



Harmony Hall Centre for Seniors Chinese Program

2019年2月

2 Gower Street

聯繫電話: (416) 752-0101 x223 (Billy)

除非特別聲明, 以上節目均于樂融社舉行 - 2 Gower Street

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 9:00-10:00 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, 電腦初級班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/二月份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 2:15-3:00 電腦中級班 2:00-4:00 二胡班
4 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	5 泰米爾組節目	6 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	7 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Computer Creations 10-11am Sweet Talk 1-2pm Fall Prevention	8 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, 電腦初級班 11:35-11:55 園正健身操 12:00 華人組新年生日聚餐 (\$13/二月份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 2:15-3:00 電腦中級班 2:00-4:00 二胡班 
11 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	12 泰米爾組節目	13 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	14 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Computer Creations 10-11am Movie: April Love 1-3pm	15 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, 電腦初級班 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/二月份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 2:15-3:00 電腦中級班 2:00-4:00 二胡班
18 中心休息 家庭日快樂	19 泰米爾組節目	20 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	21 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Computer Creations 10-11am	22 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, 電腦初級班 11:35-11:55 園正健身操 華人組聚餐 (\$13/二月份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 2:15-3:00 電腦中級班 2:00-4:00 二胡班
25 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	26 泰米爾組節目	27 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	28 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Computer Creations 10-11am	



Harmony Hall Centre for Seniors

Chinese Program

February 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 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am No French Class Line Dancing (\$1) 10:30-11:30am Basic Computer 10:30—11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 4 Fridays in Feb) Mah-jong 1:15-4pm 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
4 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	5 Tamil Programs	6 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	7 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm Sweet Talk 1-2pm Fall Prevention	8 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am No French Class Line Dancing (\$1) 10:30-11:30am Basic Computer 10:30—11:30am Gentle Exercise 11:35-11:55am Chinese New Year Birthday Lunch 12-1:30pm (\$13 for 4 Fridays in Feb) Mah-jong 1:15-4pm iPad Class 1:15-2pm Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Erhu Class 2-4pm
11 No Gentle Fitness Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	12 Tamil Programs	13 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	14 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm Movie: April Love -3pm	15 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Basic Computer 10:30—11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 4 Fridays in Feb) Mah-jong 1:15-4pm 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
18 OFFICE CLOSED HAPPY FAMILY DAY	19 Tamil Programs	20 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	21 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm Beginner's Poker 1:30-3:30	22 Meditation 9-10 am Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Basic Computer 10:30—11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 4 Fridays in Feb) Mah-jong 1:15-4pm 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
25 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	26 Tamil Programs	27 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	28 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm Beginner's Poker 1:30-3:30	