

August

2026

Latimer Schedule- Small Dining Room

Monday	Tuesday	Wednesday	Thursday	Friday
3 1:30-3:30PM Chorus 合唱团 Hao	4 1:30-3:30PM Waist Drum 腰鼓课 Xuemin	5 1:30-2:30PM Silver sneakers 椅子舞课程 Angela	6 1:30-3:30PM Mixed Voice Singing Amy 混声歌唱训练	7 1:30-3:30PM Chinese Poem 中国诗词 Chan
10 1:30-3:30PM Chorus 合唱团 Hao	11 1:30-3:30PM Waist Drum 腰鼓课 Xuemin	12 1:30-2:30PM Silver sneakers 椅子舞课程 Angela	13 1:30-3:30PM Mixed Voice Singing Amy 混声歌唱训练	14 1:30-3:30PM Chinese Poem 中国诗词 Chan
17 1:30-3:30PM Chorus 合唱团 Hao	18 1:30-3:30PM Waist Drum 腰鼓课 Xuemin	19 BRP using BRP 使用中	20 1:30-3:30PM Mixed Voice Singing Amy 混声歌唱训练	21 1:30-3:30PM Chinese Poem 中国诗词 Chan
24 BRP using BRP 使用中	25 1:30-3:30PM Waist Drum 腰鼓课 Xuemin	26 1:30-3:30PM Chorus 合唱团 Hao	27 1:30-3:30PM Mixed Voice Singing Amy 混声歌唱训练	28 1:30-3:30PM Chinese Poem 中国诗词 Chan
31 BRP using BRP 使用中				

Notes:

August

2026

Latimer Schedule- Computer Room

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	4 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	5 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	6	7
10 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	11 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	12 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	13	14
17 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	18 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	19 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	20	21
24 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	25 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	26 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课	27	28
31 9:30-10:30AM iPhone Basics- Lucy 苹果手机基础课				

Notes:

August

2026

Latimer Schedule- Art Room

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9-11AM Blood Pressure Screening- Liping 血压监测 12:30-1:30PM PAC Meeting 会员代表大会	5	6	7
10	11 9-11AM Blood Pressure Screening- Liping 血压测试 11:30-1:30PM Art class- Janita 艺术课	12	13	14
17	18 9-11AM Blood Pressure Screening- Liping 血压监测 BRP Food Pantry BRP 营养补充袋发放日	19	20	21
24	25 9-11AM Blood Pressure Screening- Liping 血压测试 11:30-1:30PM Art class- Janita 艺术课	26	27	28
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Notes:

August

2026

Latimer Schedule- Auditorium

Monday	Tuesday	Wednesday	Thursday	Friday
3 1:30-3:30PM Ballroom Dance 交谊舞 Matthew	4	5	6 10:00-11:00AM Dance Exercise 舞蹈练习 Elizabeth	7
10	11	12	13 10:00-11:00AM Dance Exercise 舞蹈练习 Elizabeth	14
17 1:30-3:30PM Ballroom Dance 交谊舞 Matthew	18	19	20 10:00-11:00AM Dance Exercise 舞蹈练习 Elizabeth	21
24	25	26	27 10:00-11:00AM Dance Exercise 舞蹈练习 Elizabeth	28
31				

Notes:

Latimer Gardens Senior Center Online Program Schedule				Aug-25	7/22/2026
Day/Time	Class Name		Language / 语言	Location/ 地点	
Monday 星期一					
7:00PM- 8:00PM	Advanced New Concept English / 新概念英语 & 900句 线上授课	Lucy	Chinese / 中文	ZOOM	
8:00PM- 9:00PM	Singing 歌曲串烧	Lucy	Chinese / 中文	ZOOM	
Tuesday 星期二					
6:00PM- 6:45PM	Qi Gong 八段锦 线上授课	Alice	Chinese / 中文	ZOOM	
7:00PM- 9:00PM	Piano Workshop 鋼琴練習班 线上授课	Lucy	Chinese / 中文	ZOOM	
Wednesday 星期三					
4:00PM- 5:00PM	English Karaoke 卡拉OK 线上授课	Linda	Chinese / 中文	ZOOM	
7:00PM- 8:00PM	Health Discussion 健康讲座 线上授课	Lucy	Chinese / 中文	ZOOM	
8:00PM- 9:00PM	Spanish / 初级西班牙语 线上授课	Lucy	Chinese / 中文	ZOOM	
Thursday 星期四					
6:00PM- 6:45PM	Qi Gong 八段锦 线上授课	Alice	Chinese / 中文	ZOOM	
7:00PM- 9:00PM	Karaoke 卡拉OK 线上授课	Lucy	Chinese / 中文	ZOOM	
8:00PM- 9:00PM	Karaoke on VSC 线上	Alice	Chinese & English 中/英文	ZOOM	
Friday 星期五					
Special Events 特殊活动					