

New class

健樂薈：正念匹克球

身心同健, 樂活人生

正念匹克球：身心修練, 樂活新法。享受一種全新的方式, 讓您保持活躍與健康。

日期: 2025年9月17至12月10(每週三)

時間: 下午2點 - 4點

地點: Richmond Hill Free Methodist Church (列治文山循理會), 212 Hillview Dr, Richmond Hill

對象: 55歲或以上的長者 (名額有限, 額滿即止)

活動: 適合初學者、中級和高級

費用: 每四節\$20

活動查詢: Maria Ng, mng@lwcounselling.ca

Online Registration [Click Here](#) or Scan QR Code



Website <https://lwcounselling.ca>

Telephone: 905-763-0818

Please prepare for your own racquet. The class is conducted in Cantonese

Funded by:

Ontario



泉源輔導中心
Living Water Counselling Centre

AGE WELL HUB: MINDFUL PICKLEBALL

New class

The mindful way to play, the active way to age.

Mindful Pickleball: It's a practice for your mind and body.
Enjoy a new way to stay active and healthy.

Date: Every Wednesday from **Sept 17** to **Dec 10, 2025**

Time: 2:00 PM to 4:00 PM

Location: Richmond Hill Free Methodist Church, 212
Hillsview Dr., Richmond Hill

Target: Seniors aged 55 or above (Spots are limited and
available on a first-come, first-served basis)

Level: Suitable for beginners, intermediate, and advanced
players

Fee: \$20 for every four sessions

Program Inquiries: Maria Ng, mng@lwcounselling.ca

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