

## 睦鄰社

## May 2025 二零二五年五月活動表

星期日	星期一 粵語	星期二	星期三	星期四 粵語	星期五 國語	星期六
				<b>1</b> 10am-2pm 祝壽會 每人\$12 	<b>2</b> 10am-3pm 古箏, 二胡, 吉他 10am-3 pm 現場活動 11-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌	<b>3</b>
<b>4</b>	<b>5</b> 10am-11am 健康講座:慢性痛症 11am-12:30pm 卡拉 OK 11am-3pm 手腦活動 1:30pm-3pm 手機應用程式工作坊	<b>6</b>	<b>7</b>	<b>8</b> 10-11am 長者健身運動 11am-12nn 跳舞班 11am -3pm 手腦活動 1:30pm -3pm 流行歌班	<b>9</b> 10am-3pm 古箏, 二胡, 吉他 10am-3 pm 現場活動 11-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌	<b>10</b>
<b>11</b>	<b>12</b> 10am-11am 長者健身運動 11am-12:30pm 卡拉 OK 11am-3pm 手腦活動 1:30pm-3pm 手機應用程式工作坊	<b>13</b>	<b>14</b>	<b>15</b> 9am-2:30pm 賞櫻及自助餐一日遊 	<b>16</b> 10am-3pm 古箏, 二胡, 吉他 10am-3 pm 現場活動 11-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌	<b>17</b>
<b>18</b>	<b>20</b> 維多利亞日假期 活動暫停 	<b>21</b>	<b>21</b>	<b>22</b> 10-11am 長者健身運動 11am-12nn 跳舞班 11-3pm 手腦活動 1:30pm-3pm 流行歌班	<b>23</b> 10am-3pm 古箏, 二胡, 吉他 10am-3 pm 現場活動 11-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌	<b>24</b>
<b>25</b>	<b>26</b> 10am-11am 健康講座: 預立醫療護理計劃 11am-12:30pm 卡拉 OK 11am-3pm 手腦活動 1:30pm-3pm 手機應用程式工作坊	<b>27</b>	<b>28</b>	<b>29</b> 10-11am 長者健身運動 11am-12nn 跳舞班 11-3pm 手腦活動 1:30pm-3pm 水彩畫班	<b>30</b> 10am-3pm 古箏, 二胡, 吉他 10am-3 pm 現場活動 11-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌	<b>31</b>



星期一, 星期四: 11 Coatsworth Cres. 公寓茶廳: 麻將、卡拉 OK、跳舞、健身運動、講座

星期五: 8 Amroth Ave. 浸信會地庫: 古箏、二胡、吉他班、跳舞、卡拉 OK、唱歌班、乒乓球、太極功夫扇班、長者健身運動、空靈鼓等

查詢電話: (416)693-4762 蘇太 郭姑娘

睦鄰社

**May 2025 二零二五年五月活動表**

Sun	Monday Cantonese	Tue	Wed	Thursday Cantonese	Friday Mandarin	Sat
				<b>1</b> 10am-2pm Birthday Party 	<b>2</b> 10am-3pm Music Group: Guzheng, Erhu & Guitar Class 10am-3 pm Social Activities 11-12nn Exercise 12nn-1pm lunch \$5/person 1pm-3pm Choir Group	<b>3</b>
<b>4</b>	<b>5</b> 10am-11am Workshop: Chronic Pain 11-12:30pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Mobil App workshop	<b>6</b>	<b>7</b>	<b>8</b> 10am-11am Exercise 11-12 Dancing group 11-3pm Social Activities 1:30pm-3pm Singing group	<b>9</b> 10am-3pm Music Group: Guzheng, Erhu & Guitar Class 10am-3 pm Social Activities 11-12nn Exercise 12nn-1pm lunch \$5/person 1pm-3pm Choir Group	<b>10</b>
<b>11</b>	<b>12</b> 10am-11am Exercise 11-12:30pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Mobil App workshop	<b>13</b>	<b>14</b>	<b>15</b> 9am-2:30pm Day Trip Cherry Blossoms & Buffet trip 	<b>16</b> 10am-3pm Music Group: Guzheng, Erhu & Guitar Class 10am-3 pm Social Activities 11-12nn Exercise 12nn-1pm lunch \$5/person 1pm-3pm Choir Group	<b>17</b>
<b>18</b>	<b>19</b> Victoria Day Holiday No Program 	<b>20</b>	<b>21</b>	<b>22</b> 10am-11am Exercise 11am-12nn Dancing group 11am-3pm Social Activities 1:30pm-3pm Singing group	<b>23</b> 10am-3pm Music Group: Guzheng, Erhu & Guitar Class 10am-3 pm Social Activities 11-12nn Exercise 12nn-1pm lunch \$5/person 1pm-3pm Choir Group	<b>24</b>
<b>25</b>	<b>26</b> 10am-11am Workshop Advance Care Planning 11-12:30pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Mobil App workshop	<b>27</b>	<b>28</b>	<b>29</b> 10am-11am Exercise 11am-12nn Dancing group 11am-3pm Social Activities 1:30pm-3pm Painting class	<b>30</b> 10am-3pm Music Group: Guzheng, Erhu & Guitar Class 10am-3 pm Social Activities 11-12nn Exercise 12nn-1pm lunch \$5/person 1pm-3pm Choir Group	<b>31</b>

**Monday & Thursday:** 11 Coatsworth Cres. Karaoke, Mahjong, Dancing, Exercises, Workshops

**Friday:** 8 Amroth Ave.: Guzheng, Erhu & Guitar classes, Dancing, Karaoke, Table tennis, Exercises, Choir Group

**Information:** (416)693-4762 Amy Wu & Billie Kwok