

AGOAC

Lunar New Year Celebration
2026



THE YEAR OF HORSE

Saturday, February 21, 2026

1:30PM – 4:30PM

Room AR1

Angus Glen Community Centre

Free of Charge

Welcome all members to join us for a fun and festive afternoon!
Enjoy performances, karaoke, games, and light refreshments.

Registration start at 8:00pm from January 18, 2026, please **[CLICK HERE](#)** for **RSVP**
or copy the link <https://forms.gle/N6y56aL6Eg8irgtH7> into your browser.
Registration will close once it reaches maximum capacity

From: AGOAC Admin <admin@agoac.com>
Sent: January 18, 2026 11:42 PM
Subject: Confirmation: Chinese New Year Celebration Registration

Dear Member,

We are delighted to confirm your registration for the Chinese New Year Celebration! Below is the list of participants.
Event Details:

- Date: February 21, 2026
- Time: 1:30 PM – 4:30 PM
- Location: Room AR1, Angus Glen Community Center

Please arrive on time and check in at the reception desk with your membership card. At check-in, you will receive your food ticket.
Kindly ensure that the color of your food ticket matches the color of the label on the back of your chair.

We look forward to celebrating the Lunar New Year with you!

Membership #			
18	904	2040	3185
27	905	2072	3199
66	932	2142	3239
134	933	2150	3280
199	961	2151	3297
234	996	2188	3298
237	1014	2189	3301
238	1015	2211	3303
240	1061	2267	3313
244	1093	2268	3324
252	1097	2269	3326
264	1098	2283	3338
277	1109	2290	3339
297	1117	2293	3423
298	1118	2315	3426
306	1138	2318	3428
317	1139	2351	3470
318	1193	2376	3472
327	1236	2412	3510
352	1239	2531	3511
374	1305	2538	3566
378	1413	2561	3569
379	1432	2679	3579
393	1455	2680	3656
396	1467	2687	3674
399	1471	2705	3675
400	1506	2759	3676
401	1547	2871	3677
404	1548	2886	3723
411	1706	2914	3733
437	1711	2941	3734
455	1741	3049	3738
539	1743	3059	3792
574	1806	3075	3793
596	1847	3083	3819
661	1899	3084	3820
663	1957	3122	VIP
881	1986	3138	VIP
899	2014	3145	VIP
900	2032	3182	VIP

