

# 2026年5月

樂融社華人組

2 Gower Street

聯繫電話: (416) 752-0101轉4223 (Billy)

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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 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 (\$18/五月份5個星期五) 12:45-1:30 時代曲卡拉 OK 1:00-1:45 iPad班 1:30-2:30 太極班
4 9:30-10:30 Gentle Fitness	5 泰米爾組節目	6 9:30-10:30 Chair Yoga	7 10:00-3:00 粵曲班	8 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 (\$18/五月份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
11 9:30-10:30 Gentle Fitness	12 泰米爾組節目	13 9:30-10:30 Chair Yoga	14 10:00-3:00 粵曲班	15 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 華人組母親節生日聚餐 (\$18/五月份5個星期五) 12:45-1:30 時代曲卡拉 OK 2:00-3:00 太極班
18 Happy Victoria Day 中心關門	19 泰米爾組節目	20 9:30-10:30 Chair Yoga	21 10:00-3:00 粵曲班	22 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 (\$18/五月份5個星期五) 12:45-1:30 時代曲卡拉 OK 1:30-2:30 太極班
25 9:30-10:30 Gentle Fitness	26 泰米爾組節目	27 9:30-10:30 Chair Yoga 9:30-10:30 正念徒步	28 10:00-3:00 粵曲班	29 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 (\$18/五月份5個星期五) 12:45-1:30 時代曲卡拉 OK 1:30-2:30 太極班

Mon 9am - 5pm	Tue 9am—5pm	Wed 9am—5pm	Thu 9am—5pm	Fri 9am-5pm
				1 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 May) 12:45-1:30 Chinese Karaoke 1:00-1:45 iPad class 1:30-2:30 Tai Chi
4 9:30-10:30 Gentle Fitness	5 Tamil Program	6 9:30-10:30 Chair Yoga	7 10:00-3:00 Cantonese Opera	8 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 May) 12:45-1:30 Committee Meeting 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
11 9:30-10:30 Gentle Fitness	12 Tamil Program	13 9:30-10:30 Chair Yoga	14 10:00-3:00 Cantonese Opera	15 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 May) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
18 Happy Victoria Day 中心關門	19 Tamil Program	20 9:30-10:30 Chair Yoga	21 10:00-3:00 Cantonese Opera	22 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 May) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
25 9:30-10:30 Gentle Fitness	26 Tamil Program	27 9:30-10:30 Chair Yoga 9:30-10:30 Mindfulness Nature Walk	28 10:00-3:00 Cantonese Opera	29 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 May) 12:45-1:30 Chinese Karaoke 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 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.