

# 2024年4月

樂融社華人組

2 Gower Street

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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 Gentle Fitness 1:00-3:00 Bingo	2 泰米爾組節目	3 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	4 10:00-3:00 粵曲班	5 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 (\$15/四月份4個星期五) 1:15-2:00 太極班 iPad班
8 9:30-10:30 Gentle Fitness	9 泰米爾組節目	10 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	11 10:00-3:00 粵曲班	12 9:30-10:30 交際舞 法語班 六通拳 10:30-11:30 排舞班 國語班 11-12 委員會會議 12:00 華人組聚餐 (\$15/四月份4個星期五) 1:15-2:00 太極班
15 9:30-10:30 Gentle Fitness	16 泰米爾組節目	17 9:30-10:30 Chair Yoga cancelled 3:30-5:00 CFC Community Meal	18 10:00-3:00 粵曲班	19 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 華人組生日聚餐 (\$15/四月份4個星期五) 1:15-2:00 太極班
22 9:30-10:30 Gentle Fitness 12:00-2:00 St. Patrick's Day Luncheon	23 泰米爾組節目	24 9:30-10:30 Chair Yoga cancelled 3:30-5:00 CFC Community Meal	25 10:00-3:00 粵曲班	26 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 (\$15/四月份 4 個星期五) 1:15-2:00 太極班 營養講座
29 9:30-10:30 Gentle Fitness 1:00-3:30 Bingo	30 泰米爾組節目			

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
1 9:30-10:30 Gentle Fitness 1:00-3:00 Bingo	2 Tamil Program	3 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	4 10:00-3:00 Cantonese Opera	5 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 iPad Class
8 9:30-10:30 Gentle Fitness	9 Tamil Program	10 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	11 10:00-3:00 Cantonese Opera	12 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Luncheon 1:15-2:00 Tai Chi
15 9:30-10:30 Gentle Fitness	16 Tamil Program	17 9:30-10:30 Chair Yoga cancelled 3:30-5:00 CFC Community Meal	18 10:00-3:00 Cantonese Opera	19 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
22 9:30-10:30 Gentle Fitness	23 Tamil Program	24 9:30-10:30 Chair Yoga cancelled 3:30-5:00 CFC Community Meal	25 10:00-3:00 Cantonese Opera	26 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
29 9:30-10:30 Gentle Fitness 1:30-3:00 Bingo	30 Tamil Program			