

2026年1月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

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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 節假日中心休息 新年快樂	2 華人組節目(暫停)
5 9:30-10:30 Gentle Fitness	6 泰米爾組節目	7 9:30-10:30 Chair Yoga	8 10:00-3:00 粵曲班	9 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 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
12 9:30-10:30 Gentle Fitness	13 泰米爾組節目	14 9:30-10:30 Chair Yoga	15 10:00-3:00 粵曲班	16 10:00-11:00 排舞班 TBD 12-2:30 Mandarin 自助餐 1:30-2:30 太極班 TBD
19 9:30-10:30 Gentle Fitness	20 泰米爾組節目	21 9:30-10:30 Chair Yoga	22 10:00-3:00 粵曲班	23 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 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:00-3:00 Falls Prevention Workshop & Balance Assessment/防跌倒講座 & 身體平衡能力評估 1:30-2:30 太極班
26 9:30-10:30 Gentle Fitness 1	27 泰米爾組節目	28 9:30-10:30 Chair Yoga	29 10:00-3:00 粵曲班	30 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 (\$18/一月份4個星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班

January 2026

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 Centre Closed Happy New Year	2 No Chinese Program
5 9:30-10:30 Gentle Fitness	6 Tamil Program	7 9:30-10:30 Chair Yoga	8 10:00-3:00 Cantonese Opera	9 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 Jan) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
12 9:30-10:30 Gentle Fitness	13 Tamil Program	14 9:30-10:30 Chair Yoga	15 10:00-3:00 Cantonese Opera	16 10:00-11:00 Line Dance TBD 12-2:30 Mandarin Buffet lunch 2:00-3:00 Tai Chi TBD
19 9:30-10:30 Gentle Fitness	20 Tamil Program	21 9:30-10:30 Chair Yoga	22 10:00-3:00 Cantonese Opera	23 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 Jan) 12:45-1:30 Chinese Karaoke 1:00-2:00 Falls Prevention Workshop & Balance Assessment 1:30-2:30 Tai Chi
26 9:30-10:30 Gentle Fitness	27 Tamil Program	28 9:30-10:30 Chair Yoga	29 10:00-3:00 Cantonese Opera	30 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 Jan) 12:45-1:30 Chinese Karaoke 2:00-3:00 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.