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MONTHLY ACTIVITIES FOR 1 TO 17 MARCH 2018 三月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat (六)
	<p align="center">*Tentative schedule, subject to changes 暂定时间表 将会有所变动</p> <p align="center">OPENING HOURS <u>Monday to Friday</u> 8.30am to 12pm 1.30pm to 5.30pm <u>Saturday</u></p>			<p align="center"><u>1</u></p> <p>Blood Pressure Reading 测量血压 <u>10am - 10.30am</u></p>  <p>Bingo 宾果游戏 <u>3.15pm-3.45pm</u></p> 	<p align="center"><u>2</u></p>  <p align="center">Karaoke <u>2pm - 4.30pm</u></p>	<p align="center"><u>3</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 
<u>4</u>	<p align="center"><u>5</u></p> <p>Blood Pressure Reading 测量血压 <u>10am - 11am</u></p>  <p>Hair cutting 理发服务 <u>10am - 11am</u></p>  <p>卡拉OK <u>2pm-4.30pm</u></p>  <p>Bingo 宾果游戏 <u>3.15pm-3.45pm</u></p> 	<p align="center"><u>6</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 	<p align="center"><u>7</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 	<p align="center"><u>8</u></p> <p>Blood Pressure Reading 测量血压 <u>10am - 10.30am</u></p>  <p>Bingo 宾果游戏 <u>3.15pm-3.45pm</u></p> 	<p align="center"><u>9</u></p>  <p align="center">Karaoke <u>2pm - 4.30pm</u></p>	<p align="center"><u>10</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 
<u>11</u>	<p align="center"><u>12</u></p> <p>Blood Pressure Reading 测量血压 <u>10am - 11am</u></p>  <p>卡拉OK <u>2pm-4.30pm</u></p>  <p>Bingo 宾果游戏 <u>3.15pm-3.45pm</u></p> 	<p align="center"><u>13</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 	<p align="center"><u>14</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 	<p align="center"><u>15</u></p> <p>Blood Pressure Reading 测量血压 <u>10am - 10.30am</u></p>  <p>Bingo 宾果游戏 <u>3.15pm-3.45pm</u></p> 	<p align="center"><u>16</u></p>  <p align="center">消防演习 <u>9.30am-10am</u></p>  <p align="center">Karaoke</p>	<p align="center"><u>17</u></p> <p align="center">Morning Exercise 早晨运动 <u>9am - 9.30am</u></p> 

JIA YING SENIOR ACTIVITY CENTRE@25 佳音乐龄活动中心@25

MONTHLY ACTIVITIES FOR 18 TO 31 MARCH 2018 三月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat (六)
<p>18</p>	<p>19 Blood Pressure Reading 测量血压 10am - 11am  BINGO 12 18 48 66 14 27 40 51 75 9 23 37 60 70 Bingo 宾果游戏 3.15pm-3.45pm Karaoke 卡拉OK 2pm-4.30pm </p>	<p>20 Morning Exercise 早晨运动 9am - 9.30am </p>	<p>21 Morning Exercise 早晨运动 9am - 9.30am </p>	<p>22 Blood Pressure Reading 测量血压 10am - 10.30am  Bingo 宾果游戏 3.15pm-3.45pm </p>	<p>23  Karaoke 2pm - 4.30pm</p>	<p>24 Morning Exercise 早晨运动 9am - 9.30am </p>
<p>25</p>	<p>26 Blood Pressure Reading 测量血压 10am - 11am  House Cleaning 家居打扫 3.30pm - 5.30pm  BINGO 12 18 48 66 14 27 40 51 75 9 23 37 60 70 Karaoke 卡拉OK 2pm-4.30pm 3.15pm - 3.45pm </p>	<p>27 Morning Exercise 早晨运动 9am - 9.30am </p>	<p>28 Morning Exercise 早晨运动 9am - 9.30am </p>	<p>29 Blood Pressure Reading 测量血压 10am - 10.30am  Bingo 宾果游戏 3.15pm-3.45pm </p>	<p>30 Centre Closed  GOOD FRIDAY EASTER</p>	<p>31 Morning Exercise 早晨运动 9am - 9.30am </p>

Daily Morning Exercise
from 9am to 9.30am
(except on Sunday & Public Holiday)

早晨运动：
 每天早上9点 - 9点30分
 (除了星期天及公共假期以外)



Jia Ying Senior Activity Centre (SAC)

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 Jia Ying Community Services Society