

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>11 12:30pm – 4:30 pm Outside in Community Mandarin Seniors Group: 6000 Cummer Park [Liping]</p>	<p>12 10:30am.–12:30pm Korean Book Club [Soyeon]</p>	<p>13 11:30am–2:30pm Korean Self Help Group “Lunar New Year Celebration at Dragon Pearl” [Soyeon]</p> <hr/> <p>1:30-3:30pm Active Wednesday 1:30-2:30pm Qi-Gong [Tweety] 2:45-3:30pm Brain Beat Dance [Tweety]</p>	<p>14 10:30am–1:30pm Vietnamese Self Help Group [Emillie]</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>Happy Family Day! Offices Closed</p>	<p>19</p>	<p>20 10:30am-1:30pm Korean Self Help Group [Soyeon]</p> <hr/> <p>1:30-3:30pm Active Wednesday 1:30-2:30pm Qi-Gong [Tweety] 2:45-3:30pm Brain Beat Dance [Tweety]</p> <hr/> <p>1:30-2:30pm Korean Peer Support Group [Hearan]</p> <hr/> <p>2:30–3:30pm Community of Practice [Moshe]</p>	<p>21 10:30am–1:30pm Vietnamese Self Help Group [Emillie]</p>	<p>22</p>	<p>23 10:00am – 4:00pm Mandarin Mental Wellness Group [Li Ping]</p>	<p>24</p>
<p>25 12:30pm – 4:30 pm Outside in Community Mandarin Seniors Group: 6000 Cummer Park [Liping]</p>	<p>26</p>	<p>27 10:30am-1:30pm Korean Self Help Group [Soyeon]</p> <hr/> <p>1:30-3:30pm Active Wednesday 1:30-2:30pm Qi-Gong [Tweety] 2:45-3:30pm Brain Beat Dance [Tweety]</p> <hr/> <p>1:30-2:30pm Korean Peer Support Group [Hearan]</p>	<p>28 10:30am–1:30pm Vietnamese Self Help Group [Emillie]</p>	<p></p>	<p></p>	<p></p>



HONG FOOK MENTAL HEALTH ASSOCIATION
Winter 2019 Programs & Activities
North York Office

Program/Activity	Responsible Worker	Day	Time	Site/Location	Start Date	End Date
Social & Recreational						
Outside in Community Mandarin Seniors Group	Liping	Every Mon	12:30 – 4:30 pm	6000 Cummer Park	All year round	
Korean New Wave	Soyeon	1 st Tue	10:30 am – 12:30 pm	North York Off / Multi-function rm	All year round	
Korean Book Club	Soyeon	2 nd Tue	10:30 am – 12:30 n	North York Off / Multi-function rm	All year round	
Korean Self Help Group	Soyeon	Every Wed	10:30 am – 1:30 pm	North York Off / Multi-function rm	All year round	
Vietnamese Self Help Group	Emillie	Every Thu	10:30 am – 1:30 pm			
Exercise (Physical)						
Qi-Gong	Tweety	Every Wed	1:30 – 2:30pm	North York Off / Multi-function rm	All year round	
Brain Beat Dance	Tweety	Every Wed	2:45-3:30pm	North York Off / Multi-function rm	Feb 6	TBA
Peer Support						
Peer Support Group	Hearan	Every Wed	1:30 – 2:30 pm	North York Office / Activity Rm	All year round	
Community of Practice	Moshe	Alternate Wed	2:30 – 3:30 pm	North York Office / Activity Rm	All year round	
Workshops & Trainings						

ALL PARTICIPANTS ARE REQUIRED TO REGISTER BEFORE JOINING. If you are interested in these program, please contact: (416) 493-4242 ext. 0 and ask to speak with responsible program worker.



North York Site: 1751 Sheppard Ave East, North York, M2J 0A4