

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 10:00-3:30 粵曲班	2 9:30-10:30 交際舞 法語班 10:30-11:30 排舞班 國語班 六通拳 12:00 華人組聚餐 (二月份現會員費用全免) 1:15-2:00 iPad班 太極班
5 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	6 泰米爾組節目	7 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	8 10:00-3:30 粵曲班	9 9:30-10:30 交際舞 法語班 10:30-11:30 排舞班 國語班 六通拳 12:00 華人組聚餐 (二月份現會員費用全免) 1:15-2:00 太極班
12 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	13 泰米爾組節目	14 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	15 10:00-3:30 粵曲班	16 9:30-10:30 交際舞 法語班 10:30-11:30 排舞班 國語班 六通拳 12:00 華人新年生日聚餐 (二月份現會員費用全免) 1:15-2:00 太極班
19 中心休息 Happy Family Day	20 泰米爾組節目	21 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	22 10:00-3:30 粵曲班	23 9:30-10:30 交際舞 法語班 10:30-11:30 排舞班 國語班 六通拳 12:00 華人組聚餐 (二月份現會員費用全免) 1:15-2:00 太極班 健身球鍛煉
26 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	27 泰米爾組節目	28 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	29 10:00-3:30 粵曲班	

Chinese Program

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
			1 10:00-3:00 Cantonese Opera	2 9:30-10:30 Ballroom Dance French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 1:15-2:00 iPad Class Tai Chi
5 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	6 Tamil Program	7 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	8 10:00-3:00 Cantonese Opera	9 9:30-10:30 Ballroom Dance French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 1:15-2:00 Tai Chi
12 9:30-10:30 Gentle Fitness	13 Tamil Program	14 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	15 10:00-3:00 Cantonese Opera	16 9:30-10:30 Ballroom Dance French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese New Year Luncheon 1:15-2:00 Tai Chi
19 Office Closed Happy Family Day	20 Tamil Program	21 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	22 10:00-3:00 Cantonese Opera	23 9:30-10:30 Ballroom Dance French Class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 1:15-2:00 Tai Chi Exercise Ball Workout
26 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	27 Tamil Program	28 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	29 10:00-3:00 Cantonese Opera	