

# Social Services for All

## Jan – Mar 2019

Welcome to use the CCM Centre services. Please sign up or buy the tickets in advance.  
 Activities are subject to change. Please contact CCM directly.

Remarks: Language (C=Cantonese, E=English, M=Mandarin)

Version: 2019-01-15

### Adult Activities (Age 18+)

Activity	Date	Time	Fee	Lang.
Healthy Morning Exercise	<b>Every Monday</b>	9:30 – 10:45 am	\$10 / month \$3 single class	C
Health Talk	<b>Tuesday March 12, 2019</b>	11:30 am – 12:45pm	Free (Donation at will)	C/M
Dance over the Rainbow Line Dance Group	<b>Every Tuesday and Thursday</b>	9:30 – 11:00 am	\$8 / Tue & Thu \$15 /month for both days \$3 single class	M/E
Men's New World (Cantonese Men ONLY)	<b>Thursday evening</b> Topic: Men's Life Journey Speaker: MNW members	7:30 – 9:30 pm	FREE Donation at will	C
Handmade Arts & Craft is Fun / Origami	Start in beginning of the month <b>Every Monday</b>	1:30 – 3:00 pm	Free Donation welcome	C
Life Discovery Cell group	<b>First Monday of each month</b> To learn through group discussions, sharing, self-awareness and self- recognition to grow together.	1:30-3:30pm	Free Donation welcome	C
Women's New Era	Jan 4 Light up your health Jan 11 Intestines & probiotics Jan 18 Osteoporosis natural therapy Jan 25 Homemade probiotics Feb 1 Natural skin care Feb 8 Chinese New Year celebration Feb 15 Small group + exercise Feb 22 Small group + exercise Mar 1 Upright demeanor Mar 8 Small group + exercise Mar 15 Small group + exercise Mar 22 Small group + exercise	<b>Every Friday</b> 10:15 am – 12 noon  Mar 29 Closed	2019 Membership Annual Fee: \$25.00 Non-member \$2.00 / lesson Small group for member \$5/ 5 classes Non-member \$10 / 5 classes 1.Eco-friendly 2.Smart phone, smart home	C

### Children's Activities, Youth & Parenting Programs

Activity	Target users	Date	Time	Fee	Lang.
<b>The Boys' &amp; Girls' Christian Brigade of Canada (BB)</b> (Cultivate leadership and teamwork, develop good conduct)	Age 6 -12 Gr. 1 - 6	<b>Tuesday</b> Sept 18, 2018 – May 2019	7:00 – 8:30 pm	Annual Fee \$160 (excluding uniform)	E
<b>Creative Drawing Class Fall Class (Material cost extra)</b>	Age 4-6	<b>Saturday</b> Jan 12 – Mar 30 (Mar 16 Spring Break no class)	10:15 – 11:15 am	\$176/11 classes	C/ M/ E
	Age 7-11		11:30 am-1:00 pm	\$231/11 classes	
<b>Violin Beginners</b>	Age 6 – 10	<b>Saturday</b> Jan 12 – Mar 9	12:30 – 1 :15pm	\$112/ 7 classes	E
<b>Children's Choir</b>	Gr.2-7	<b>Saturday</b> Sep– June, 2019	2:00 – 3:15 pm	\$300 annual fee Please inquire the front desk for drop-in	E
<b>【Walk With You】 Family Growth Group</b>	Parents with kids G1 - 6.	<b>Every 2<sup>nd</sup> / 4<sup>th</sup> Saturday</b> Sep/2018 – Jun/2019	4:00 – 6:00 pm	\$200 annual fee per child	C/M/ E
<b>“BE A CHILD WITH . . .” 2019 Spring Camp</b>	SK – G 6	<b>March 11 – 15 Monday to Friday</b>	9:00 am – 4:00 pm Extended hours: 8:30 – 9:00 am 4:00 – 5:30 pm	\$100 full week No lunch \$10 / day for extended hrs	E
<b>Parenting Workshop</b>	Parents	<b>Tuesday</b> Feb 12, 19, 26 & Mar 5	7:00 – 8:00 pm	\$20 / couple \$15 / single	M
<b>【Youth All Stars】 Community Care Project</b>	Youths Age 14 – 19	<b>Saturday</b> Oct. 2018 – March, 2019	4:00 – 6:00 pm	Free RSVP	E/ M/C

### Interest Classes

Activity	Target users	Date	Time	Fee	Lang.
Karaoke Queens & Kings	Age 18+	<b>Every Monday</b>	11:15 am – 1:45 pm	\$12 / month \$4 / single class if available \$2 / sit-in audience	C/ M/ E
Mandarin Class (Putonghua)	Age 16+	<b>Monday</b> Mar 4 - Apr 29	1:30 – 2:30 pm	\$30 / 8 classes Minimum 10 students	M

