

八月份节目表
August 2022 Programme Schedule

| 日 DAY | 上午 MORNING | 午休 LUNCH BREAK | 下午 AFTERNOON |
|------------------|--|----------------------|---|
| 星期一 MONDAY | 棋盘游戏 Board Games (仅限报名-By Registration only) 10.00am – 11.00am (1, 8, 15, 22, 29 August) (在中心进行-Conducted at the Centre) | 12.30pm- 1.30pm | 四弦琴兴趣班 Ukulele Interest group 2.30pm – 4.00pm (1, 8, 15, 22, 29 August) |
| | | | 棋盘游戏 Board Games (仅限报名-By Registration only) 2.30pm – 4.30pm (1, 8, 15, 22, 29 August) (在中心进行-Conducted at the Centre) |
| 星期二 TUESDAY | 中心暂时关闭 Centre is temporarily closed | | 缤纷湖畔 Happy Hour 2.30pm – 4.00pm (2, 16, 23, 30 August) (线上和在中心进行-Conducted on Zoom & at the Centre) |
| 星期三 WEDNESDAY | 棋盘游戏 Board Games (仅限报名-By Registration only) 10.00am – 12.00pm (3, 10, 17, 24, 31 August) (在中心进行-Conducted at the Centre) | 12.30pm- 1.30pm | 好朋友 Good Buddy 2.30pm – 4.00pm (3, 10, 17, 24, 31 August) (在中心进行-Conducted 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 (4, 11, 18, 25 August) (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 (暂停-Suspended) |
| 星期五 FRIDAY | 乐龄尊巴 Seniors Chair Zumba 10.00am – 11.00am (5, 12, 19, 26 August) (在中心进行-Conducted at the Centre) | 12.30pm- 1.30pm | 美术手工班 Art & Craft 2.30pm – 4.00pm (5, 12, 19, 26 August) (在中心进行-Conducted at the Centre) |

365 防癌教育协会讲座
TALK BY 365 Cancer Prevention Society

讲座主题: 如何在疫情中建立自强不息的自己
Topic: Building a resilient mind to cope with pandemic: Fatigue and burnout
8月23日(星期二) 23 August 2022 (Tuesday)
3.00pm – 4.00pm