

2024年6月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

星期一 9am - 5pm	星期二 9am—5pm	星期三 9am—5pm	星期四 9am—5pm	星期五 9am-5pm
3 9:30-10:30 Gentle Fitness	4 泰米爾組節目	5 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	6 9:00-4:00 端午節義工包粽日 10:00-3:00 粵曲班	7 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 12:00 端午節華人組聚餐 (\$15/六月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:00 iPad班 1:30-2:30 太極班
10 9:30-10:30 Gentle Fitness	11 泰米爾組節目	12 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	13 10:00-3:00 粵曲班	14 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 11-12 委員會會議 12:00 父親節生日聚餐 (\$15/六月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00太極班
17 9:30-10:30 Gentle Fitness	18 泰米爾組節目	19 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	20 10:00-3:00 粵曲班	21 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/六月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:00 iPad班 1:30-2:30 太極班
24 9:30-10:30 Gentle Fitness	25 泰米爾組節目	26 9:00-5:00 長者月 Primitive Designs & Pingle's 農村一日遊 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	27 10:00-3:00 粵曲班	28 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/六月份 4 個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 營養講座 1:30-2:30 太極班

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
3 9:30-10:30 Gentle Fitness	4 Tamil Program	5 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	6 9:00-4:00 Dragon Boat Festival Preparation (Sticky Rice Dumplings Making) 10:00-3:00 Cantonese Opera	7 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Dragon Boat Festival Luncheon 2024 12:45-1:30 Chinese Karaoke 1:15-2:15 iPad Class 1:30-2:30 Tai Chi
10 9:30-10:30 Gentle Fitness	11 Tamil Program	12 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	13 10:00-3:00 Cantonese Opera	14 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Father's Day Birthday Luncheon 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
17 9:30-10:30 Gentle Fitness	18 Tamil Program	19 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	20 10:00-3:00 Cantonese Opera	21 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 iPad Class 1:30-2:30 Tai Chi
24 9:30-10:30 Gentle Fitness	25 Tamil Program	26 9:00-5:00 Senior's Month Cerebration (Primitive Designs & Pingle's Farm Market) 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	27 10:00-3:00 Cantonese Opera	28 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 Nutrition Workshop 1:30-2:30 Tai Chi

For more information call (416) 752-0101 Ext. 4223

PROGRAM DESCRIPTION

HEALTH AND WELL-BEING

Ballroom Dance - Learn graceful steps and elegant movements across various styles in a fun, social atmosphere.

French Class - Explore the French language through interactive lessons designed to build fluency and cultural understanding.

Luk Tung Kuen - Engage in this exercise that enhances flexibility, balance, and overall health with simple movements.

Line Dance - Enjoy choreographed group dances set to lively music, tailored for seniors aged 55 and up.

Mandarin Class - Dive into Mandarin Chinese, focusing on essential communication skills and cultural insights.

Tai Chi class - Practice gentle martial arts movements to improve mental clarity, physical strength, and balance.

iPad class - Master your iPad with tips on navigation, apps, and internet usage, enhancing your digital skills.