

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 11:00-12:00 Harmony Café 1:00-3:00 Bingo	4 泰米爾組節目	5 12:00-2:00 龍珠自助餐 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	6 10:00-3:00 粵曲班	7 9:30-10:30 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班 營養講座
10 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	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 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 (\$18/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班 iPad班
17 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	18 泰米爾組節目	19 9:00-5:00 Alice in Bloomland— Royal Botanical Garden 一日遊 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 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組生日聚餐 (\$18/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
24 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	25 泰米爾組節目	26 9:30-4:00 One Of A Kind Spring Show 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 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
31 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 1:00-3:00 Bingo				

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
3 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 1:00-3:00 Bingo	4 Tamil Program	5 12:00-2:00 Outing lunch 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	6 10:00-3:00 Cantonese Opera	7 9:30-10:30 Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Mar) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi Nutrition class
10 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	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 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 Mar) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi iPad class
17 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	18 Tamil Program	19 9:00-5:00 Alice in Bloomland— Royal Botanical Garden One day trip 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 Gold Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Birthday Luncheon(\$18 for Mar) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
24 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	25 Tamil Program	26 9:30-4:00 One Of A Kind Spring Show One day trip 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 Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Mar) 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.