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MONTHLY ACTIVITIES FOR 1 TO 16 MARCH 2019 三月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	<p>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)</p>				<p>1 Bingo 宾果 3.15pm - 4pm</p> 	<p>2 Morning Exercise 早晨运动 9am - 9.30am</p> 
3	<p>4 Blood Pressure reading 测量血压 9.45am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>5 Zumba Gold 尊巴班 10.30am - 11.30am</p>  <p>Food Demo 烹饪示范 2pm - 3pm</p> 	<p>6 Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>7 Line Dancing 排舞 10am - 12pm</p>  <p>Line Dancing</p>	<p>8 HPB Talk 健康讲座 10am - 11am</p>  <p>Bingo 宾果 3.15pm - 4pm</p> 	<p>9 Morning Exercise 早晨运动 9am - 9.30am</p> 
10	<p>11 Blood Pressure reading 测量血压 9.45am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>12 Zumba Gold 尊巴班 10.30am - 11.30am</p>  <p>Food Demo 烹饪示范 2pm - 3pm</p> 	<p>13 Conversational English 英语会话 10.30am - 11.30am</p>  <p>Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p>14 Line Dancing 排舞 10am - 12pm</p>  <p>Line Dancing</p>	<p>15 Bingo 宾果 3.15pm - 4pm</p> 	<p>16 Morning Exercise 早晨运动 9am - 9.30am</p> 

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

MONTHLY ACTIVITIES FOR 17 TO 31 MARCH 2019 三月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	<p style="text-align: center;">18</p> <p style="text-align: center;">Blood Pressure reading 测量血压 9.45am</p>  <p style="text-align: center;">Hair Cutting 理发服务 10am</p>  <p style="text-align: center;">Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p style="text-align: center;">19</p> <p style="text-align: center;">Zumba Gold 尊巴班 10.30am - 11.30am</p>  <p style="text-align: center;">Food Demo 烹饪示范 2pm - 3pm</p> 	<p style="text-align: center;">20</p> <p style="text-align: center;">Conversational English 英语会话 10.30am - 11.30am</p>  <p style="text-align: center;">Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p style="text-align: center;">21</p> <p style="text-align: center;">Line Dancing 排舞 10am - 12pm</p>  <p style="text-align: center;">Line Dancing</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">HPB Talk 健康讲座 10am - 11am</p>  <p style="text-align: center;">Healthy Living</p> <p style="text-align: center;">Bingo 宾果 3.15pm - 4pm</p> 	<p style="text-align: center;">23</p> <p style="text-align: center;">Morning Exercise 早晨运动 9am - 9.30am</p> 
24	<p style="text-align: center;">25</p> <p style="text-align: center;">Blood Pressure reading 测量血压 9.45am</p>  <p style="text-align: center;">Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p style="text-align: center;">26</p> <p style="text-align: center;">Zumba Gold 尊巴班 10.30am - 11.30am</p>  <p style="text-align: center;">Food Demo 烹饪示范 2pm - 3pm</p> 	<p style="text-align: center;">27</p> <p style="text-align: center;">Conversational English 英语会话 10.30am - 11.30am</p>  <p style="text-align: center;">Karaoke 卡拉OK 1.30pm - 4pm</p> 	<p style="text-align: center;">28</p> <p style="text-align: center;">Line Dancing 排舞 10am - 12pm</p>  <p style="text-align: center;">Line Dancing</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Bingo 宾果 3.15pm - 4pm</p> 	<p style="text-align: center;">30</p> <p style="text-align: center;">Morning Exercise 早晨运动 9am - 9.30am</p> 
<p>*Tentative schedule, subject to changes 暂定时间表 将会有所变动</p> <div style="text-align: right;">  <p>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</p> </div> <p style="text-align: center;">OPERATING HOURS Monday to Friday 8.30am to 12pm, 1.30pm to 5.30pm Saturday 8.30am to 12.30pm</p>						