00 - 3:00 pm	Online	C		Workshop on lifestyle and psychological factors that may cause constipation.
Saturday	Elder Abuse Series: Be a "SMART" Senior	Free	12-Mar	10:00 - 11:15 am	Online	C		What is Elder Abuse? Types of Elder Abuse? Pandemic-related Abuse and Prevention Tips
Saturday	Health Facts: Cholesterol & BMI	Free	9-Apr	10:00 - 11:15 am	Online	C		Education on Cholesterol and Body Mass Index using the 2021 Canadian guideline.
Saturday	Music Therapy for Anxiety and Depression	Free	23-Apr	10:00 - 11:15 am	Online	C		Life is full of stress and worries. If we don't handle them well, they will do harm to our physical and mental well-being. Music is one of the best ways to release stress. Listening to soothing music or involving in different musical activities can relax our body and mind. Music therapy helps!
Saturday	Anxiety Relief with Traditional Chinese Medicine	Free	30-Apr	10:00 - 11:15 am	Online	C		This talk will focus on the causes, treatments and prevention of anxiety and depression with lifestyle and diet advice for patients and their family members.
Language: English (E), Cantonese (C), Mandarin (M), Korean (K), Spanish (Sp)								