

睦鄰社

March 2026 二零二六年三月活動表

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	2 10am-2pm 金馬賀新歲新春特別活動 暨 2 月 3 月祝壽會 華麗宮酒家 	3	4	5 10am-11am 長者健身運動 11am-12nn 唱歌班 11am-3pm 手腦活動 1:30pm-3pm 手工製作班	6 10am-3pm 古箏, 二胡, 結他 10am-3 pm 現場活動、空靈鼓 11am12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	7
8 夏令時間	9 10am-11am 長者健身運動 11am-12nn 卡拉 OK 10:30am-3pm 手腦活動 1:30pm-3pm 卡拉 OK	10	11	12 10am-11am 長者健身運動 11am-12nn 唱歌班 11am-3pm 手腦活動 1:30pm-3pm 手工製作班	13 10am-3pm 古箏, 二胡, 結他 10am-3 pm 現場活動、空靈鼓 11am12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	14
15	16 10am-11am 長者健身運動 11am-12nn 卡拉 OK 10:30am-3pm 手腦活動 1:30pm-3pm 卡拉 OK	17	18	19 10am-11am 長者健身運動 11am-12nn 唱歌班 1:30am-3pm 手腦活動 1:30pm-3pm 素描班	20 10am-3pm 古箏, 二胡, 結他 10am-3 pm 現場活動、空靈鼓 11am12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	21
22	23 10am-11am 長者健身運動 11am-12nn 卡拉 OK 10:30am-3pm 手腦活動 1:30pm-3pm 卡拉 OK	24	25	26 10am-11am 長者健身運動 11am-12nn 唱歌班 11am-3pm 手腦活動 1:30pm-3pm 花鳥國畫班	27 10am-3pm 古箏, 二胡, 結他 10am-3 pm 現場活動、空靈鼓 11am12nn 長者健身運動 12-1pm 午餐 \$5/人 1pm-3pm 唱歌&排舞	28
29	30 10am-11am 長者健身運動 11am-12nn 卡拉 OK 10:30am-3pm 手腦活動 1:30pm-3pm 卡拉 OK	31				

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

查詢電話: (416)693-4762 蘇太 郭姑娘

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March 2026 二零二六年三月活動表

Sun	Monday Cantonese	Tue	We d	Thursday Cantonese	Friday Mandarin	Sat
1	2 10am-2pm Lunar New Year Celebration @ Grandeur Palace 	3	4	5 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Craft Workshop	6 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	7
8	9 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	10	11	12 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Craft Workshop	13 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	14
15	16 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	17	18	19 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Sketching class	20 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	21
22	23 10am-11am Exercise 11-12pm Karaoke 11am-3pm Social Activities 1:30pm-3pm Karaoke	24	25	26 10am-11am Exercise 11am-12nn Singing class 11am-3pm Social Activities 1:30pm-3pm Painting class	27 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	28

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

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

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