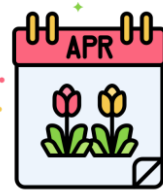




**April 2024**

四月 April

春意盎然 Happy Spring Days Dias Alegres na Primavera



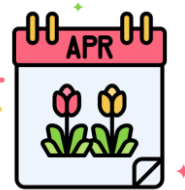
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Easter Monday <b>CLOSED</b> <i>Segunda-Feira de Pascoa</i> 復活節假期 休息</p>	<p><b>2</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Current News</p>	<p><b>3</b></p> <p>Zoom- Benefits of Walking (Cantonese/Mandarin) <b>SCWW-</b> Likes/Dislikes about Hobbies (Portuguese) Korean Seniors Group(Korean) GAG- - Karaoke &amp; Dance Class /Painting Class(Mandarin)</p>	<p><b>4</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Optical illusion Zoom- Music Station/Fun Sharing(Mandarin)</p>	<p><b>5</b></p> <p>Zoom Chair Exercises (Mandarin &amp;Cantones)</p> <p><b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Pictionary</p>
<p><b>8</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Handbell</p>	<p><b>9</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Find the Differences</p>	<p><b>10</b></p> <p>Zoom- Dental health Awareness (Cantonese/Mandarin) <b>SCWW-</b> Talk about Siblings (Portuguese) Korean Seniors Group(Korean) GAG- - Karaoke &amp; Dance Class (Mandarin)</p>	<p><b>11</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Higher or Lower  Chinese Knot Class (Mandarin)</p>	<p><b>12</b></p> <p>Zoom Chair Exercises (Mandarin &amp;Cantones)</p> <p><b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Health Info: Know More about Memory</p>
<p><b>15</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Pick Up the Beans</p>	<p><b>16</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Charades</p>	<p><b>17</b></p> <p>Zoom- Funny News Sharing (Cantonese/Mandarin) <b>SCWW-</b> Parkinson Awareness (Portuguese) Korean Seniors Group(Korean) GAG- - Karaoke &amp; Dance Class /Painting Class(Mandarin)</p>	<p><b>18</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Plastics &amp; Health Zoom- Painting(Mandarin)</p>	<p><b>19</b></p> <p>Zoom Chair Exercises (Mandarin &amp;Cantones)</p> <p><b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Current News</p>
<p><b>22</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Earth Day: Plastics and Environments</p>	<p><b>23</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Memory Matching</p>	<p><b>24</b></p> <p>Zoom- You Be the Judge (Cantonese/Mandarin) <b>SCWW-</b> Eco-Friendly Practices for Day-to-Day Life (Portuguese) Korean Seniors Group(Korean) GAG- - Karaoke &amp; Dance Class (Mandarin)</p>	<p><b>25</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Never Have I Ever  Zoom- Happy Kitchen: Healthy Vegetarian Bun (Mandarin)</p>	<p><b>26</b></p> <p>Zoom Chair Exercises (Mandarin &amp;Cantones)</p> <p><b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Name 5</p>
<p><b>29</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; Funny News Sharing</p>	<p><b>30</b> <b>ADS</b></p> <p>Zoom Chair Exercise (Cantonese/English) &amp; You Be the Cashier</p>	<p><b>Zoom: Monday, Tuesday, Wednesday, Thursday, Friday</b> For more information, contact Wendy Leung, Chelsea Chen, Ava Tan and Florbela Silva-Augello 諮詢及報名:梁姑娘, 陳姑娘,譚姑娘 <b>*Enquiry: SSCH (416) 925-2103 x 3100</b></p>		



**April 2024**

四月 *Abril*

春意盎然 Happy Spring Days Dias Alegres na Primavera



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Easter Monday</b> <b>CLOSED</b> <i>Segunda-Feira de Pascoa</i> 復活節假期 休息</p>	<p><b>2</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 時事新聞</p>	<p><b>3</b></p> <p>10:30a.m. - 12:00a.m. Zoom - 走路的益處 (粵語/國語)  1:30p.m. - 3:30p.m. 金色年華園地/ 國畫班(國語)</p>	<p><b>4</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 趣味視錯覺 2:00p.m. - 3:30p.m. Zoom 耆樂班(國語)</p>	<p><b>5</b></p> <p>10:00a.m. - 11:00a.m. Zoom: 活力椅上運動 (國語&amp;粵語) <b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 我畫你猜</p>
<p><b>8</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 手搖鈴</p>	<p><b>9</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 找不同</p>	<p><b>10</b></p> <p>10:30a.m. - 12:00a.m. Zoom - 牙齒健康的 重要性 (粵語/國語) 1:30p.m. - 3:30p.m. 金色年華園地 (國語)</p>	<p><b>11</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 估大小  2:00p.m. - 3:30p.m. 手工班: 中國結(國語)</p>	<p><b>12</b></p> <p>10:00a.m. - 11:00a.m. Zoom: 活力椅上運動 (國語&amp;粵語) <b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 健康資訊: 記憶知多點</p>
<p><b>15</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 眼明手快</p>	<p><b>16</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 我說你猜</p>	<p><b>17</b></p> <p>10:30a.m. - 12:00a.m. Zoom - 趣聞分享 (粵語/國語) 1:30p.m. - 3:30p.m. 金色年華園地/ 國畫班(國語)</p>	<p><b>18</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 塑料與健康 2:00p.m. - 3:30p.m. Zoom 藝術畫室 (國語)</p>	<p><b>19</b></p> <p>10:00a.m. - 11:00a.m. Zoom: 活力椅上運動 (國語&amp;粵語) <b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 時事新聞</p>
<p><b>22</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 地球日: 塑料與環境</p>	<p><b>23</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 記憶對對碰</p>	<p><b>24</b></p> <p>10:30a.m. - 12:00a.m. Zoom - 你做大法官 (粵語/國語) 1:30p.m. - 3:30p.m. 金色年華園地 (國語)</p>	<p><b>25</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 問你試過沒 2:00p.m. - 3:30p.m. Zoom-美食新煮意: 健 康素菜包(國語)</p>	<p><b>26</b></p> <p>10:00a.m. - 11:00a.m. Zoom: 活力椅上運動 (國語&amp;粵語) <b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 五福臨門</p>
<p><b>29</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 趣聞分享</p>	<p><b>30</b></p> <p><b>日間中心</b> 10:30a.m. - 11:30a.m. Zoom 椅上運動 (粵語/英語) &amp; 收銀大賽</p>	<p><b>Zoom: Monday, Tuesday, Wednesday, Thursday, Friday</b> For more information, contact Wendy Leung, Chelsea Chen, Ava Tan and Florbela Silva-Augello 諮詢及報名: 梁姑娘, 陳姑娘, 譚姑娘 <b>*Enquiry: SSCH (416) 925-2103 x 3100</b></p>		