

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 9:15-10:15 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	4 泰米爾組節目	5 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	6 9:00-3:00 粵曲卡拉 OK 10-11am Fitness with Maija 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Sweet Talk 1-2 pm Preplanning	7 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 11:00-12:00 委員會議 11:35-11:55 園正健身操 12:00 華人組聚餐 (\$13/六月份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
10 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	11 泰米爾組節目	12 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	13 9:00-3:00 粵曲卡拉 OK 10-11am Fitness with Maija 11:00-1:00 桌球耍樂 10:00-12:00 橋牌	14 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&父親節聚餐 (\$13/六月份4個星期五) 麻將耍樂移至樓下 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
17 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	18 泰米爾組節目	19 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	20 9:00-3:00 粵曲卡拉 OK 10-11am Fitness with Maija 11:00-1:00 桌球耍樂 10:00-12:00 橋牌 Movie: A Song to Remember 1-3:15 pm	21 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 (\$13/六月份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
24 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	25 泰米爾組節目	26 英文組活動 9:30-10:30 瑜珈班 11-1 pm Foot Clinic 12:00-4:00 Euchre 牌	27 9:00-3:00 粵曲卡拉 OK 10-11am Fitness with Maija 11:00-1:00 桌球耍樂 10:00-12:00 橋牌	28 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 (\$13/六月份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



Harmony Hall Centre for Seniors

Chinese Program

June 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
3 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	4 Tamil Programs	5 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	6 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm Sweet Talk 1-2 pm Preplanning	7 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Mandarin Class 10:30-11:30am Gentle Exercise 11:35-11:55am Chinese Lunch 12-12:30pm (\$13 for 4 Fridays in June) 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
10 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	11 Tamil Programs	12 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	13 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	14 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Mandarin Class 10:30-11:30am Gentle Exercise 11:35-11:55am Chinese Birthday Lunch 12-12:30pm (\$13 for 4 Fridays in June) Mah-jong 1:15-4pm iPad Class 1:15-2pm No Tai Chi Class or Beads Class (\$3) 1:15-2:15pm Erhu Class 2-4pm
17 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	18 Tamil Programs	19 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	20 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm Movie: A Song to Remember 1-3:15 pm	21 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Mandarin Class 10:30-11:30am Gentle Exercise 11:35-11:55am Chinese Lunch 12-12:30pm (\$13 for 4 Fridays in June) 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
24 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	25 Tamil Programs	26 English Programs Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	27 Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	28 Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Mandarin Class 10:30-11:30am Gentle Exercise 11:35-11:55am Chinese Lunch 12-12:30pm (\$13 for 4 Fridays in June) 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