

2024年5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 Chair Yoga 3:30-5:00 CFC Community Meal	2 10:00-3:00 粵曲班	3 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 (\$15/五月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班 iPad班
6 9:30-10:30 Gentle Fitness	7 泰米爾組節目	8 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	9 10:00-3:00 粵曲班(暫停)	10 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 (\$15/五月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班
13 9:30-10:30 Gentle Fitness	14 泰米爾組節目	15 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 粵曲班	17 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 (\$15/五月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班
20 Victoria Day 中心休息	21 泰米爾組節目	22 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	23 10:00-3:00 粵曲班	24 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 (\$15/五月份 5 個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班 營養講座
27 9:30-10:30 Gentle Fitness	28 泰米爾組節目	29 9:30-10:30 No Chair Yoga 3:30-5:00 CFC Community Meal	30 10:00-3:00 粵曲班	31 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 亞裔文化月 聚餐 (\$15/五月份 5 個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:15 太極班

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
		1 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	2 10:00-3:00 Cantonese Opera	3 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi iPad Class
6 9:30-10:30 Gentle Fitness	7 Tamil Program	8 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	9 10:00-3:00 No Cantonese Opera	10 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 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi
13 9:30-10:30 Gentle Fitness	14 Tamil Program	15 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 Cantonese Opera	17 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi
20 Happy Victoria Day Centre Closed	21 Tamil Program	22 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	23 10:00-3:00 Cantonese Opera	24 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi Nutrition Worksho
27 9:30-10:30 Gentle Fitness	28 Tamil Program	29 9:30-10:30 No Chair Yoga 3:30-5:00 CFC Community Meal	30 10:00-3:00 Cantonese Opera	31 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Asian Heritage Month Chinese Luncheon 12:45-1:30 Chinese Karaoke 1:15-2:15 Tai Chi

For more information call (416) 752-0101 Ext. 4223

PROGRAM DESCRIPTION

HEALTH AND WELL-BEING

Ballroom Dance - Learn graceful steps and elegant movements across various styles in a fun, social atmosphere.

French Class - Explore the French language through interactive lessons designed to build fluency and cultural understanding.

Luk Tung Kuen - Engage in this exercise that enhances flexibility, balance, and overall health with simple movements.

Line Dance - Enjoy choreographed group dances set to lively music, tailored for seniors aged 55 and up.

Mandarin Class - Dive into Mandarin Chinese, focusing on essential communication skills and cultural insights.

Tai Chi class - Practice gentle martial arts movements to improve mental clarity, physical strength, and balance.

iPad class - Master your iPad with tips on navigation, apps, and internet usage, enhancing your digital skills.

Cantonese Opera - Experience the vibrant blend of music, singing, and dramatic storytelling in this traditional Chinese art form.