

2025年8月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

Email: BWU@srchc.com

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 交際舞 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 (\$18/八月份5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
4 Civic Holiday 中心关闭	5 泰米爾組節目	6 11:00-12:00 Chair Yoga 2:00-3:00 夏日手工坊 3:30-5:00 CFC Community Meal	7 10:00-3:00 粵曲班	8 9:30-10:30 交際舞 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 國語班 11-12 委員會會議 12:00 華人組聚餐 (\$18/八月份5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
11 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 12:30-1:30 夏日手工坊	12 泰米爾組節目	13 11:00-2:30 BBQ on the beach 11:00-12:00 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 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組生日聚餐 (\$18/八月份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 11:00-12:00 Harmony Café	19 泰米爾組節目	20 11:00-12:00 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 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 12:00 華人組聚餐 (\$18/八月份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
25 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	26 泰米爾組節目	27 11:00-12:00 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 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 12:00 華人組聚餐待定 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班

August 2025

Chinese Program

2 Gower Street

Phone: (416) 752-0101 Ext.4223 (Billy)

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
				1 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon (\$18 for Aug) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
4 Civic Holiday Centre will be closed	5 Tamil Program	6 11:00-12:00 Chair Yoga 2:00-3:00 Summer Arts & Crafts Workshop 3:30-5:00 CFC Community Meal	7 10:00-3:00 Cantonese Opera	8 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 11-12 Committee Meeting 12:00 Chinese Luncheon(\$18 for Aug) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
11 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café 12:30-1:30 Summer Arts & Crafts Workshop	12 Tamil Program	13 1:00-2:30 BBQ on the beach 11:00-12:00 Chair Yoga 3:30-5:00 CFC Community Meal	14 10:00-3:00 Cantonese Opera	15 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Birthday Luncheon(\$18 for Aug) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
18 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	19 Tamil Program	20 11:00-12:00 Chair Yoga 3:30-5:00 CFC Community Meal	21 10:00-3:00 Cantonese Opera	22 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance 12:00 Chinese Luncheon (\$18 for Aug) 12:45-1:30 Chinese Karaoke 1:00-2:00 Nutrition class 1:30-2:30 Tai Chi
25 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	26 Tamil Program	27 11:00-12:00 Chair Yoga 3:30-5:00 CFC Community Meal	28 10:00-3:00 Cantonese Opera	29 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance 12:00 Chinese Luncheon (\$18 for Aug) 12:45-1:30 Chinese Karaoke 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.

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.