

# 2024年12月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

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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 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	3 泰米爾組節目	4 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal (Takeout)	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 (\$18/十二月份3個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 物理治療師講座—神經痛與關節炎II 1:30-2:30 太極班
9 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	10 泰米爾組節目 3:30-5:00 Good Food Market	11 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal (Takeout)	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 華人組聚餐 (\$18/十二月份3個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
16 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	17 泰米爾組節目	18 No Chair Yoga 3:30-5:00 CFC Community Meal (Indoor)	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 華人組聖誕生日聚餐 (\$18/十二月份3個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
23 No Gentle Fitness No Harmony Cafe	24 泰米爾組節目(暫停)	25 節假日中心休息 聖誕節快樂	26 節假日中心休息 Happy Boxing Day	27 華人組節目(暫停)
30 No Gentle Fitness No Harmony Cafe	31 泰米爾組節目(暫停)			

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
2 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	3 Tamil Program	4 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal (Takeout)	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 Dec) 12:45-1:30 Chinese Karaoke 1:00-2:00 Pain management - Nerve & arthritis 1:30-2:30 Tai Chi
9 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	10 Tamil Program 3:30-5:00 Good Food Market	11 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal (Takeout)	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 Luncheon (\$18 for Dec) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
16 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	17 Tamil Program	18 No Chair Yoga 3:30-5:00 CFC Community Meal (Indoor)	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 Birthday Luncheon(\$18 for Dec) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
23 No Gentle Fitness No Harmony Cafe	24 No Tamil Program	5 Centre Closed Merry Christmas	26 Centre Closed Happy Boxing Day	27 No Chinese Program
30 No Gentle Fitness No Harmony Cafe	31 No Tamil Program			

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.