English Conversation	Basic English	<b>Every Tuesday</b>	1:30 – 3:00 pm	\$10 / month \$3 / class Material incl.	E
Watercolor Class	All	<b>Every Wednesday</b>	10:00 am – Noon	\$120 (3 classes) \$160 (4 classes) \$200 (5 classes)	C/ M/ E
Drawing Class	All	<b>Every Wednesday</b>	12 pm – 1:00 pm	\$ 75 / 3 lessons / month \$100 / 4 lessons/month \$125 / 5 lessons/month	C/M/ E
ZUMBA Aerobic Dance	All	<b>Every Friday</b>	3:00 – 4:00 pm	\$ 20 (4 classes) \$ 25 (5 classes) \$ 6 single class	C/E
Stretch Delight	All	Class A : <b>Thursday</b> Class B : <b>Friday</b> Class C : <b>Saturday</b>	1:30 – 2:30 pm 9:15 – 10:30 am 11:15 am – 12:15 pm	\$12 / 3 classes by month \$16 / 4 classes by month \$20 / 5 classes by month \$6 / drop in - single	C/ M/ E
Chinese Calligraphy	Age 16 +	Saturday Jan 5 – Feb 23 Mar 2 – Apr 27	9:30 – 11:00 am	\$60 / 6 classes \$80 / 8 classes	C/M
Yang's Tai Chi 24 styles	Age 18 +	Dec 15, 18 – Feb 23, 19 Mar 3 – May 4	<b>Saturdays</b> 9:30 – 11:00 am	\$60 / 10 classes	C/M

### Community Activities & Spiritual Support

Services	Target users	Date	Time	Fee	Lang.
"LINKAGE" Counseling Services	All	<b>Every Thursday / Saturday</b>	By appointment only 10:00 am – 5:00 pm	\$50 / session	E/C
Social benefits Information & Referral	All	<b>Every Tuesday</b>	Noon – 5:00 pm By appointment only	FREE Donation at will	E/C/M
Immigration Consultation Service	All	<b>Every Tuesday</b>	12:00 – 5:00 pm By appointment only	FREE Donation at will	E/C/M
Tam O'Shanter Senior Building Outreach Service	TOS Seniors only	<b>1<sup>st</sup> and 3<sup>rd</sup> and 5<sup>th</sup> Tuesday at 3825 Sheppard Ave. E.</b>	9:30 am – 12 noon	FREE Donation at will	E/C/M
Cancer Patients & Caregivers Mutual Support Group	All	<b>1<sup>st</sup> Tuesday</b> of each month Jan 8, Feb 5, Mar 5	1:15 – 3:30 pm	FREE Donation at will	C/M
How much do you know about the Faith?	All	<b>Every Monday</b>	2:00 – 3:00 pm	FREE Donation at will	C
Men's Bible Study Discipleship BSD	Members of MNW	<b>Every Tuesday</b> Contact Men Ministry Coordinator for more detail	12:00 – 2:30 pm	FREE Donation at will	C
CCM Adult Reading Club	Age 18 +	<b>3<sup>rd</sup> Tuesday</b> of each month	7:00 – 9:00 pm	FREE Donation at will	C
"Tree of Life" Bible Study Group	All	<b>Every Wednesday</b> Sept, 19, 2018 – May 29, 2019	10:00 am – 12 noon	FREE : \$20 Material Fee Donation at will	C
" Splendid Life " Come and See	Age 18 +	<b>Every Wednesday</b>	1:15 – 3:15pm	FREE Donation at will	C
Retired Men Bible Study Fellowship	Retired Men	<b>1<sup>st</sup> Thursday</b> of each month Jan 3, Feb 7, Mar 7	10:30 am – noon	FREE Donation at will	C
Women Bible Study Holy Truth	Women	<b>Every Friday</b>	1:00 – 2:30 pm	FREE Donation at will	C
CCM Volunteer Appreciation	CCM Volunteer	Jan 12, 2019 Saturday	4:00 pm – 5:30 pm	RSVP – FREE for all volunteers & family	C/M/E
"A Complete Estate Plan" Series	All	Jan – Bereavement Authority of Ontario Feb – Will(s) and Power of Attorney(s) Mar – Estate Administration Taxes	11:15 am – 12:45 pm	FREE Donation at will	C
<b>Special Notice</b>		All classes in Room 1 will be suspended during March Break Camp			
<b>Centre Closed</b>		January 1, 2019 New Year February 18 Family Day			



**CCM Service Hours: Monday – Saturday 9:30 am – 6:00 pm**  
**Suite 3107, Oriental Centre, 4438 Sheppard Ave. E. Scarborough, ON M1S 5V9**  
 (NE corner of Brimley/Sheppard)



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**WANTED: Volunteers & Prayer Warriors**