

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
	<b>1</b> 中心休息  新年快樂	<b>2</b> 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 Euchre 牌暫停	<b>3</b> 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 電腦初級班取消 電腦中級版取消	<b>4</b> 9:00-10:00 八卦內功 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 (\$13/一月份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
<b>6</b> 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	<b>7</b> 泰米爾組節目	<b>8</b> 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	<b>9</b> 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 11:00-11:45 電腦初級班 12:00-12:45 電腦中級版 10:00-12:00 橋牌	<b>10</b> 9:00-10:00 八卦內功 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 (\$13/一月份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
<b>14</b> 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	<b>15</b> 泰米爾組節目	<b>16</b> 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	<b>17</b> 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 11:00-11:45 電腦初級班 12:00-12:45 電腦中級版 10:00-12:00 橋牌	<b>18</b> 9:00-10:00 八卦內功 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 華人組生日聚餐 (\$13/一月份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
<b>21</b> 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	<b>22</b> 泰米爾組節目	<b>23</b> 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	<b>24</b> 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 11:00-11:45 電腦初級班 12:00-12:45 電腦中級版 10:00-12:00 橋牌 Movie: Greyfriars Bobby 1-3pm	<b>25</b> 9:00-10:00 八卦內功 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 華人組聚餐 (\$13/一月份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
<b>28</b> 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 因英文組特別節目，時代曲班移至樓下舉行	<b>29</b> 泰米爾組節目	<b>30</b> 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 Foot Clinic 11am-1pm 12:00-4:00 Euchre 牌	<b>31</b> 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 11:00-11:45 電腦初級班 12:00-12:45 電腦中級版 10:00-12:00 橋牌	



# Harmony Hall Centre for Seniors

## Chinese Program

# January 2019

2 Gower Street

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

Programs are at Harmony Hall - 2 Gower Street unless otherwise noted

Monday 9am - 5pm	Tuesday	Wed. 9am—5pm	Thursday 9am—5pm	Friday 9am-5pm
	1 <b>OFFICE CLOSED</b>  <b>Happy New Year</b>	2 <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm No Euchre	3 Chinese Opera 9am-3pm Snooker 11am-1pm No Beginner Computer No Intermediate Computer Cribbage 10am-12pm Knit and Chat 1-3pm	4 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55  Lunch 12-12:30pm (\$13 for 4 Fridays in Jan) 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
7 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	8 <b>Tamil Programs</b>	9 <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	10 Chinese Opera 9am-3pm Snooker 11am-1pm Beginner Computer 11-11:45am Intermediate Computer 12-12:45pm Cribbage 10am-12pm Knit and Chat 1-3pm	11 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55  Committee Meeting 11-12 Lunch 12-12:30pm (\$13 for 4 Fridays in Jan) 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
14 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	18 <b>Tamil Programs</b>	16 <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	17 Chinese Opera 9am-3pm Snooker 11am-1pm Beginner Computer 11-11:45am Intermediate Computer 12-12:45pm Cribbage 10am-12pm Knit and Chat 1-3pm	18 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55  Birthday Lunch 12-12:30pm (\$13 for 4 Fridays in Jan) 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
21 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	22 <b>Tamil Programs</b>	23 <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	24 Chinese Opera 9am-3pm Snooker 11am-1pm Beginner Computer 11-11:45am Intermediate Computer 12-12:45pm Cribbage 10am-12pm Knit and Chat 1-3pm	25 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing 10:30-11:30am Gentle Exercise 11:35-11:55  Lunch 12-12:30pm (\$13 for 4 Fridays in Jan) 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
28 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	29 <b>Tamil Programs</b>	30 <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Foot Clinic 11am-1pm Euchre 12-4 pm	31 Chinese Opera 9am-3pm Snooker 11am-1pm Beginner Computer 11-11:45am Intermediate Computer 12-12:45pm Cribbage 10am-12pm Knit and Chat 1-3pm	