

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 9:00-3:00 粵曲卡拉OK 9:00-11:00 桌球耍樂 10:00-12:00 橋牌 1:00-3:00 Knit and Chat	2 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 (\$15/八月份5個星期五) 1:15-2:00 IPAD 班 1:15-2:15 太極班 1:15-2:15 串珠班 (\$3/堂) 1:15-4:00 麻將玩樂
5 CIVIC HOLIDAY 中心休息	6 泰米爾組節目	7 英文組活動 9:30-10:30 瑜珈班 10:30-1:30 國際象棋 12:00-4:00 Euchre 牌	8 9:00-3:00 粵曲卡拉OK 9:00-11:00 桌球耍樂 10:00-12:00 橋牌 1:00-3:00 Knit and Chat 1:30-3:30 Beginner's Poker	9 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 (\$15/八月份5個星期五) 1:15-2:00 IPAD 班 1:15-2:15 太極班 1:15-2:15 串珠班 (\$3/堂) 1:15-4:00 麻將玩樂
12 健身班取消 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 12:00-2:00 Lunch Out	13 泰米爾組節目	14 英文組活動 瑜珈班取消 10:30-1:30 國際象棋 12:00-4:00 Euchre 牌	15 9:00-3:00 粵曲卡拉OK 9:00-11:00 桌球耍樂 10:00-12:00 橋牌 1:00-3:00 Knit and Chat 1:30-3:30 Beginner's Poker	16 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 11:20:00 華人組聚餐 (\$15/八月份5個星期五) 1:15-2:00 IPAD 班 1:15-2:15 太極班 1:15-2:15 串珠班 (\$3/堂) 1:15-4:00 麻將玩樂
19 健身班取消 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 11:30-2:00 Beach BBQ	20 泰米爾組節目	21 英文組活動 瑜珈班取消 11-1 pm Foot Clinic 12:00-4:00 Euchre 牌	22 9:00-3:00 粵曲卡拉OK 9:00-11:00 桌球耍樂 10:00-12:00 橋牌 1:00-3:00 Knit and Chat 1:30-3:30 Beginner's Poker	23 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 (\$15/八月份5個星期五) 1:15-2:00 IPAD 班 1:15-2:15 太極班 1:15-2:15 串珠班 (\$3/堂) 1:15-4:00 麻將玩樂
26 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 1:00-3:00 Bingo 因英文組特別節目, 時代曲班移至樓下舉行	27 泰米爾組節目	28 英文組活動 9:30-10:30 瑜珈班 11-1 pm Foot Clinic 12:00-4:00 Euchre 牌	29 9:00-3:00 粵曲卡拉OK 9:00-11:00 桌球耍樂 10:00-12:00 橋牌 1:00-3:00 Knit and Chat 1:30-3:30 Beginner's Poker	30 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 (\$15/八月份5個星期五) 1:15-2:00 IPAD 班 1:15-2:15 太極班 1:15-2:15 串珠班 (\$3/堂) 1:15-4:00 麻將玩樂



Harmony Hall Centre for Seniors

Chinese Program

August 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 Chinese Opera 9am-3pm Snooker 9 am-11am Cribbage 10am-12pm Knit and Chat 1-3pm	2 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 4Fridays in July 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
5 CIVIC HOLIDAY OFFICE CLOSED	6 Tamil Programs	7 English Programs Yoga 9:30-10:30am Chess Drop-in 10:30-1:30pm Euchre 12-4 pm	8 Chinese Opera 9am-3pm Snooker 9am-11am Cribbage 10am-12pm Sweet Talk: Medication Safety 1-2pm	9 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 4Fridays in July 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
12 No Gentle Fitness Chinese Karaoke 10:30-4pm Lunch Out Halibut House Fish &Chips 12-2pm	13 Tamil Programs	14 English Programs No Yoga Chess Drop-in 10:30-1:30pm Euchre 12-4 pm	15 Chinese Opera 9am-3pm Snooker 9am-11am Cribbage 10am-12pm	16 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 4Fridays in July) 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
19 No Gentle Fitness Beginner's Euchre 10-1:30am Chinese Karaoke 10:30am-4pm Beach BBQ 11:30-2:00pm	20 Tamil Programs	21 English Programs No Yoga Foot Clinic 11am-1pm Euchre 12-4 pm	22 Chinese Opera 9am-3pm Snooker 9am-11am Cribbage 10am-12pm	23 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 4Fridays in July 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
26 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Chinese Karaoke 10:30am-4pm Bingo 1-3pm	27 Tamil Programs	28 Yoga 9:30-10:30am Chess Drop-in 10:30am-1:30pm Euchre 12-4 pm	29 Chinese Opera 9am-3pm Snooker 9am-11am Cribbage 10am-12pm	30 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 4Fridays in July 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