

2025年10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 Chair Yoga 3:30-5:00 CFC Community Meal	2 Choir Performance Event 粵曲班暫停一日	3 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 華人組中秋聚餐 (\$18/十月份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
6 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	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 1:30-2:15 Food Fit Program	10 10:00-11:00 排舞班 12:30 華人組外出週年生日聚餐 1:30-2:30 太極班
13 Happy Thanksgiving 中心休息	14 泰米爾組節目	15 10:45 The Village at Black Creek & Buffet day trip No Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 粵曲班 1:30-2:15 Food Fit Program	17 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 (\$18/十月份4個星期五) 12:45-1:30 時代曲卡拉OK 委員會會議 1:30-2:30 太極班
20 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	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 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 (\$18/十月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
27 9:30-10:30 Gentle Fitness No Harmony Café	28 泰米爾組節目	29 No Chair Yoga No CFC Community Meal	30 10:00-3:00 粵曲班	31 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 (\$18/十月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 Mindfulness/正念講座 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 Chair Yoga 3:30-5:00 CFC Community Meal	2 Choir Performance Event No Cantonese Opera	3 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 Oct) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
6 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	7 Tamil Program	8 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	9 10:00-3:00 Cantonese Opera 1:30-2:15 Food Fit Program	10 10:00-11:00 Line Dance 12:30 Chinese Program Annual Outing & Birthday Lunch Celebration 1:30-2:30 Tai Chi
13 Happy Thanksgiving Centre will be closed	14 Tamil Program	15 10:45 The Village at Black Creek & Buffet day trip No Chair Yoga 3:30-5:00 CFC Community Meal	16 10:00-3:00 Cantonese Opera 1:30-2:15 Food Fit Program	17 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 Oct) 12:45-1:30 Chinese Karaoke 12:45-1:30 Committee Meeting 1:30-2:30 Tai Chi
20 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	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 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 Oct) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
27 9:30-10:30 Gentle Fitness No Harmony Café	28 Tamil Program	29 No Chair Yoga No CFC Community Meal	30 10:00-3:00 Cantonese Opera	31 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 Oct) 12:45-1:30 Chinese Karaoke 1:00-2:00 Mindfulness 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.

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.