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

2026 年 11 月

樂融社華人組
2 Gower Street
聯繫電話：(Billy)
(416) 752-0101 轉 4223
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 六通拳 法語班 10:30-11:30 排舞班 國語班 12:00 華人組聚餐 ($15/11 月 3 个星期五) 12:45-1:30 時代曲卡拉 OK 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 1:00-3:00 陶瓷班	**12** 10:30-1:30 義工頒獎 粵曲班暫停	**13** 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 ($15/11 月 3 个星期五) 12:45-1:30 時代曲卡拉 OK 12:45-1:30 華人組委員會 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 1:00-3:00 陶瓷班	**19** 10:00-3:00 粵曲班	**20** 11:00-2:30 華人組雅瓊週年聚餐 ($30 每會員) 1:30-2:30 太極班
23 9:30-10:30 Gentle Fitness	**24** 泰米爾組節目	**25** 9:30-10:30 Chair Yoga 1:00-3:00 陶瓷班	**26** 南河谷 50 週年 粵曲班暫停	**27** 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 ($15/11 月 3 个星期五) 12:45-1:30 時代曲卡拉 OK 1:30-2:30 太極班
30 9:30-10:30 Gentle Fitness				

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

November 2026

Chinese Program
2 Gower Street
Phone: (416) 752-0101 Ext. 4223 (Billy)
Email: BWU@srchc.com

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 Tai Chi Luk Tung Kuen Exercise French class 10:30-11:30 Line Dance Mandarin Class 12:00 Chinese Luncheon ($15 for Nov 6,13,27) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
9 9:30-10:30 Gentle Fitness	**10** Tamil Program	**11** 9:30-10:30 Chair Yoga 1:00-3:00 Pottery class	**12** 10:30-1:30 Volunteer Recognition Ceremony No Cantonese Opera	**13** 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 Nov 6,13,27) 12:45-1:30 Chinese Karaoke 12:45-1:30 Committee Meeting 1:30-2:30 Tai Chi
16 9:30-10:30 Gentle Fitness	**17** Tamil Program	**18** 9:30-10:30 Chair Yoga 1:00-3:00 Pottery class	**19** 10:00-3:00 Cantonese Opera	**20** 11:00-2:30 Chinese Annual Luncheon ($30) 1:30-2:30 Tai Chi
23 9:30-10:30 Gentle Fitness	**24** Tamil Program	**25** 9:30-10:30 Chair Yoga 1:00-3:00 Pottery class	**26** SRCHC 50th Years No Cantonese Opera	**27** 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 Birthday Luncheon ($15 for Nov 6,13,27) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
30 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.