






































JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19

MONTHLY ACTIVITIES FOR 1 TO 21 JULY 2018 七月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 Blood Pressure reading 测量血压 10am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>3 Zumba Gold 尊巴班 10.30am - 11.30am</p> 	<p>4 Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>5 Line Dancing 排舞 10am - 12pm</p> 	<p>6 Students Engagement 学生交流 1.30pm - 3pm</p>  <p>Bingo 宾果 3.15pm - 4pm</p> 	<p>7 Morning Exercise 早晨运动 9am - 9.30am</p> 
8	<p>9 Blood Pressure reading 测量血压 10.15am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>10 Zumba Gold 尊巴班 10.30am - 11.30am</p> 	<p>11 Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>12 Line Dancing 排舞 10am - 12pm</p> 	<p>13 Bingo 宾果 3.15pm - 4pm</p> 	<p>14 Morning Exercise 早晨运动 9am - 9.30am</p> 
15	<p>16 Blood Pressure reading 测量血压 10.15am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>17 Zumba Gold 尊巴班 10.30am - 11.30am</p> 	<p>18 Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>19 Line Dancing 排舞 10am - 12pm</p> 	<p>20 Bingo 宾果 3.15pm - 4pm</p> 	<p>21 Morning Exercise 早晨运动 9am - 9.30am</p> 

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MONTHLY ACTIVITIES FOR 22 TO 31 JULY 2018 七月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	<p>23</p> <p>Blood Pressure reading 测量血压 10am</p>  <p>Hair Cutting 理发服务 10am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>24</p> <p>Zumba Gold 尊巴班 10.30am - 11.30am</p> 	<p>25</p> <p>Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>26</p> <p>Line Dancing 排舞 10am - 12pm</p> 	<p>27</p> <p>Bingo 宾果 3.15pm - 4pm</p> 	<p>28</p> <p>Morning Exercise 早晨运动 9am - 9.30am</p> 
29	<p>30</p> <p>Blood Pressure reading 测量血压 10am</p>  <p>Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p>31</p> <p>Zumba Gold 尊巴班 10.30am - 11.30am</p> 	<p>Daily Morning Exercise from 9am to 9.30am (except on Sunday & Public Holiday)</p> <p>早晨运动：每天早上9 - 9.30 (除了星期天及公共假期以外)</p>			

*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)

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OPENING HOURS

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

Saturday 8.30am to 12.30pm