



Harmony Hall Centre for Seniors Chinese Program

2019年4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 9:15-10:15 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	2 泰米爾組節目	3 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	4 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 10:00-11:00 Computer Creations	5 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 (\$13/四月份3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
8 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	9 泰米爾組節目	10 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	11 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 10:00-11:00 Computer Creations	12 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 (\$13/四月份3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
15 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	16 泰米爾組節目	17 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	18 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 10:00-11:00 Computer Creations	19 節日中心休息 Happy Good Friday
22 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	23 泰米爾組節目	24 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	25 9:00-3:00 粵曲卡拉 OK 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 10:00-11:00 Computer Creations	26 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 (\$13/四月份3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
29 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	30 泰米爾組節目			



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Chinese Program

2 Gower Street

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

April 2019

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 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	2	3 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	4 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm	5 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 3 Fridays in April) 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
8 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	9 Tamil Programs	10 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	11 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm	12 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 3 Fridays in April) 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
15 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	16 Tamil Programs	17 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	18 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm	19 OFFICE CLOSED HAPPY GOOD FRIDAY
22 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	23 Tamil Programs	24 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	25 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Computer Creations 10-11am Knit and Chat 1-3pm	26 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 3 Fridays in April) 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
29 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	30 Tamil Programs			