Best Regards,

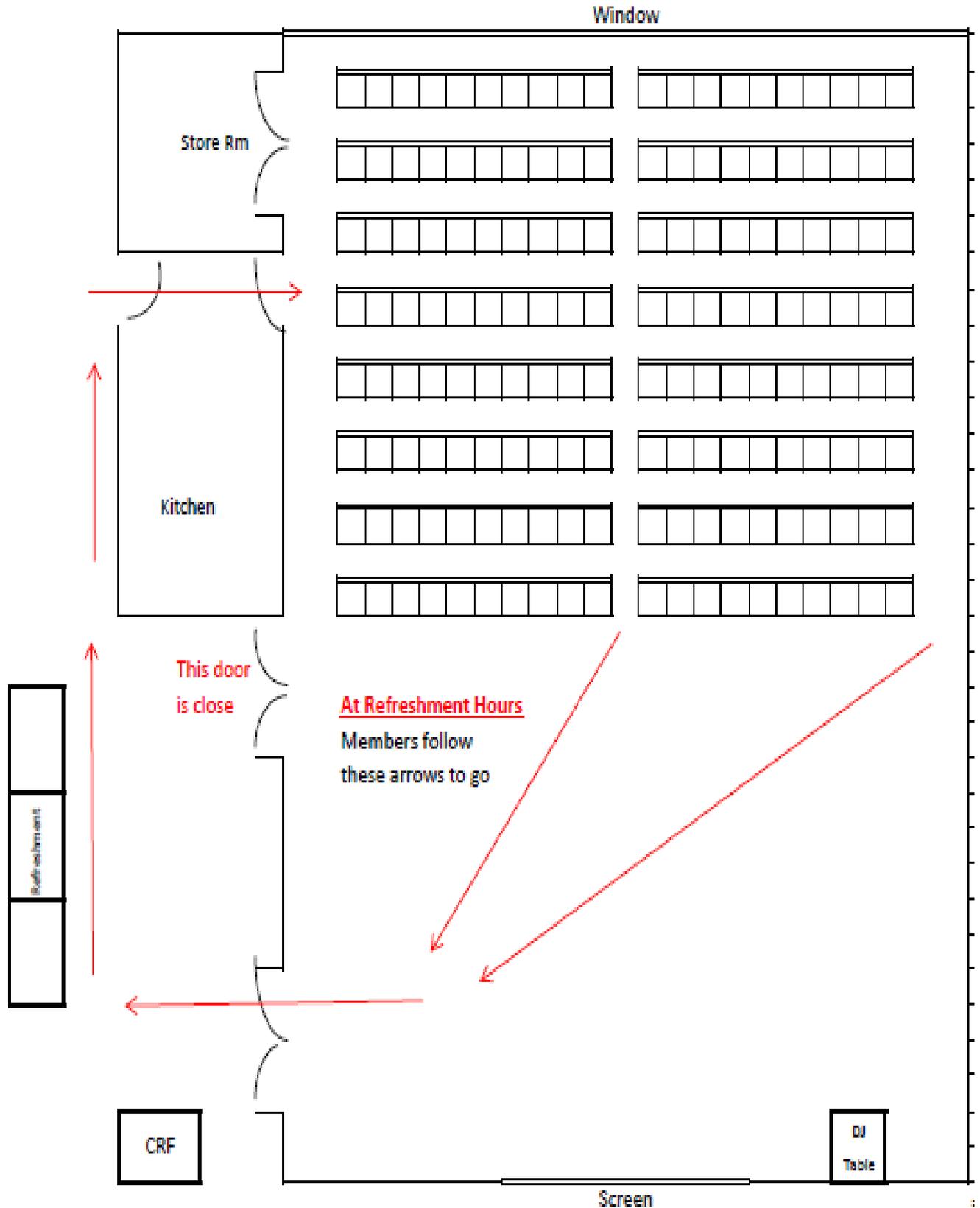
Louisa Lee

AGOAC Admin



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Room AR1 setting on Feb 21, 2026 for AGOAC CNY Celebration Event



Feb 21, 2026 CNY run down

This is a draft version of Feb 9, 2026 & is subject to change

<u>Time</u>	<u>Minutes</u>	<u>Particular</u>	<u>Performer / Group</u>
1:30	2:00	到前台向大家拜年 President wishes everyone a Happy New Year	Board, Coordinator
1:32	18:00 (2mins / Group)	Group Photos Taking In The Order Of	Board, Coordinator, Volunteer(CNY), CCD, CRF, ERH, FLM, KRK, HEE7&RMM
1:50	4:03	古典大型羽扇舞 - 化蝶成雙 Classical Chinese Fan Dance – United as Butterfly Lovers	Wai Moh (CCD2)
2:00	3:33	財神到 God of Wealth Arrived	Gilbert Tam (DIR)
2:05	3:46	賀新年 He Xin Nian	Pan Yan (KRK)
2:10	2:30	戰馬 War Horse	Louisa Lee (HEE7 & RMM)
2:15	3:17	歡樂年年 Happy Every Years	Christine Wan (KRK)
2:20	3:13	祝福你 Greeting	Gilbert Tam (DIR)
2:25	3:45	藏族舞 - 我是你的格桑花 Tibetan Dance – I Am Your Gesang Flower	Wai Moh (CCD2)
2:30	30:00	Refreshments ERH Performance Set Up	CNY Volunteer & Adm
3:00	4:18	我的情深 My Deep Affection	Paul Ho (ERH)
3:05	3:40	順流逆流 For & Against Flows	Paul Ho (ERH)
3:10	3:05	倩影 Beautiful Image	Paul Ho (ERH)
3:15	3:08	恭喜恭喜 Congratulations!	Lillian Ip (KRK)
3:20	4:52	歡樂今宵 + 我一見您就笑 Joyful Tonight + I Smile When I See You	Sindy Kwong (KRK)
3:25	3:34	傻傻的愛 傻傻的等待 Foolish Love, Foolish Waiting	Raymond Lee (KRK)
3:30	3:18	金健康至尚 Golden Health	Louisa Lee (HEE7 & RMM)
3:35	3:12	成功獲勝 Bingo	Louisa Lee (HEE7 & RMM)
3:40	4:06	Can You Feel The Love Tonight	Thomas Li (KRK)
3:45	3:26	風吹麥浪 特效 Wind Blowing Wheat Fields	Jack & Nancy (KRK)
3:50	4:24	載歌載舞 + 情花開 Sing & Dancing + Love Blossoms	Becky Wang (KRK)
3:55	3:12	歡樂年年 Happy Every Years	Gilbert Tam (DIR)
4:00	15:00~	Game	CNY Volunteer & Adm
4:30		End	

