




































**JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19**  
**MONTHLY ACTIVITIES FOR 1 TO 15 JUNE 2019 六月节目表**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30		<b>Daily Morning Exercise from 9am to 9.30am</b> <b>(except on Sunday &amp; Public Holiday)</b> 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  <i>Karaoke</i> 卡拉OK 1.30pm - 4pm 	4 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am 	5 <b>Centre Closed</b> <b>Hari Raya</b> <b>Puasa</b> 	6 <i>Line Dancing</i> 排舞 10am - 12pm  <b>Line Dancing</b>	7 <b>HPB Talk</b> <b>健康讲座</b> 10am - 11am  <b>Bingo</b> 宾果 3.15pm - 4pm 	8 <i>Morning Exercise</i> 早晨运动 9am - 9.30am 
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 	12 <b>Conversational English</b> <b>英语会话</b> 10.30am - 11.30am  <i>Karaoke</i> 卡拉OK 1.30pm - 4pm 	13 <i>Line Dancing</i> 排舞 10am - 12pm  <b>Line Dancing</b>	14 <b>Bingo</b> 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 30 JUNE 2019 六月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	<p>17</p> <p>Blood Pressure Reading 测量血压 9.45am</p>  <p>Hair Cutting 理发服务 10am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>18</p> <p>Zumba Gold 尊巴班 10.30am - 11.30am</p>  	<p>19</p> <p>Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>20</p> <p>Line Dancing 排舞 10am - 12pm</p>  <p>Line Dancing</p>	<p>21</p> <p>Bingo 宾果 3.15pm - 4pm</p> 	<p>22</p> <p>Morning Exercise 早晨运动 9am - 9.30am</p> 
23	<p>24</p> <p>Blood Pressure reading 测量血压 9.45am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>25</p> <p>Zumba Gold 尊巴班 10.30am - 11.30am</p>  	<p>26</p> <p>Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>27</p> <p>Line Dancing 排舞 10am - 12pm</p>  <p>Line Dancing</p>	<p>28</p> <p>Bingo 宾果 3.15pm - 4pm</p> 	<p>29</p> <p>Morning Exercise 早晨运动 9am - 9.30am</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)**

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