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MONTHLY ACTIVITIES FOR 1 TO 21 SEPTEMBER 2019 九月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Blood Pressure reading 测量血压 9.45am  Karaoke 卡拉OK 1.30pm - 4pm 	3 Zumba Gold 尊巴班 10.30am - 11.30am 	4 Karaoke 卡拉OK 1.30pm - 4pm 	5 Line Dancing 排舞 10am - 12pm  Line Dancing	6 Bingo 宾果 3.15pm - 4pm 	7 Morning Exercise 早晨运动 9am - 9.30am 
8	9 Blood Pressure reading 测量血压 9.45am  Karaoke 卡拉OK 1.30pm - 4pm 	10 Zumba Gold 尊巴班 10.30am - 11.30am 	11 Karaoke 卡拉OK 1.30pm - 4pm 	12 Line Dancing 排舞 10am - 12pm  Line Dancing	13 Bingo 宾果 3.15pm - 4pm 	14 Morning Exercise 早晨运动 9am - 9.30am 
15	16 Blood Pressure reading 测量血压 9.45am  Karaoke 卡拉OK 1.30pm - 4pm 	17 Zumba Gold 尊巴班 10.30am - 11.30am  Sentosa Cutting 圣淘沙郊游 7.30am - 12pm 	18 Conversational English 英语会话 10.30am - 11.30am  Karaoke 卡拉OK 1.30pm - 4pm 	19 Line Dancing 排舞 10am - 12pm  Line Dancing	20 Bingo 宾果 3.15pm - 4pm 	21 Lai Lim Kopi 来喝咖啡 9.30am - 10am 

JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19
MONTHLY ACTIVITIES FOR 22 TO 30 SEPTEMBER 2019 九月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23 Blood Pressure reading 测量血压 9.45am  Hair Cutting 理发服务 10am  Karaoke 卡拉OK 1.30pm - 4pm 	24 Zumba Gold 尊巴班 10.30am - 11.30am 	25 Conversational English 英语会话 10.30am - 11.30am  Karaoke 卡拉OK 1.30pm - 4pm 	26 Centre Closed Volunteer's Appreciation Day 	27 Lai Lim Kopi 来喝咖啡 10am - 11am  Bingo 宾果 3.15pm 	28 Morning Exercise 早晨运动 9am - 9.30am 
29	30 Blood Pressure reading 测量血压 9.45am  Karaoke 卡拉OK 1.30pm - 4pm 	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