



Community Mental Wellness Association of Canada

加拿大社區情緒健康協會

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啟愛教育中心 2017 年度課程

Benevolence Learning Centre 2017 classes

星期一 Monday:

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|----------------|-------------------|-------------------------------|
| • 太極班 | 9:30am – 10:30am | Tai Chi Class |
| • 交誼舞班 | 11:00am – 12:30pm | Ballroom Dance Class |
| • 首飾設計班 | 1:00pm – 2:30 pm | Accessory Design Class |
| • 國畫班 | 1:30pm – 2:30pm | Chinese Painting Class |
| • 英文閱讀及寫作班(小學) | 3:30pm – 5:00pm | English Reading/Writing class |



星期二 Tuesday:

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| • 成人英語(初班) | 10:30am – 12:00pm | Beginner English Lessons |
| • 電腦班 | 12:30am – 2:00pm | Computer Class |
| • 卡拉 OK (B) | 2:00pm – 4:30pm | Karaoke (Class B) |
| • 英文閱讀及寫作班 (小學) | 3:30pm – 5:00pm | English Reading/Writing class |



星期三 Wednesday:

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| • 長青社中文講座 | 1:00pm – 2:30pm | Cultural Garden for Seniors |
| • 卡拉 OK (A) | 1:00pm – 5:00pm | Karaoke (Class A) |

星期四 Thursday:

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| • 話劇班(待定) | 3:00pm-5:00pm | Fortune Drama Group |
| • 新移民英語 | 12:00-1:00pm | English for New comers |



星期五 Friday:

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| • 瑜珈班 (2017 年七月, 每星期五) | 9:30am-10:30am (Every Friday in July, 2017) | Yoga Class |
| • 茶道班 (2017 年七月, 每星期五) | 10:40am-11:40am (Every Friday in July, 2017) | The Art of Tea Class |
| • 書法班 | 1:00pm-2:30pm | Chinese Calligraphy Class |
| • 康樂集郵/錢幣組 (交流)
(每月第三個星期五) | 2:00pm – 4:00pm
(Third Friday of every month) | Happy Stamps & Coins Group
(Discussions) |
| • 互愛小組 | 4:00pm-6:00pm | Support Group (Biweekly) |

星期六 Saturday:

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| • 少年團月會
(每月第二個星期六) | 12:00-1:00pm
(2 nd Saturday every month) | Youth Group Monthly Meeting. |
| • 愛心歌詠隊 | 2:00pm-4:00pm | Choir of Love |



~每月精神健康教育講座

Free Monthly Mental Health Educational Workshop

~長者園藝小組

Gardening Club for Seniors

~長者健行俱樂部

Seniors Walking Club