

## 樂融社華人組

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 9:30-10:30 Chair Yoga 10:00-3:30 粵曲班	2 慢性疼痛自我管理講座 9:30-12:00	3 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/十一月份4個星期五) 1:15-2:00 iPad班 太極班
6 9:30-10:30 Gentle Fitness	7 泰米爾組節目	8 9:30-10:30 Chair Yoga 10:00-3:30 粵曲班	9 慢性疼痛自我管理講座 9:30-12:00	10 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/十一月份4個星期五) 1:15-2:00 太極班 營養講座
13 9:30-10:30 Gentle Fitness	14 泰米爾組節目	15 9:30-10:30 Chair Yoga 10:00-3:30 粵曲班	16	17 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/十一月份4個星期五) 1:15-2:00 太極班
20 9:30-10:30 Gentle Fitness	21 泰米爾組節目	22 9:30-10:30 Chair Yoga 10:00-3:30 粵曲班	23	24 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組生日聚餐 (\$15/十一月份4個星期五) 1:15-2:00太極班
27 9:30-10:30 Gentle Fitness	28 泰米爾組節目	29 All-Staff Meeting Centre close until 1 PM	30 10:00-3:30 粵曲班	

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
		1 9:30-10:30 Chair Yoga 10:00-3:00 Cantonese Opera	2 Chronic Pain Self-Management workshop 9:30-12:00	3 9:30-10:30 Ballroom Dance Luk Tung Kuen French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$15/4 meals in Nov) 1:00-2:00 iPad class Tai Chi
6 9:30-10:30 Gentle Fitness	7 Tamil Program	8 9:30-10:30 Chair Yoga 10:00-3:00 Cantonese Opera	9 Chronic Pain Self-Management workshop 9:30-12:00	10 9:30-10:30 Ballroom Dance Luk Tung Kuen French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$15/4 meals in Nov) 1:00-2:00 Nutrition workshop Tai Chi
13 9:30-10:30 Gentle Fitness	14 Tamil Program	15 9:30-10:30 Chair Yoga 10:00-3:00 Cantonese Opera	16	17 9:30-10:30 Ballroom Dance Luk Tung Kuen French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$15/4 meals in Nov) 1:00-2:00 Tai Chi
20 9:30-10:30 Gentle Fitness	21 Tamil Program	22 9:30-10:30 Chair Yoga 10:00-3:00 Cantonese Opera	23	24 9:30-10:30 Ballroom Dance Luk Tung Kuen French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Birthday Luncheon (\$15/4 meals in Nov) 1:00-2:00 Tai Chi
27 9:30-10:30 Gentle Fitness	28 Tamil Program	29 All-Staff Meeting Centre close until 1 PM	30 10:00-3:00 Cantonese Opera	 