

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 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$15/三月份4個星期五) 1:15-2:00 太極班 營養講座
4 9:30-10:30 Gentle Fitness 1:00-3:30 Bingo	5 12:30-2:30 華人組龍珠自助餐聚餐	6 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	7 10:00-3:30 粵曲班	8 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 國語班 健身球講座 12:00 華人組聚餐 (\$15/三月份4個星期五) 1:15-2:00 太極班 iPad班
11 9:30-10:30 Gentle Fitness	12 泰米爾組節目	13 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	14 10:00-3:30 粵曲班	15 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 健身球講座 12:00 華人組生日聚餐 (\$15/三月份4個星期五) 1:15-2:00 太極班
18 9:30-10:30 Gentle Fitness 12:00-2:00 St. Patrick's Day Luncheon	19 泰米爾組節目	20 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	21 10:00-3:30 粵曲班	22 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 國語班 排舞班暫停 12:00 華人組聚餐 (\$15/三月份4個星期五) 1:15-2:00 太極班 健身球鍛煉
25 9:30-10:30 Gentle Fitness 1:00-3:30 Bingo	26 泰米爾組節目	27 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	28 10:00-3:30 粵曲班	29 Good Friday 中心休息

Chinese Program

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
				1 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 1:15-2:00 Tai Chi Nutrition Workshop
4 9:30-10:30 Gentle Fitness 1:00-3:30 Bingo	5 12:30-2:30 Chinese Program Dragon Pearl Buffet Lunch Tamil Program	6 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	7 10:00-3:00 Cantonese Opera	8 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Mandarin Class Exercise Ball 12:00 Chinese Luncheon 1:15-2:00 Tai Chi iPad Class
11 9:30-10:30 Gentle Fitness	12 Tamil Program	13 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	14 10:00-3:00 Cantonese Opera	15 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Mandarin Class Exercise Ball 12:00 Chinese Luncheon 1:15-2:00 Tai Chi
18 9:30-10:30 Gentle Fitness 12:00-2:00 St. Patrick's Day Luncheon	19 Tamil Program	20 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	21 10:00-3:00 Cantonese Opera	22 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Mandarin Class 12:00 Chinese Luncheon 1:15-2:00 Tai Chi
25 9:30-10:30 Gentle Fitness 1:30-3:30 Bingo	26 Tamil Program	27 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	28 10:00-3:00 Cantonese Opera	29 OFFICE CLOSED GOOD FRIDAY