

十一月份节目表
November 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 – 12.00pm (7, 14, 21, 28 November) (在中心进行-Conducted at the Centre)	12.30pm- 1.30pm	四弦琴兴趣班 Ukulele Interest group (仅限报名-By Registration only) 2.00pm – 4.00pm (7, 14, 21, 28 November) (在中心进行-Conducted at the Centre)
			棋盘游戏 Board Games (仅限报名-By Registration only) 2.30pm – 4.30pm (7, 14, 21, 28 November)
星期二 TUESDAY	中心暂时关闭 Centre is temporarily closed		缤纷湖畔 Happy Hour 2.30pm – 4.00pm (1, 8, 15, 22, 29 November) (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 (2, 9, 16, 23, 30 November) (在中心进行-Conducted at the Centre)	12.30pm- 1.30pm	好朋友 Good Buddy 2.30pm – 4.00pm (2, 9, 16, 23, 30 November) (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 (3, 10, 17, 24 November) (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 (4, 11, 18, 25 November) (在中心进行-Conducted at the Centre)	12.30pm- 1.30pm	美术手工班 Art & Craft 2.30pm – 4.00pm (4, 11, 18, 25 November) (在中心进行-Conducted at the Centre)

健康讲座 (视频) HEALTH TALK (VIDEO)
讲座主题: 科技与健康 Topic: Technology & Health 11 月 15 日 (星期二) 15/11/22 (Tuesday) 3.00pm – 4.00pm