

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 9:00-3:00 粵曲卡拉 OK 9:00-11:00 桌球耍樂 9:30-10:15 電腦初級班 10:30-11:15 電腦中級版 10:00-12:00 橋牌 1:00-3:00 針織班 1:30-3:30 撲克初班	2 9:30-10:30 交際舞班 (\$1/堂) 10:00-11:00 法語班 10:30-11:30 排舞班 (\$1/堂) 10:30-11:30 國語班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/十一月份 4 個星期五) 1:15-4:00 麻將耍樂 1:15-2:00 IPAD 班 1:15-2:15 串珠班 (\$3/堂); 太極班 2:00-4:00 二胡班
5 9:15-10:15 健身班 10:00-11:30 初級 Euchre 班 10:30-4:00 時代曲卡拉 OK 11:00-3:00 撲克牌	6 泰米爾組節目	7 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 12:00-4:00 Euchre 牌 5:00-6:15 Mobile Food Market @ 10 Gower Street	8 9:00-3:00 粵曲卡拉 OK 9:00-11:00 桌球耍樂 9:30-10:15 電腦初級班 10:30-11:15 電腦中級版 10:00-12:00 橋牌 1:00-3:00 針織班 1:30-3:30 撲克初班	9 9:30-10:30 交際舞班 (\$1/堂) 10:00-11:00 法語班 10:30-11:30 排舞班 (\$1/堂) 10:30-11:30 國語班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/十一月份 4 個星期五) 1:15-4:00 麻將耍樂 1:15-2:00 IPAD 班 1:15-2:15 串珠班 (\$3/堂); 太極班 2:00-4:00 二胡班
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19 9:15-10:15 健身班 10:00-11:30 初級 Euchre 班 10:30-4:00 時代曲卡拉 OK 11:00-3:00 撲克牌	20 泰米爾組節目	21 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 11:00-1:00 Foot Clinic 12:00-4:00 Euchre 牌 5:00-6:15 Mobile Food Market @ 10 Gower Street	22 9:00-3:00 粵曲卡拉 OK 9:00-11:00 桌球耍樂 9:30-10:15 電腦初級班 10:30-11:15 電腦中級版 10:00-12:00 橋牌 1:00-3:00 針織班 1:30-3:30 撲克初班	23 9:30-10:30 交際舞班 (\$1/堂) 10:00-11:00 法語班 10:30-11:30 排舞班 (\$1/堂) 10:30-11:30 國語班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/十一月份 4 個星期五) 1:15-4:00 麻將耍樂 1:15-2:00 IPAD 班 1:15-2:15 串珠班 (\$3/堂); 太極班 2:00-4:00 二胡班
26 9:15-10:15 健身班 10:00-11:30 初級 Euchre 班 10:30-4:00 時代曲卡拉 OK 11:00-3:00 撲克牌 1:00-3:00 Bingo 英文組特別節目, 時代曲卡拉 OK 轉往會議室	27 泰米爾組節目	28 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 12:00-4:00 Euchre 牌 5:00-6:15 Mobile Food Market @ 10 Gower Street	29 9:00-3:00 粵曲卡拉 OK 9:00-11:00 桌球耍樂 9:30-10:15 電腦初級班 10:30-11:15 電腦中級版 10:00-12:00 橋牌 1:00-3:00 針織班 1:30-3:30 撲克初班	30 9:30-10:30 交際舞班 (\$1/堂) 10:00-11:00 法語班 10:30-11:30 排舞班 (\$1/堂) 10:30-11:30 國語班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/十一月份 4 個星期五) 1:15-4:00 麻將耍樂 1:15-2:00 IPAD 班 1:15-2:15 串珠班 (\$3/堂); 太極班 2:00-4:00 二胡班

• 除非特別聲明, 以上節目均于樂融社舉行 - 2 Gower Street



Harmony Hall Centre for Seniors Chinese Program

November, 2018

2 Gower Street

Contact: (416) 752-0101 x223 (Billy)

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Chinese Opera 9am-3pm Snooker 9-11am Beginner Computer 9:30-10:15am Intermediate Computer 10:30-11:15am Sweet Talk Topic: Tuberculosis 1-2pm	2 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55 Lunch 12-1pm (\$13 for 4 Fridays in Oct) Mah-jong 1:15 Ipad Class 1:15-2pm Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Intermediate Computer 2:15-3pm Erhu Class 2-4pm
5 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	6 Tamil Programs	7 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm Food Market 10 Gower 5-6:15pm	8 Chinese Opera 9am-3pm Snooker 9-11am Beginner Computer 9:30-10:15am Cribbage 10-12pm Intermediate Computer 10:30-11:15am Knit & Chat 1-3pm	9 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55 Lunch 12-1pm (\$13 for 4 Fridays in Oct) Mah-jong 1:15 Ipad Class 1:15-2pm Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Intermediate Computer 2:15-3pm Erhu Class 2-4pm
12 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	13 Tamil Programs	14 English Programs Yoga 9:30-10:30am Foot Clinic 11am-1pm Euchre 12-4pm Food Market 10 Gower 5-6:15pm	15 Chinese Opera 9am-3pm Snooker 9-11am Beginner Computer 9:30-10:15am Intermediate Computer 10:30-11:15am Movie: Young at Heart 1-3:30pm	16 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55 Lunch 12-1pm (\$13 for 4 Fridays in Oct) Mah-jong 1:15 Ipad Class 1:15-2pm Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Intermediate Computer 2:15-3pm Erhu Class 2-4pm
19 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	20 Tamil Programs	21 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm Food Market 10 Gower 5-6:15pm	22 Chinese Opera 9am-3pm Snooker 9-11am Beginner Computer 9:30-10:15am Cribbage 10am-12pm Intermediate Computer 10:30-11:15am	23 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55 Lunch 12-1pm (\$13 for 4 Fridays in Oct) Mah-jong 1:15 Ipad Class 1:15-2pm Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Intermediate Computer 2:15-3pm Erhu Class 2-4pm
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• Programs are at Harmony Hall - 2 Gower Street unless otherwise noted

For more information call (416) 752-0101



 South Riverdale Community
Health Centre - SRCHC

 @SRiverdaleCHC

 srhc.ca

SRCHC programs are on a separate calendar
or you can find more info on www.srchc.ca