



Chinese Golden Age Club of Mississauga

Since 1983

Old Club, New Vision

Chinese Golden Age Club was conceived in 1982. It was officially founded in 1983. The year 2013 marks its 30-year anniversary. We applied and received New Horizon Funding in the first year of operation. We stopped when the club was on the right track.

At beginning, the Chinese Golden Age Club concentrated its activities in Cultural Events. We offered Tai Chi Classes, Art Classes such as brush painting, and Instrumental Music. We kept close relationship with Toronto Area Heritage Language Schools and cultural groups including Beijing Opera Group, Chinese Music Groups. Our New Year Celebrations were well-known in Mississauga.

For the next 12 years, the Chinese Golden Age Club met regularly in Huron Park Recreation Centre. The

Chinese New Year celebrations took place in the little theatre. There were performances from Heritage Language schools from Oshawa, Scarborough, North York and Brampton. There were also Beijing Opera Groups from Toronto. In addition, there were also jazz bands, harmonica team made by family members of our club members. Our membership exceeded 300 at one time – one of the biggest at that time. The club was very successful and well known among Mississauga communities. Our president during that period, Mr. David Au-yeung was nominated as the Citizen of the Year in 1994.

In 1994 our club moved to Square One as a partner group of OAC (Older Adult Centre). However, our independent spirit remains unchanged.

After 30 years of operation, lots of our members have faded away. Quite a few are in geriatric care in senior homes. It's about time our club to broaden our activities from maintaining cultural heritage to promoting senior health care. After all, we are looking into a frontier.



1983 Chinese New Year Celebration – Mayor Hazel McCallion delivering opening speech, Andrew Lee was the MC.

Community Centre Based Senior Wellness Service – A Pilot Project

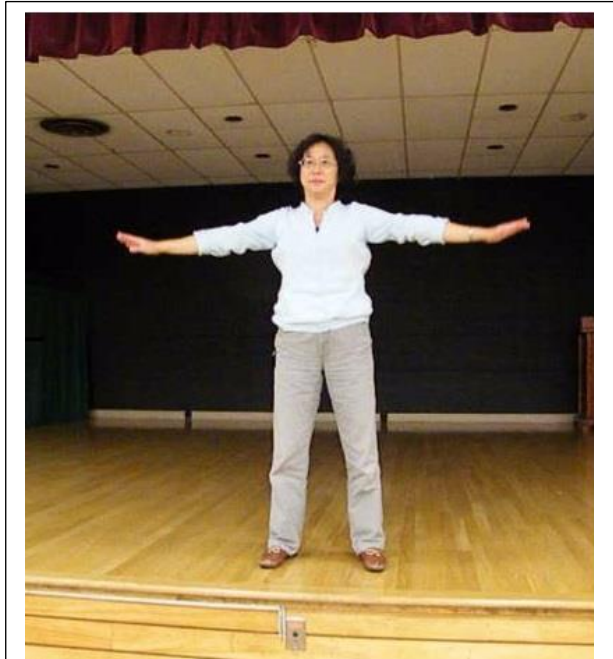
Summary

This pilot project is aimed at evolving the existing senior club from an inward looking cultural group into a community centre based senior health wellness promoter.

Mississauga has a unique advantage over other cities is there are 11 community centres located strategically in the population centers. We shall use this advantage to locate senior clubs in a community centre to do the following activities we propose do:

- “Tai Chi” in the Park: We have several excellent Tai Chi instructors who can teach classical Tai Chi in different styles. Our instructors can teach Tai Chi in the park during summer and in the community centre in winter times. It is expected the class will be attended by seniors within the walking distance from the selected community centre.
- Health Forum: Health forum consists of 3 phases: It includes:
 1. Medical Information Card: Our English Instructor Ms. Sai-min Looi chair the forum. A group of ten members get together to design and produce Medical Information Card in both English and Chinese so that patients can communicate with medical staff without difficulty. This phase is currently in progress.
 2. Medical Record Management: Our member Thomas Lee, a retired executive from an Engineering firm will chair a forum to set up standard forms to track medical records.
 3. Web-site development: IT expert Chyn Lo is currently design web-site for the CGAC so that results of the above two phases can be shared by others.

Upon the completion of the pilot project, we will publish reports for other groups to use.



Mei Hau has been CGAC's Tai Chi Instructor Since 1980's. She is also a licensed physical therapist.



Ching-kan Chen teaches Yuan Chi Dance (a kind of Tai Chi) in OAC Square One.