

2025年1月

樂融社華人組

2 Gower Street

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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
		1 節假日中心休息 新年快樂	2 華人組節目(暫停)	3 華人組節目(暫停)
6 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	7 泰米爾組節目	8 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	9 10:00-3:00 粵曲班	10 9:30-10:30 尊巴舞 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班 iPad班
13 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	14 泰米爾組節目	15 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 粵曲班	17 9:30-10:30 尊巴舞 太極 24 式 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 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
20 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	21 泰米爾組節目 3:30-5:00 Good Food Market	22 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	23 10:00-3:00 粵曲班	24 9:30-10:30 尊巴舞 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
27 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	28 泰米爾組節目	29 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	30 10:00-3:00 粵曲班	31 9:30-10:30 尊巴舞 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組新年生日聚餐 (\$18/一月份4個星期五) 2:00-3:00 太極班

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
		1 Centre Closed Happy New Year	2 No Cantonese Opera	3 No Chinese Program
6 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	7 Tamil Program	8 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	9 10:00-3:00 Cantonese Opera	10 9:30-10:30 Zumba Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Jan) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi iPad class
13 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	14 Tamil Program	15 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 Cantonese Opera	17 9:30-10:30 Zumba Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Luncheon (\$18 for Jan) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
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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.