

2025年7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 Canada Day 中心休息	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 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 (\$18/七月份4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	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 交際舞 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 華人組聚餐 (\$18/七月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
14 9:30-10:30 Gentle Fitness	15 泰米爾組節目	16 9:00-4:00 Sunshine Centre trip 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	17 10:00-3:00 粵曲班	18 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 華人組生日聚餐 (\$18/七月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
21 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	22 泰米爾組節目	23 No program	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 (\$18/七月份4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	29 泰米爾組節目	30 9:00-4:30 Joint Trip 3:30-5:00 CFC Community Meal	31 10:00-3:00 粵曲班	

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
	1 Canada Day Centre will be closed	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 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 July) 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	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 Ballroom Dance 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 Luncheon(\$18 for July) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
14 9:30-10:30 Gentle Fitness	15 Tamil Program	16 9:00-4:00 Sunshine Centre trip 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	17 10:00-3:00 Cantonese Opera	18 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 Birthday Luncheon(\$18 for July) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
21 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	22 Tamil Program	23 No program	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 July) 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	29 Tamil Program	30 9:00-4:30 Joint Trip 3:30-5:00 CFC Community Meal	31 10:00-3:00 Cantonese Opera	

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.

Chinese Karaoke - Sing your favorite Chinese songs, and enjoy a fun, social atmosphere with fellow music lovers.