War Horse 《戰馬》

War Horse serves as a compelling thematic and symbolic reflection of the 2026 Year of the Fire Horse, beginning on February 17, 2026.

Through its depiction of hardship and endurance, it expresses resilience, loyalty, and an unbreakable spirit—qualities that closely align with the intense and transformative energy associated with the Fire Horse year.

Why *War Horse* resonates with the 2026 Year of the Horse:

Resilience in Challenging Times 逆境中的韌性

The year 2026 is often characterized as demanding and high-pressure, marked by rapid and sometimes chaotic change that requires strong mental and physical resilience.

Unstoppable Energy and Momentum 勢不可擋的能量和動力

Horse symbolizes action, movement, and freedom. Horse paired with the Fire element, 2026 signals acceleration and bold transformation, favoring initiative, courage, and adaptability.

Loyalty and Heart-Led Direction 忠誠與心之所向

The Horse year encourages alignment—progress driven by passion, intuition, and emotional truth rather than fear or inertia.

The “War Horse” as a Symbol of Survival 「戰馬」象徵生存

Appearing once every 60 years, the Fire Horse is associated with intense change, breakthroughs, and renewal forged through challenge.

In essence, *War Horse* reflects the core lesson of the 2026 Year of the Fire Horse: to **endure and thrive by moving forward with courage, passion, and—above all—heart.**

憑藉勇氣、熱情，以及最重要的一顆赤誠之心，勇往直前，才能生存並蓬勃發展。

The above is shared purely for personal interest.

Golden Health 《金健》

This signifies a year focused on **high-level vitality, sustained energy, and preventive care** to manage the intense, fast-paced nature of the Horse. Because the horse is associated with the Fire element, which controls the heart, blood pressure, and circulation, "Golden Health" represents maintaining internal balance (Yin) against external, high-energy (Yang) demands.

How "Golden Health" is interpreted for the Year of the Horse:

1. Sustained Vitality Over Speed (Anti-Burnout) 持久活力勝於速度（避免倦怠）

Balancing "Fire": The Year of the Horse is high-energy, leading to potential overwork, burnout, and stress-related issues. Golden Health means not just running the fastest, but "running the longest"—achieving sustainable health rather than working in exhausting bursts.

Mental & Physical Balance: It is an invitation to move away from constant hustle to find a "golden", or balanced, rhythm that includes, rest,, and mindful,, movement, such as Tai Chi 太極 or yoga 瑜伽.

2. Cardiovascular and Internal Care 心血管和內科護理

Protecting the Heart: In Traditional Chinese Medicine (TCM), the horse is connected to the Heart and Small Intestine meridians. Golden Health focuses on cardiovascular health, blood pressure, and managing emotional intensity to prevent palpitations or anxiety.

