

2026年6月

樂融社華人組

2 Gower Street

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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 9:30-10:30 Gentle Fitness	2 TBD 泰米爾組節目	3 9:30-10:30 Chair Yoga 9:30-10:30 正念徒步	4 10:00-3:00 粵曲班	5 12:00-1:30 華人組長者月龍珠自助餐
8 9:30-10:30 Gentle Fitness	9 泰米爾組節目	10 9:30-10:30 Chair Yoga	11 10:00-3:00 粵曲班	12 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 (\$15/六月份3個星期五) 12:45-1:30 時代曲卡拉 OK 12:45-1:30 委員會會議 1-2 營業講座 1:30-2:30 太極班
15 9:30-10:30 Gentle Fitness	16 泰米爾組節目	17 9:30-10:30 Chair Yoga 8:30-4:15 皇家植物園一日遊	18 10:00-3:00 粵曲班	19 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 華人組端午節生日聚餐 (\$15/六月份3個星期五) 2:00-3:00 太極班
22 9:30-10:30 Gentle Fitness	23 泰米爾組節目	24 9:30-10:30 Chair Yoga 9:30-10:30 正念徒步	25 10:00-3:00 粵曲班	26 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 (\$15/六月份3個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
29 9:30-10:30 Gentle Fitness	30 泰米爾組節目			

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
1 9:30-10:30 Gentle Fitness	2 Tamil Program	3 9:30-10:30 Chair Yoga 9:30-10:30 Mindfulness Nature Walk	4 10:00-3:00 Cantonese Opera	5 12:00-1:30 Chinese Program Senior's Month buffet lunch
8 9:30-10:30 Gentle Fitness	9 Tamil Program	10 9:30-10:30 Chair Yoga	11 10:00-3:00 Cantonese Opera	12 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(\$15 for June) 12:45-1:30 Committee Meeting 12:45-1:30 Chinese Karaoke 1-2 Nutrition Workshop 1:30-2:30 Tai Chi
15 9:30-10:30 Gentle Fitness	16 Tamil Program	17 9:30-10:30 Chair Yoga 8:30-4:15 Day trip: Royal Botanical Garden	18 10:00-3:00 Cantonese Opera	19 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(\$15 for June) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
22 9:30-10:30 Gentle Fitness	23 Tamil Program	24 9:30-10:30 Chair Yoga 9:30-10:30 Mindfulness Nature Walk	25 10:00-3:00 Cantonese Opera	26 9:30-10:30 Ballroom Dance Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon(\$15 for June) 1:30-2:30 Tai Chi
29 9:30-10:30 Gentle Fitness	30 Tamil Program			

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.