

2024年9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
2 Happy Labour Day 中心休息	3	4 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	5 10:00-3:00 粵曲班	6 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 (\$18/九月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班 iPad班
9 9:30-10:30 Gentle Fitness 1:00-3:00 Bingo	10 泰米爾組節目	11 9:30-10:30 Chair Yoga (暫停) 3:30-5:00 CFC Community Meal	12 10:00-3:00 粵曲班	13 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 華人組生日聚餐 (\$18/九月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
16 9:30-10:30 Gentle Fitness	17 泰米爾組節目	18 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	19 10:00-3:00 粵曲班	20 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 華人組生日聚餐 (\$18/九月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班
23 9:30-10:30 Gentle Fitness	24 泰米爾組節目	25 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	26 10:00-3:00 粵曲班	27 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 (\$18/九月份 4 個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班 營養講座
30 9:30-10:30 Gentle Fitness 1:00-3:00 Bingo				

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
2 Happy Labour Day Centre Closed	3 Tamil Program	4 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	5 10:00-3:00 Cantonese Opera	6 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Sep) 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi iPad Class
9 9:30-10:30 Gentle Fitness 1:00-3:00 Bingo	10 Tamil Program	11 9:30-10:30 No Chair Yoga 3:30-5:00 CFC Community Meal	12 10:00-3:00 Cantonese Opera	13 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 Birthday Luncheon (\$18 for Sep) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
16 9:30-10:30 Gentle Fitness	17 Tamil Program	18 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	19 10:00-3:00 Cantonese Opera	20 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Sep) 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi
23 9:30-10:30 Gentle Fitness	24 Tamil Program	25 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	26 10:00-3:00 Cantonese Opera	27 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Sep) 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi Nutrition Worksho
30 9:30-10:30 Gentle Fitness 1:00-3:00 Bingo				

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.