

2024年11月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

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 法語班 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/十一月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:15-2:00 iPad班 1:30-2:30 太極班
4 9:30-10:30 Gentle Fitness	5 泰米爾組節目	6 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	7 10:00-3:00 粵曲班	8 9:30-10:30 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 (\$18/十一月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 癲癇和驚厥急救講座 1:30-2:30 太極班
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 10:00-3:00 粵曲班	15 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 (\$18/十一月份5個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
18 9:30-10:30 Gentle Fitness	19 泰米爾組節目	20 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	21 10:00-3:00 粵曲班	22 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 (\$18/十一月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
25 9:30-10:30 Gentle Fitness	26 泰米爾組節目	27 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	28 10:00-3:00 粵曲班	29 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 (\$18/十一月份5個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 營養講座 1:30-2:30 太極班

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
				1 9:30-10:30 French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance & Mandarin Class 12:00 Chinese Luncheon (\$18 for Nov) 12:45-1:30 Chinese Karaoke 1:15-2:15 iPad Class 1:30-2:30 Tai Chi
4 9:30-10:30 Gentle Fitness	5 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 French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Luncheon (\$18 for Nov) 12:45-1:30 Chinese Karaoke 1-2 Epilepsy Workshop 1:30-2:30 Tai Chi
12 9:30-10:30 Gentle Fitness	13 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 Line Dance Mandarin Class 12:00 Chinese Birthday Luncheon (\$18 for Nov) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
18 9:30-10:30 Gentle Fitness	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 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Nov) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
25 9:30-10:30 Gentle Fitness	26 Tamil Program	27 9:30-10:30 No Chair Yoga 3:30-5:00 CFC Community Meal	28 10:00-3:00 Cantonese Opera	29 9:30-10:30 Ballroom Dance French Class Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Nov) 12:45-1:30 Chinese Karaoke 1-2 Nutrition Workshop 1:30-2:30 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.