


























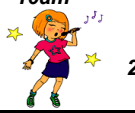















JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19
MONTHLY ACTIVITIES FOR 1 TO 20 OCTOBER 2018 十月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p align="center">1 <i>Blood Pressure reading</i> 测量血压 9.45am</p>  <p align="center">Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p align="center">2 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am</p>  	<p align="center">3 <i>Conversational English</i> 英语会话 10.30am - 11.30am</p>  <p align="center">Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p align="center">4 <i>Line Dancing</i> 排舞 10am - 12pm</p> 	<p align="center">5 <i>Bingo</i> 宾果 3.15pm - 4pm</p> 	<p align="center">6 <i>Morning Exercise</i> 早晨运动 9am - 9.30am</p> 
7	<p align="center">8 <i>Blood Pressure reading</i> 测量血压 9.45am</p>  <p align="center">Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p align="center">9 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am</p>  	<p align="center">10 <i>Karaoke</i> 卡拉OK 2pm - 4.30pm</p> 	<p align="center">11 <i>Line Dancing</i> 排舞 10am - 12pm</p> 	<p align="center">12 <i>Bingo</i> 宾果 3.15pm - 4pm</p> 	<p align="center">13 <i>Lai Lim Kopi</i> 来喝咖啡 9.30am - 10am</p> 
14	<p align="center">15 <i>Blood Pressure reading</i> 测量血压 9.45am</p>  <p align="center">Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p align="center">16 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am</p>  	<p align="center">17 <i>Conversational English</i> 英语会话 10.30am - 11.30am</p>  <p align="center">Karaoke 卡拉OK 2pm - 4.30pm</p> 	<p align="center">18 <i>Line Dancing</i> 排舞 10am - 12pm</p> 	<p align="center">19 <i>Bingo</i> 宾果 3.15pm - 4pm</p> 	<p align="center">20 <i>Morning Exercise</i> 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 21 TO 31 OCTOBER 2018 十月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21	22 Blood Pressure reading 测量血压 9.45am  Hair Cutting 理发服务 10am  Karaoke 卡拉OK 2pm - 4.30pm	23 Zumba Gold 尊巴班 10.30am - 11.30am  Food Demo 烹饪示范 2pm - 3pm 	24 Conversational English 英语会话 10.30am - 11.30am  Karaoke 卡拉OK 2pm - 4.30pm 	25 Line Dancing 排舞 10am - 12pm 	26 Bingo 宾果 3.15pm - 4pm 	27 Lai Lim Kopi 来喝咖啡 9.30am - 10am 
28	29 Blood Pressure reading 测量血压 9.45am  Karaoke 卡拉OK 2pm - 4.30pm 	30 Zumba Gold 尊巴班 10.30am - 11.30am  Food Demo 烹饪示范 2pm - 3pm 	31 Conversational English 英语会话 10.30am - 11.30am  Karaoke 卡拉OK 2pm - 4.30pm 	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)		

*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