

# 2026年9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            | 2<br>9:30-10:30 Chair Yoga                              | 3<br>10:00-3:00 粵曲班  | 4<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 (\$18/九月份4個星期五)<br>12:45-1:30 時代曲卡拉 OK<br>1:30-2:30 太極班                               |
| 7<br>Happy Labour Day<br>中心休息   | 8<br>泰米爾組節目  | 9<br>9:30-10:30 Chair Yoga                              | 10<br>10:00-3:00 粵曲班 | 11<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 (\$18/九月份4個星期五)<br>12:45-1:30 時代曲卡拉 OK 12:45-1:30 委員會會議<br>1:30-2:30 太極班             |
| 14<br>9:30-10:30 Gentle Fitness | 15<br>泰米爾組節目 | 16<br>9:30-10:30 Chair Yoga                             | 17<br>10:00-3:00 粵曲班 | 18<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 華人組生日聚餐 (\$18/九月份4個星期五)<br>12:45-1:30 時代曲卡拉OK<br>2:00-3:00 太極班                             |
| 21<br>9:30-10:30 Gentle Fitness | 22<br>泰米爾組節目 | 23<br>No Chair Yoga                                     | 24<br>10:00-3:00 粵曲班 | 25<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 (\$18/九月份4個星期五)<br>12:45-1:30 時代曲卡拉OK<br>1-2:30 Mindfulness正念講座 TBD<br>1:30-2:30 太極班 |
| 28<br>9:30-10:30 Gentle Fitness | 29<br>泰米爾組節目 | 30<br>National Day for Truth and Reconciliation<br>中心休息 |                      |                                                                                                                                                         |

# September 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                                                                                                                                                                                                                                         |
|----------------------------------------|---------------------|------------------------------------------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                        | 1                   | 2<br>9:30-10:30 Chair Yoga                                       | 3<br>10:00-3:00 Cantonese Opera  | 4<br>9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class<br>10:30-11:30 Line Dance Mandarin Class<br>12:00 Chinese Luncheon (\$18 for Sep)<br>12:45-1:30 Chinese Karaoke<br>1:30-2:30 Tai Chi                                     |
| 7<br>Happy Labour Day<br>Centre closed | 8<br>Tamil Program  | 9<br>9:30-10:30 Chair Yoga                                       | 10<br>10:00-3:00 Cantonese Opera | 11<br>9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class<br>10:30-11:30 Line Dance Mandarin Class<br>12:00 Chinese Luncheon (\$18 for Sep)<br>12:45-1:30 Chinese Karaoke, Committee Meeting<br>1:30-2:30 Tai Chi                 |
| 14<br>9:30-10:30 Gentle Fitness        | 15<br>Tamil Program | 16<br>9:30-10:30 Chair Yoga                                      | 17<br>10:00-3:00 Cantonese Opera | 18<br>9:30-10:30 Ballroom Dance Luk Tung Kuen Exercise French class<br>10:30-11:30 Line Dance Mandarin Class<br>12:00 Chinese Birthday Luncheon (\$18 for Sep)<br>12:45-1:30 Chinese Karaoke<br>2:00-3:00 Tai Chi                                   |
| 21<br>9:30-10:30 Gentle Fitness        | 22<br>Tamil Program | 23<br>No Chair Yoga                                              | 24<br>10:00-3:00 Cantonese Opera | 25<br>9:30-10:30 Ballroom Dance Tai Chi Luk Tung Kuen Exercise French class<br>10:30-11:30 Line Dance Mandarin Class<br>12:00 Chinese Luncheon (\$18 for Sep)<br>12:45-1:30 Chinese Karaoke<br>1-2:30 Mindfulness Workshop TBD<br>1:30-2:30 Tai Chi |
| 28<br>9:30-10:30 Gentle Fitness        | 29<br>Tamil Program | 30<br>National Day for Truth and Reconciliation<br>Centre closed |                                  |                                                                                                                                                                                                                                                     |

**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.