

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> 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>2</b> 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 Fraud & Scam Prevention	<b>3</b> 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 (\$13/五月份5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 10-11am Fitness with Maija 11:00-1:00 桌球耍樂 10:00-12:00 橋牌	<b>10</b> 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 華人組生日&母親節聚餐 (\$13/五月份5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>13</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>14</b> 泰米爾組節目	<b>15</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>16</b> 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	<b>17</b> 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 (\$13/五月份5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>20</b> 中心休息 <b>Victoria Day</b>	<b>21</b> 泰米爾組節目	<b>22</b> 英文組活動 9:30-10:30 瑜珈班 11-1 pm Foot Clinic 12:00-4:00 Euchre 牌	<b>23</b> 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	<b>24</b> 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 (\$13/五月份5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>27</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>28</b> 泰米爾組節目	<b>29</b> 英文組活動 9:30-10:30 瑜珈班 10:00-1:00 國際象棋 <b>No Euchre</b>	<b>30</b> 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	<b>31</b> 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 (\$13/五月份5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

# May 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
		<b>1</b> <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	<b>2</b> Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm Sweet Talk 1-2 pm Fraud & Scam Prevention	<b>3</b> Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 5 Fridays in May) 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
<b>6</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	<b>7</b> <b>Tamil Programs</b>	<b>8</b> <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	<b>9</b> Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	<b>10</b> Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55am Birthday Lunch 12-12:30pm (\$13 for 5 Fridays in May) 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
<b>13</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	<b>14</b> <b>Tamil Programs</b>	<b>15</b> <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	<b>16</b> Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	<b>17</b> Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 5 Fridays in May) 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
<b>20</b> <b>Office Closed</b> <b>Happy Victoria Day</b>	<b>21</b> <b>Tamil Programs</b>	<b>22</b> <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	<b>23</b> Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	<b>24</b> Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 5 Fridays in May) 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
<b>27</b> Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Poker 11am-3pm	<b>28</b> <b>Tamil Programs</b>	<b>29</b> <b>English Programs</b> Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4 pm	<b>30</b> Chinese Opera 9am-3pm Snooker 11am-1pm Cribbage 10am-12pm Knit and Chat 1-3pm	<b>31</b> Ballroom Dance (\$1) 9:30-10:30am French Class 10-11am Line Dancing (\$1) 10:30-11:30am Gentle Exercise 11:35-11:55am Lunch 12-12:30pm (\$13 for 5 Fridays in May) 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