

September 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 Labour Day Centre Closed	2 Tamil Program	3 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	4 10:00-3:00 Cantonese Opera 1:30-3:45 Food & Fit Program	5 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 Sep) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
8 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	9 Tamil Program	10 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	11 10:00-3:00 Cantonese Opera 1:30-3:45 Food & Fit Program	12 9:30-10:30 Ballroom Dance Std. 24 Forms From Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance 11-12 Committee Meeting 12:00 Chinese Luncheon(\$18 for Sep) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
15 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	16 Tamil Program	17 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	18 10:00-3:00 Cantonese Opera 1:30-3:45 Food & Fit Program	19 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 Birthday Luncheon(\$18 for Sep) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
22 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Cafe	23 Tamil Program	24 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	25 10:00-3:00 Cantonese Opera 1:30-3:45 Food & Fit Program	26 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 Sep) 12:45-1:30 Chinese Karaoke 1:00-2:00 Nutrition class 1:30-2:30 Tai Chi
29 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	30 National Day for Truth and Reconciliation Centre Closed			

2025年9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 Labour Day 中心關閉	2 泰米爾組節目	3 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	4 10:00-3:00 粵曲班 1:30-3:45 飲食與健康	5 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 (\$18/九月份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
8 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	9 泰米爾組節目	10 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	11 10:00-3:00 粵曲班 1:30-3:45 飲食與健康	12 9:30-10:30 交際舞 太極 24 式 六通拳 法語班 10:30-11:30 排舞班 11-12 委員會會議 12:00 華人組聚餐 (\$18/九月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
15 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	16 泰米爾組節目	17 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	18 10:00-3:00 粵曲班 1:30-3:45 飲食與健康	19 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 華人組生日聚餐 (\$18/九月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
22 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	23 泰米爾組節目	24 9:30-10:30 Chair Yoga 3:30-5:00 CFC Community Meal	25 10:00-3:00 粵曲班 1:30-3:45 飲食與健康	26 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 (\$18/九月份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
29 9:30-10:30 Gentle Fitness 11:00-12:00 Harmony Café	30 全國真相與和解日 中心關閉			

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.