

CEFS Activity Schedule for Dec.2025
辅众社区2025年12月份活动表



Program 活动名称	Date/Time 日期 / 时间	Address 地点	Inquiry 報名／查詢
Senior Fitness Club 长者健身俱乐部 (Instructor: Hanling Yu/Qi Zhang)	Every Monday & Thursday 7:00-8:30 pm 每周一/周四晚上7:00-8:30	Rouge Park PS	905-209-2223 Hanling Yu
Senior English class 辅众社区长者英语课 (Instructor: Cheri Chen &volunteers)	Every Monday 7:00-8:30 pm 每周一晚上7:00-8:30	Zoom	647-990-6888 Cheri Chen
Art class 辅众社区绘画班 (Instructor: 那淑娜)	Every Monday 10:00-11:30 am 每周一早上10:00-11:30	9275 Markham Rd Suite207	905-209-2223 Lily Wang
Hand Craft class 辅众社区手工课 (Instructor: 赵宗敏)	Every Tuesday 10:00-11:30 pm 每周二早上10:00-11:30	9275 Markham Rd Suite207	905-209-2223 Lily Lin
Nutrition Cooking Class 营养美食课	Every Friday 10:00-11:30 am 每周五早上10:00-11:30	9275 Markham Rd Suite207	905-209-2223 Hanling Yu
Senior Singing class 长者唱歌班 (Instructor: 刘沈平)	Every Saturday, 9:45-11:00 am 每周六早上9:45-11:00	9275 Markham Rd Suite207	905-209-2223 赵宗敏
iPad and Smart Phone Training Class 平板电脑和智能手机班 (Instructor: volunteers)	Every Saturday, 11:00-12:00 pm 每周六早上11:00-12:00	9275 Markham Rd Suite207	905-209-2223 赵宗敏
Settlement Service 安居服务	Every Monday to Friday, 10:00 am -4:00 pm 每周一至周五上午10点 -下午4点* appointment only*需预约	9275 Markham Rd Suite207	647-990-6888 Susan Li
Winter Fundraising Lunch 辅众慈善午餐	Thursday, Dec.18 11:00am 周四, 12月18日 早上11点	5308 Hwy 7 Unit 507	647-990-6888 Susan Li

长者赏灯一日游 Senior Day Trip	Wednesday. Dec.3rd		647-990-6888 Susan Li
Children Activities 儿童活动			
Program 活动名称	Date/Time 日期 / 时间	Address 地点	Inquiry 報名／查詢
After School Math Tutoring 课后数学辅导班 (High School Volunteers)	Every Tuesday 4:30-5:30 pm 每周二下午4:30- 5:30	Zoom	416-835-1059 Anna Zhao
After School English tutoring 课后英语辅导班 (High School Volunteers)	Every Wed 4:30-5:30 pm 每周三下午4:30- 5:30	Zoom	416-835-1059 Anna Zhao
课后法语辅导班 After-School French Tutoring (Instructor: High School Volunteers)	Every Thurs, 4:30-5:30 pm 每周四下午4:30- 5:30	Zoom	416-835-1059 Anna Zhao

**CEFS Scarborough
Centre Activity**
辅众社区士佳堡分会活动

Program 活动名称	Date/Time 日期 / 时间	Address 地点	Inquiry 報名／查詢
Understanding OHIP Workshop 了解OHIP研讨会 (Speaker: Shulan Tian)	Tuesday, November 2 Tuesday, December 2 10:30 to 12:00pm 周二, 11月4日 & 12月2日 10: 30 - 12:00pm	Agincourt Library	647-990-6888 阿花
Art Programme 辅众社区绘画班	Dec.09, 16th 11月09, 16日 10:00 - 12:00pm 早10点到12点	Agincourt Library	416-835-1059 阿花/星沙
Christmas Party 圣诞聚会	Tuesday, Dec.23th 周二, 12月23日 10:00am - 12:00pm 早10点至12点	Agincourt Library	416-835-1059 阿花/星沙