2026年3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
2 9:30-10:30 Gentle Fitness	3 泰米爾組節目	4 9:30-10:30 Chair Yoga	5 10:00-3:00 粵曲班	6 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 ($15/三月份 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
9 9:30-10:30 Gentle Fitness	10 泰米爾組節目	11 9:30-10:30 Chair Yoga	12 10:00-3:00 粵曲班	13 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 11-12 委員會會議 12:00 華人組聚餐 ($15/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:00-2:00 營養講座TBD 1:30-2:30 太極班
16 9:30-10:30 Gentle Fitness	17 泰米爾組節目	18 9:30-10:30 Chair Yoga	19 10:00-3:00 粵曲班	20 9:15 Gardiner Museum 一日遊 10:30-11:30 排舞班 12:15 Mandarin Buffet 自助餐外出生日聚餐
23 9:30-10:30 Gentle Fitness	24 泰米爾組節目	25 9:30-10:30 Chair Yoga	26 10:00-3:00 粵曲班	27 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 ($15/三月份4個星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
30 9:30-10:30 Gentle Fitness	31 泰米爾組節目			

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

March 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
2 9:30-10:30 Gentle Fitness	3 Tamil Program	4 9:30-10:30 Chair Yoga	5 10:00-3:00 Cantonese Opera	6 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($15 for Mar) 12:45-1:30 Chinese Karaoke 1:00-2:00 iPad class 1:30-2:30 Tai Chi
9 9:30-10:30 Gentle Fitness	10 Tamil Program	11 9:30-10:30 Chair Yoga	12 10:00-3:00 Cantonese Opera	13 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($15 for Mar) 12:45-1:30 Chinese Karaoke 1:00-2:00 Nutrition class TBD 1:30-2:30 Tai Chi
16 9:30-10:30 Gentle Fitness	17 Tamil Program	18 9:30-10:30 Chair Yoga	19 10:00-3:00 Cantonese Opera	20 9:15 Gardiner Museum Day Trip 10:30-11:30 Line Dance 12:00 Chinese Birthday Luncheon at Mandarin Buffet($15 for Mar) 2:00-3:00 No Tai Chi
23 9:30-10:30 Gentle Fitness	24 Tamil Program	25 9:30-10:30 Chair Yoga	26 10:00-3:00 Cantonese Opera	27 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($15 for Mar) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
30 9:30-10:30 Gentle Fitness	31 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.