

2023年9月

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 10:30-11:30 排舞班 六通拳 12:00 華人組聚餐 (\$15/九月份5個星期五) 1:00-2:00 iPad班 2:30-3:30 太極班
4 OFFICE CLOSED LABOUR DAY	5 泰米爾組節目 Good Food Market 3:00-5:00	6 9:30-10:30 Chair Yoga	7 10:00-3:30 粵曲班	8 10:30-11:30 排舞班 六通拳 法語班 12:00 華人組聚餐 (\$15/九月份5個星期五) 1:00-2:00 iPad班 2:30-3:30 太極班
11 9:30-10:30 Gentle Fitness	12 泰米爾組節目 Good Food Market 3:00-5:00	13 9:30-10:30 Chair Yoga	14 10:00-3:30 粵曲班	15 10:30-11:30 排舞班 六通拳 國語班 法語班 12:00 華人組生日聚餐(\$15/九月份5個星期五) 1:00-2:00 iPad班 (How exercise improves blood sugar management / 如何運動改善血糖管理) 1:00-2:30 太極班
18 9:30-10:15 Gentle Fitness	19 泰米爾組節目 Good Food Market 3:00-5:00	20 9:30-10:30 Chair Yoga	21 10:00-3:30 粵曲班	22 10:30-11:30 排舞班 六通拳 國語班 法語班 12:00 華人組聚餐 (\$15/九月份5個星期五) 1:00-2:30 太極班
25 9:30-10:30 Gentle Fitness 1:00-2:30 Bingo	26 泰米爾組節目 Good Food Market 3:00-5:00	27 9:30-10:30 Chair Yoga	28 10:00-3:30 粵曲班	29 10:30-11:30 排舞班 六通拳 國語班 法語班 12:00 華人組聚餐 (\$15/九月份5個星期五) 1:00-2:30 太極班

Sept 2023

2 Gower Street

Phone: (416) 752-0101 Ext.4223 (Billy)

Email: BWU@srchc.com

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
				1 10:30-11:30 Line Dance Luk Tung Kuen 12:00 Chinese Luncheon (\$15/5 meals in Sept) 1:00-2:00 iPad class 2:30-3:30 Tai Chi
4 LABOUR DAY Centre closed	5 泰米爾組節目 Good Food Market 3:00-5:00	6 9:30-10:30 Chair Yoga	7 10:00-3:00 Cantonese Opera	8 10:30-11:30 Line Dance Luk Tung Kuen French Class 12:00 Chinese Luncheon (\$15/5 meals in Sept) 1:00-2:00 iPad class 2:30-3:30 Tai Chi
11 9:30-10:30 Gentle Fitness	12 泰米爾組節目 Good Food Market 3:00-5:00	13 9:30-10:30 Chair Yoga	14 10:00-3:00 Cantonese Opera	15 10:30-11:30 Line Dance Luk Tung Kuen French Class Mandarin Class 12:00 Chinese Birthday Luncheon (\$15/5 meals in Sept) 1:00-2:00 How exercise improves blood sugar management 1:00-2:30 Tai Chi
18 9:30-10:15 Gentle Fitness	19 泰米爾組節目 Good Food Market 3:00-5:00	20 9:30-10:30 Chair Yoga	21 10:00-3:00 Cantonese Opera	22 10:30-11:30 Line Dance Luk Tung Kuen French Class Mandarin Class 12:00 Chinese Luncheon (\$15/5 meals in Sept) 1:00-2:00 iPad class 1:00-2:30 Tai Chi
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