

































JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19
MONTHLY ACTIVITIES FOR 1 TO 15 DECEMBER 2018 十二月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 <i>Blood Pressure reading</i> 测量血压 9.45am 	Daily Morning Exercise from 9am to 9.30am (except on Sunday & Public Holiday) 早晨运动：每天早上9 - 9.30 除了星期天及公共假期以外)				1 <i>Morning Exercise</i> 早晨运动 9am - 9.30am 
2	3 <i>Blood Pressure reading</i> 测量血压 9.45am 	4 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am  <i>Food Demo</i> 烹饪示范 2pm - 3pm 	5 <i>Karaoke</i> 卡拉OK 1.30pm - 4pm 	6 <i>Line Dancing</i> 排舞 10am - 12pm  Line Dancing	7 <i>Bingo</i> 宾果 3.15pm - 4pm 	8 <i>Lai Lim Kopi</i> 来喝咖啡 9.30am - 10am 
9	10 <i>Blood Pressure reading</i> 测量血压 9.45am   <i>Karaoke</i> 卡拉OK 1.30pm - 4pm	11 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am  <i>Food Demo</i> 烹饪示范 2pm - 3pm 	12 <i>Karaoke</i> 卡拉OK 1.30pm - 4pm 	13 <i>Line Dancing</i> 排舞 10am - 12pm  Line Dancing	14 <i>Bingo</i> 宾果 3.15pm - 4pm 	15 <i>Morning Exercise</i> 早晨运动 9am - 9.30am 

JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19
MONTHLY ACTIVITIES FOR 16 TO 31 DECEMBER 2018 十二月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17 Blood Pressure Reading 测量血压 9.45am  Hair Cutting 理发服务 10am   Karaoke 卡拉OK 1.30pm - 4pm	18 Zumba Gold 尊巴班 10.30am - 11.30am  Food Demo 烹饪示范 2pm - 3pm 	19 Karaoke 卡拉OK 1.30pm - 4pm 	20 Line Dancing 排舞 10am - 12pm  Line Dancing	21 Christmas Party 圣诞庆祝会 10am - 1pm 	22 Morning Exercise 早晨运动 9am - 9.30am 
23	24 Blood Pressure reading 测量血压 9.45am 	25 Centre Closed Merry Christmas! 	26 Karaoke 卡拉OK 1.30pm - 4pm 	27 Line Dancing 排舞 10am - 12pm  Line Dancing	28 Bingo 宾果 3.15pm - 4pm 	29 Morning Exercise 早晨运动 9am - 9.30am 

*Tentative schedule, subject to changes 暂定时间表 将会有所变动


 Jia Ying Community Services Society

Jia Ying Senior Activity Centre (SAC)

Blk 19 Hougang Ave 3 #01-187 Singapore 530019

Tel : 62815025 Fax : 62887456 Email : enquiries@jiaying.org

Website : www.jiaying.org

OPENING HOURS

Monday to Friday 8.30am to 12pm, 1.30pm to 5.30pm

Saturday 8.30am to 12.30pm