

密市加华长者协会 2024 活动时间表(1 月-6 月)

2024MJCSA Programs Schedule From Jan. – June

网站 mjcsa.ca 活动地点: Location: 310 Bristol E Mississauga On

时间 Time	课程 Courses	指导老师 Instructor
星期二 Tuesday/体育馆 GYM A&B		
9:15am-12:00pm	太极综合练习/Tai Chi Practice	Henry Chan/Amy Yu
11:00am-12:00pm	初级班/ Tai Chi beginners 40 式/功夫扇	Amy Yu
星期三 Wednesday/会议室 Conference room		
12:00pm-4:00pm	长者乒乓球活动 Table tennis	Eddy Zhang/Thomas Han
星期四 Thursday/体育馆 Gym A&B		
9:10-10:30am	广场舞班 Chinese Square Dance	石红 Shelley
10:30am-12:00pm	排舞 初, 中级班 Line Dance For Beginner to Intermediate	Eva Shum
星期四 Thursday/舞蹈房 Studio Room		
9:10-10:45am	歌唱班 Singing Class	孟慧芳 Huifang Meng
11:00am-12:30pm	民舞提高班 Advanced Chinese Folk Dance	陶逊 Joanna Tao
1:00-2:30pm	模特训练班 Model Training	马薇 Wei Ma
2:40-4:00pm	舞蹈练习: Dance Practice for NHSP	
星期五 Friday/舞蹈房 Studio Room		
9:10-10:10am	瑜伽 Yoga	Rose Hua
10:15-11:15am	尊巴 Zumba	Ellen Qi
11:15am-12:45pm	拉丁舞 Latin Dance	张诗曼 Shiman Zhang
1:00-3:00pm	乐队排练 Music instrument practice	Eddy Zhang/Thomas Han
1:00-3:00pm	Karaoke (每月 1 st & 3 rd 周/Week)	Thomas Han/John Zhao/Tom Chen
星期五 Friday/活动室 Auditorium Room		
11:30am-4:00pm	长者乒乓球活动 Table tennis	

活动免费向会员开放,会员年费/Annual Membership fee \$40

登记时间/Registration Time: 周二 Tue. 周四 Thur.; 周五 Fri. 10:00am-12:00pm

联系人: Eddy Zhang:416-6958495 Thomas Han: 905-916-0411; Emy Zhou; 647-294154

密市加华长者协会

Mississauga Jiahua Chinese Senior Association

