

# 2026年8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                                                                                                                                    |
|--------------------------------------------------|--------------|-----------------------------|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>Civic Holiday<br>中心休息                       | 4<br>泰米爾組節目  | 5<br>9:30-10:30 Chair Yoga  | 6<br>10:00-3:00 粵曲班  | 7<br>9:30-10:30 排舞班<br>11:00-2:00 Thomson Memorial Park 野餐<br>1:30-3:00 太極班                                                                    |
| 10<br>9:30-10:30 Gentle Fitness                  | 11<br>泰米爾組節目 | 12<br>9:30-10:30 Chair Yoga | 13<br>10:00-3:00 粵曲班 | 14<br>9:30-10:30 交際舞 六通拳 法語班<br>10:30-11:30 排舞班 國語班<br>12:00 華人組聚餐 (\$5)<br>12:45-1:30 時代曲卡拉 OK 12:45-1:30 委員會會議<br>1-2 AI与健康讲座1 1:30-2:30 太極班 |
| 17<br>9:30-10:30 Gentle Fitness<br>12-1 AI与健康讲座2 | 18<br>泰米爾組節目 | 19<br>9:30-10:30 Chair Yoga | 20<br>10:00-3:00 粵曲班 | 21<br>9:30-10:30 排舞班<br>12:00 Mandarin自助餐                                                                                                      |
| 24<br>9:30-10:30 Gentle Fitness                  | 25<br>泰米爾組節目 | 26<br>9:30-10:30 Chair Yoga | 27<br>10:00-3:00 粵曲班 | 28<br>9:30-10:30 排舞班<br>12:00 Woodbine Beach BBQ 燒烤<br>1:30-3:00 太極班                                                                           |
| 31<br>9:30-10:30 Gentle Fitness                  |              |                             |                      |                                                                                                                                                |

| Mon 9am - 5pm                                                                      | Tue 9am—5pm         | Wed 9am—5pm                 | Thu 9am—5pm                      | Fri 9am-5pm                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------|---------------------|-----------------------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>Civic Holiday<br>Centre Closed                                                | 4<br>Tamil Program  | 5<br>9:30-10:30 Chair Yoga  | 6<br>10:00-3:00 Cantonese Opera  | 7<br>9:30-10:30 Line Dance<br>11:00-2:00 Thomson Memorial Park Picnic<br>1:30-3:00 Tai Chi                                                                                                                                                                                   |
| 10<br>9:30-10:30 Gentle Fitness                                                    | 11<br>Tamil Program | 12<br>9:30-10:30 Chair Yoga | 13<br>10:00-3:00 Cantonese Opera | 14<br>9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen<br>Exercise French class<br>10:30-11:30 Line Dance Mandarin Class<br>12:00 Chinese Luncheon (\$5)<br>12:45-1:30 Chinese Karaoke, Committee Meeting<br>1-2 Workshop 1: Using AI for healthy living<br>1:30-2:30 Tai Chi |
| 17<br>9:30-10:30 Gentle Fitness<br>12-1 Workshop 2: Using AI<br>for healthy living | 18<br>Tamil Program | 19<br>9:30-10:30 Chair Yoga | 20<br>10:00-3:00 Cantonese Opera | 21<br>9:30-10:30 Line Dance<br>12:00 Mandarin Buffet lunch outing                                                                                                                                                                                                            |
| 24<br>9:30-10:30 Gentle Fitness                                                    | 25<br>Tamil Program | 26<br>9:30-10:30 Chair Yoga | 27<br>10:00-3:00 Cantonese Opera | 28<br>9:30-10:30 Line Dance<br>12:00 Woodbine Beach BBQ<br>1:30-3:00 Tai Chi                                                                                                                                                                                                 |
| 31<br>9:30-10:30 Gentle Fitness                                                    |                     |                             |                                  |                                                                                                                                                                                                                                                                              |

**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.