

2026年10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
			1 粵曲班暫停	2 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每月星期五) 12:45-1:45 Annie 營業講座 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
5 9:30-10:30 Gentle Fitness	6 泰米爾組節目	7 9:00-4:00 一日遊旅遊 9:30-10:30 Chair Yoga	8 10:00-3:00 粵曲班	9 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每月星期五) 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
12 Happy Thanksgiving 中心休息	13 泰米爾組節目	14 9:30-10:30 Chair Yoga	15 10:00-3:00 粵曲班	16 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 華人組生日聚餐 (\$18每月星期五) 12:45-1:30 時代曲卡拉OK 2:00-3:00 太極班
19 9:30-10:30 Gentle Fitness	20 泰米爾組節目	21 9:30-10:30 Chair Yoga	22 粵曲班暫停 10:00-12:00 Open House	23 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每月星期五) 12:45-1:30 時代曲卡拉OK 1:30-2:30 太極班
26 9:30-10:30 Gentle Fitness	27 泰米爾組節目	28 9:30-10:30 Chair Yoga	29 10:00-3:00 粵曲班	30 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每月星期五) 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 No Cantonese Opera	2 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 Oct Friday) 12:45-1:45 Annie's Nutrition Workshop 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
5 9:30-10:30 Gentle Fitness	6 Tamil Program	7 9:00-4:00 Day Trip 9:30-10:30 Chair Yoga	8 10:00-3:00 Cantonese Opera	9 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 Oct Friday) 12:45-1:30 Chinese Karaoke, Committee Meeting 1:30-2:30 Tai Chi
12 Happy Thanksgiving Centre Closed	13 Tamil Program	14 9:30-10:30 Chair Yoga	15 10:00-3:00 Cantonese Opera	16 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 Oct Friday) 12:45-1:30 Chinese Karaoke 2:00-3:00 Tai Chi
19 9:30-10:30 Gentle Fitness	20 Tamil Program	21 9:30-10:30 Chair Yoga	22 10:00-12:00 Open House No Cantonese Opera	23 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 Oct Friday) 12:45-1:30 Chinese Karaoke 1:30-2:30 Tai Chi
26 9:30-10:30 Gentle Fitness	27 Tamil Program	28 9:30-10:30 Chair Yoga	29 10:00-3:00 Cantonese Opera	30 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 Oct Friday) 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.