

睦鄰社

July 2026 二零二六年七月活動表

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
			1 Canada Day 	2 10am-2pm 祝壽會 每人\$12 	3 10am-3pm 二胡, 結他班 10am-3 pm 現場活動 11am-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	4
5	6 10am-11am 長者健身運動 11am-12nn 卡拉 OK 11am-3pm 手腦活動 1pm-2pm 手機 A 班 2:15pm-3:15pm 手機 B 班	7	8	9 10am-11am 長者健身運動 11am-12nn 排舞 11am-3pm 手腦活動 1:30pm-3pm 粉彩畫	10 10am-3pm 二胡, 結他班 10am-3 pm 現場活動 11am-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	11
12	13 10am-11am 長者健身運動 11am-12:30pm 書法班 11am-3pm 手腦活動 1pm-2pm 手機 A 班 2:15pm-3:15pm 手機 B 班	14	15	16 10am-11am 長者健身運動 11am-12nn 排舞 11am-3pm 手腦活動 1:30pm-3pm 素描班	17 10am-3pm 二胡, 結他班 10am-3 pm 現場活動 11am-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	18
19	20 10am-11am 長者健身運動 11am-12nn 卡拉 OK 11am-3pm 手腦活動 1pm-2pm 手機 A 班 2:15pm-3:15pm 手機 B 班	21	22	23 9am-6:00pm 採莓賞花美食一天遊 	24 10am-3pm 二胡, 結他班 10am-3 pm 現場活動 11am-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	25
26	27 10am-11am 長者健身運動 11am-12nn 卡拉 OK 11am-3pm 手腦活動 1pm-2pm 手機 A 班 2:15pm-3:15pm 手機 B 班	28	29	30 10am-11am 長者健身運動 11am-12nn 救護服務資訊講座 1:30pm-3pm 手腦活動 1:30pm-3pm 花鳥國畫班	31 10am-3pm 二胡, 結他班 10am-3 pm 現場活動 11am-12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	

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、長者健身運動等

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January 2026 二零二六年一月活動表

Sun	Monday Cantonese	Tue	Wed	Thursday Cantonese	Friday Mandarin	Sat
				1 	2 Program Cancelled	3
4	5 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	6	7	8 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Pastel Nagomi Art	9 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 & Line Dance	10
11	12 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	13	14	15 10am-1pm Birthday Party 	16 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 & Line Dance	17
18	19 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	20	21	22 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Sketch class	23 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 & Line Dance	24
25	26 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	27	28	29 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Painting class	30 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 & Line Dance	31

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