Nutritional Nourishment: Utilizing "golden" or nourishing foods to support the body, such as bird's nest to boost immunity and Manuka honey for energy and digestion, is a key, traditional aspect of this, especially during Chinese New Year.

3. Preventative and "Golden" Care 預防及「金」養

Proactive Health: With the high energy of the Fire Horse year, it is vital to take early action on health issues, such as getting annual check-ups and paying attention to early signs of burnout (fatigue, poor sleep).

Grounding Energy: Because horse energy is airy and fast, "Golden Health" implies grounding techniques to stay centered, including hydration and regulating sleep routines.

4. Cultural Symbolism of Gold and Health 黃金與健康的文化象徵意義

Radiance and Longevity: In Chinese culture, gold symbolizes power, wealth, and longevity. Therefore, "Golden Health" implies a radiant, strong, and enduring physical state, often associated with the "golden core" of energy in TCM.

Auspicious Wellness: Wearing gold,, using it in,, and in, home decor, (like the, Wu Lou/gourd) is, believed to attract, protection from illness, and, overall, wellbeing.

Summary for 2026: To achieve "Golden Health" in the Year of the Fire Horse, you must balance high-intensity, "fire-type" energy with restorative rest, proper nourishment, and a steady,, deliberate pace, to, avoid, burnout and, promote longevity.

為了在火馬年獲得“金康”，您必須平衡高強度的“火型”能量與恢復性休息、適當營養以及穩健的節奏，以避免過度勞累，從而延年益壽。

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Bingo 《成功獲勝》

"Bingo!"—as an expression of sudden satisfaction, surprise, or a perfect, unexpected outcome—applies as a metaphor for hitting a major milestone, seizing a sudden opportunity, or achieving a breakthrough. The Horse year is characterized by speed, high energy, and rapid change.

Here is how "Bingo!" applies to the themes of a Horse year:

1. Unexpected Successes and "Breakthroughs" 意想不到的成功和“突破”

Rapid Results: Horse years are known for fast-paced, high-energy, and often unexpected, positive outcomes. A “Bingo!” moment occurs when months of hard work suddenly pay off in a fast, unforeseen way, similar to a surprise win in a game.

The "Fire Horse" Surprise: In 2026, the Year of the Fire Horse, energy is amplified, meaning wins can be bigger and more sudden. "Bingo!" represents those "aha!" moments or serendipitous, positive turns in career or personal life.

2. Seizing Golden Opportunities Action-Oriented Wins:

The Horse represents action, freedom, and speed. "Bingo!" is shouted when you take a bold risk or make a quick decision that immediately aligns with your goals.

"Money Comes Immediately" (馬上有錢): A popular pun during the Year of the Horse is "馬上有錢" (mǎ shàng yǒu qián), which means "money comes immediately." The phrase uses the character for "horse" (馬) to symbolize instant wealth or fortune, essentially translating to a "Bingo!" moment of financial gain or success.

3. Turning Challenges into Advantages 化挑戰為優勢

Unforeseen Gains: A "Bingo!" moment can come from taking a mistake or a challenging situation and turning it into a triumph. For example, a "crying horse" toy—a manufacturing mistake where the mouth was sewn upside down—became a best-selling symbol of the 2026 Year of the Horse in China, turning an error into a surprise success.

4. "Bingo" as a Goal-Setting Tool "Bingo" 作為目標設定工具

Active Engagement: In 2026, many, such as creators on social media, are using "Year of the Horse Bingo" cards to check off goals like "increased visibility," "unexpected travel," or "bold career moves" as they happen throughout the year.

In summary, "Bingo!" in a Year of the Horse represents the exhilarating, rapid, and often surprising fulfillment of ambition and the rewarding of bold, decisive action.

總而言之，馬年的「Bingo！」象徵著令人振奮、迅速且往往出人意料的雄心壯志的實現，以及大膽果斷行動帶來的回報。

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