

2025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 泰米爾組節目	2 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	3 10:00-3:00 粵曲班	4 9:30-10:30 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/四月份3個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 iPad班 1:30-2:30 太極班
7 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe 1:00-3:00 Bingo	8 泰米爾組節目	9 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	10 10:00-3:00 粵曲班	11 9:30-10:30 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 11-12 委員會會議 12:00 華人組生日聚餐 (\$18/四月份3個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:30 太極班
14 9:30-10:30 Gentle Fitness No Harmony Café	15 泰米爾組節目	16 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	17 10:00-3:00 粵曲班	18 Good Friday 中心休息
21 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	22 泰米爾組節目	23 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	24 10:00-3:00 粵曲班	25 9:30-10:30 交際舞 太極 24 式 六通拳 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ((\$18/四月份3個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 營業講座 1:30-2:30 太極班
28 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 1:00-3:00 Bingo	29 泰米爾組節目	30 No Chair Yoga No CFC Community Meal		

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
	1 Tamil Program	2 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	3 10:00-3:00 Cantonese Opera	4 9:30-10:30 Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Apr) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
7 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe 1:00-3:00 Bingo	8 Tamil Program	9 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	10 10:00-3:00 Cantonese Opera	11 9:30-10:30 Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Birthday Luncheon(\$18 for Apr) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
14 9:30-10:30 Gentle Fitness No Harmony Cafe	15 Tamil Program	16 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	17 10:00-3:00 Cantonese Opera	18 Good Friday Office Closed
21 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	22 Tamil Program	23 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	24 10:00-3:00 Cantonese Opera	25 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Apr) 12:45-1:30 Chinese Karaoke 1:00-2:00 Nutrition class 1:30-2:30 Tai Chi
28 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 1:00-3:00 Bingo	29 Tamil Program	30 No Chair Yoga No CFC Community Meal		

Harmony Hall is seeking dedicated candidates to fill four(4) vacant positions on the **Chinese-Speaking Program Advisory Committee 2025-2027** (2 year term)

Are you an enthusiastic member in good standing with innovative ideas? Would you like to commit some volunteer hours to work on a committee that helps Harmony Hall to grow, develop and accomplish its goals? If your answer is “yes” for those questions, this is the right time for you to consider joining our Program Advisory Committee. The committee provides ideas, guidance and feedback on services and programming that the membership is interested in. You may either nominate yourself or nominate a potential candidate who might be interested in running for the 2025-2027 term. Interested candidates are requested to fill out the nomination form below and submit it by Friday, May 2, 2025.

樂融社誠邀有奉獻精神的委員會候選人來競選 2025-2027 年度（兩年任期）中文項目諮詢委員會會員的（4）個空缺職位

您是否是一位積極參與、守信盡責的會員，並擁有創新的想法？

您是否願意貢獻義工時間，參與委員會工作，幫助樂融社發展、成長並實現其目標？

如果您的答案是「是」，那麼現在正是您考慮加入我們項目諮詢委員會的最佳時機！

本委員會致力於提供建議、指引及反饋，以完善會員感興趣的服務與活動。您可以**自薦**，或者**提名**一位對此感興趣的合適人選來參與 2025-2027 年度的委員會選舉。

有意參選者請填妥下方的提名表，並於 **2025 年 5 月 2 日（星期五）** 提交。

南河谷社區健康中心

長者活躍生活中心 (SALC)

項目諮詢委員會提名表格

被提名人資料

姓: _____ 名: _____

電話#: _____

地址: _____ 公寓房號: _____

城市: _____ 郵編 _____

成為樂融社會員的第 _____ 年

被提名人簡介:

請描述被提名人的背景，以及他/她為何適合成為中文組委員會的優秀成員。（如有需要，可另附頁。）

South Riverdale Community Health Centre
Seniors Active Living Centre (SALC)
Program Advisory Committee Nomination Form

Nominee Information

Last Name: _____ First Name: _____

Phone#: _____ - _____ - _____

Address: _____ Apt: _____

City: _____ Postal Code _____

Member at Harmony Seniors Active Living Centre for _____ years

Write-up on Nominee:

Please describe the Nominee and why he/she would make a great member of the English-speaking Member Committee. (You may attach another sheet if you like.)

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.