



Summer Activity Schedule 2019 (July 2 to August 30, 2019)

MMCC - Milliken Mills Community Centre

Armadale - Armadale Community Centre

Aaniin - Aaniin Community Centre

Day	Program	Time	Location	Instructor	Convener	Start Date	Note	End Date
Sunday	Ballroom Practice	10 am – 12 pm	MMCC – South Hall		Chi Ho W.	Jul. 7		Aug. 18
	Line Dance Practice	12 pm – 2 pm	MMCC – South Hall		Ivy A.	Jul. 7		Aug. 18
Monday	Health / Wellness Exercise	9:30am– 12 pm	MMCC – Arena		Randolph P.	Jul.8	Holiday Aug 5	Aug. 12
	Ballroom Practice	12:15 pm – 2:15 pm	MMCC – Arena		Agnes L.	Jul.8	Holiday Aug 5	Aug. 12
	Folk Song	2 pm – 3:30 pm	MMCC – Dance Studio		Alan L.	Jul.8	Holiday Aug 5	Aug. 19
	Bridge and Board Games	1 pm – 4 pm	MMCC – Room A		Ting W.	Jul.8	Holiday Aug 5	Aug. 19
Tuesday	Body Stretching Exercise	9:30 am – 11 am	Aaniin – Dance Studio		Alan L.	Jul.2	Max. 14 people	Aug. 27
	Fitness Dance	9:30 am – 11 am	MMCC – Arena		Philip W.	Jul.2		Aug. 13
	Ballroom Practice	11:30 am – 1:30 pm	MMCC – Arena		Philip W.	Jul.2		Aug. 13
	Line Dance Workshop	11 am – 1 pm	MMCC – Room A+B		Ivy A.	Jul.2		Aug. 20
	Chinese Calligraphy	10:30 am – 12:30 pm	MMCC – Dance Studio	Peter Y. / Mr. Yung	KY C.	Jul.2		Aug. 20
	Harmonica Lesson	1:30 pm – 3 pm	MMCC – Dance Studio		Alan L.	Jul.2		Aug. 20
	Sing Along	3 pm – 4:30 pm	MMCC – Dance Studio		Alan L.	Jul.2		Aug. 20
	Badminton	2:15 pm – 3:45 pm	Armadale – North Gym		Antony C.	Jul. 2		Aug. 20
Wednesday	ACC Wellness Exercise	9:30am – 11 am	Aaniin – Dance Studio		C. S. Cheung	Jul. 3	Max. 14 people	Aug. 28
	Tai Chi Group	9:15 am – 10:45 am	MMCC – Arena	William K.	Theresa F.	Jul. 3		Aug. 14
	Line Dance Lesson – Level 1	11 am – 12:30 pm	MMCC – Arena	Jenny H.	Ivy A.	Jul. 3		Aug. 14
	Line Dance Lesson - Level 2	12:30 pm – 2 pm	MMCC – Arena	Angie M.	Ivy A.	Jul. 3		Aug. 14
Thursday	Muscle Training For Senior	9:30 am – 11 am	MMCC – Dance Studio		KY C.	Jul. 11		Aug 22
	Table Tennis	9:45am – 12:30pm	MMCC – North Hall		Paul P.	Jul. 4		Aug 22
	Chinese Cultural Dance Practice	12:30 pm – 2 pm	MMCC – Dance Studio		Mei C.	Jul. 11		Aug 22
	Zumba	1:30 pm – 2:30 pm	MMCC – Arena	Stanley C.	Jim Y.	Jul.4		Aug. 15
	Pickleball	10:30 am – 11:45 am	Armadale – North Gym		Eliza L.	Jul. 4		Aug 22
	Badminton	2:15 pm – 3:45 pm	Armadale – North Gym		Antony C.	Jul. 4		Aug 22
	Darts	12:30 pm – 3:30 pm	Armadale – Meeting Room		Alan L.	Jul. 4		Aug 22
Friday	Tai Chi Sword & Tai Chi Quan 42 Styles	9: 30 am – 11 am	Aaniin - Older Adult Room	Sam T. / Tong	KY C.	Jul.5		Aug. 30
	Table Tennis	9:45 am – 12:30 pm	MMCC – North Hall		Paul P.	Jul.5		Aug. 23
	Karaoke	1 pm – 4:30 pm	MMCC – Dance Studio		Grace J.	Jul.5		Aug. 23
	Music Ensemble	2:45 pm – 4:45 pm	MMCC – Room A		George W.	Jul.5		Aug. 23
	Ballroom Practice	8 pm – 10 pm	MMCC – South Hall		Eliza L.	Jul.5	Occasional	Aug. 23
	Pickleball	2 pm – 3:30 pm	Armadale – North Gym		Eliza L.	Jul. 5		Aug. 23

NOTE: Highlight in GREY indicates Programs with Supplied or Instructional Fees

Drop-in is accepted for MOTM Aaniin C.C. Programs

Updated 2019/05/14