2026年7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 Canada Day 中心关门	2 10:00-3:00 粵曲班	3 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ($18/7月份5個星期五) 12:45-1:30 時代曲卡拉 OK 1:30-2:30 太極班
6 9:30-10:30 Gentle Fitness	7 10-3 Sunshine Centre Day Trip 泰米爾組節目	8 9:30-10:30 Chair Yoga	9 10:00-3:00 粵曲班	10 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ($18/7月份5個星期五) 12:45-1:30 時代曲卡拉 OK 12:45-1:30 委員會會議 1:30-2:30 太極班
13 9:30-10:30 Gentle Fitness	14 泰米爾組節目	15 9:30-10:30 Chair Yoga	16 10:00-3:00 粵曲班	17 9:30-10:30 交際舞 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 ($18/7月份5個星期五) 2:00-3:00 太極班
20 9:30-10:30 Gentle Fitness	21 10-11 Mindfulness Nature Walk 泰米爾組節目	22 9:30-10:30 Chair Yoga	23 10:00-3:00 粵曲班	24 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ($18/7月份5個星期五) 12:45-1:30 時代曲卡拉OK 1-2:30 正念講座TBD 1:30-2:30 太極班
27 9:30-10:30 Gentle Fitness	28 泰米爾組節目	29 No Chair Yoga	30 10:00-3:00 粵曲班	31 9:30-10:30 交際舞 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ($18/7月份5個星期五) 12:45-1:30 時代曲卡拉OK 1-2:30 正念講座TBD 1:30-2:30 太極班

Harmony Hall CENTRE FOR SENIORS
A program of South Riverdale Community Health Centre

July 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 Canada Day Centre Closed	2 10:00-3:00 Cantonese Opera	3 9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon($18 for July) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
6 9:30-10:30 Gentle Fitness	7 10-3 Sunshine Centre Day Trip Tamil Program	8 9:30-10:30 Chair Yoga	9 10:00-3:00 Cantonese Opera	10 9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon($18 for July) 12:45-1:30 Chinese Karaoke Committee Meeting 1:30-2:30 Tai Chi
13 9:30-10:30 Gentle Fitness	14 Tamil Program	15 9:30-10:30 Chair Yoga	16 10:00-3:00 Cantonese Opera	17 9:30-10:30 Ballroom Dance Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Birthday Luncheon($18 for July) 2:00-3:00 Tai Chi
20 9:30-10:30 Gentle Fitness	21 10-11 Mindfulness Nature Walk Tamil Program	22 9:30-10:30 Chair Yoga	23 10:00-3:00 Cantonese Opera	24 9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon($18 for July) 12:45-1:30 Chinese Karaoke 1-2:30 Mindfulness Workshop TBD 1:30-2:30 Tai Chi
27 9:30-10:30 Gentle Fitness	28 Tamil Program	29 No Chair Yoga	30 10:00-3:00 Cantonese Opera	31 9:30-10:30 Ballroom Dance Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon($18 for July) 12:45-1:30 Chinese Karaoke 1-2:30 Mindfulness Workshop TBD 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 Aprtial 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.