

六月份节目表
June 2022 Programme Schedule

日 DAY	上午 MORNING	午休 LUNCH BREAK	下午 AFTERNOON
星期二 TUESDAY	中心暂时关闭 Centre is temporarily closed		缤纷湖畔 Happy Hour 2.30pm – 4.00pm (7, 14, 21 June) (线上和在中心进行-Conducted on Zoom & at the Centre)
星期三 WEDNESDAY	晨运 Morning Exercise 10.30am – 11.00am (1, 8, 15, 22 June) (线上进行-Conducted on Zoom)	12.30pm- 1.30pm	好朋友 Good Buddy 2.30pm – 4.00pm (1, 8, 15 June) (线上和在中心进行-Conducted on Zoom & at the Centre)
星期四 THURSDAY	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am (2, 9, 16 June) (线上进行-Conducted on Zoom)	12.30pm- 1.30pm	棋盘游戏 Board Games (仅限报名-By Registration only) 2.30pm – 4.30pm (2, 9, 16, 23 June) (暂停-Suspended)
星期五 FRIDAY	乐龄尊巴 Seniors Chair Zumba 10.00am – 11.00am (3, 10, 17, 24 June) (在中心进行-Conducted at the Centre)	12.30pm- 1.30pm	艺术手工班 Art & Craft 2.30pm – 4.00pm (3, 10, 24 June) (线上和在中心进行-Conducted on Zoom & at the Centre)

365 防癌教育协会线上讲座
ONLINE HEALTH TALK BY 365 CANCER PREVENTION SOCIETY

癌症于营养: 迷思和事实 **Cancer & Nutrition : Myths & Facts**

六月 17 日 (星期五) 17 June 2022 (Friday)

2.30pm – 3.30pm

(仅报名-By Registration only)

If you have any enquiries, please contact Peter (锦章), Lawrence (家声) or Rachel (俐尹) at 6817 4187.