



















JIA YING SENIOR ACTIVITY CENTRE@19 佳音乐龄活动中心@19
MONTHLY ACTIVITIES FOR 1 TO 15 FEBRUARY 2020 二月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p align="center">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 align="center">1 <i>Morning Exercise</i> 早晨运动 9am - 9.30am</p> 
2	<p align="center">3 CNY Celebration 农历新年庆祝会 10am - 1pm</p>  <p align="center"><i>Karaoke</i> 卡拉OK 1.30pm - 4pm</p>	<p align="center">4 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am</p> 	<p align="center">5 <i>Low Impact Aerobics</i> 有氧健身操 9.45am - 10.45am</p>  <p align="center"><i>Karaoke</i> 卡拉OK 1.30pm - 4pm</p> 	<p align="center">6 <i>Line Dancing</i> 排舞 10am - 12pm</p>  <p align="center"><i>Line Dancing</i></p>	<p align="center">7 Bingo 宾果 3.15pm - 4pm</p> 	<p align="center">8 <i>Morning Exercise</i> 早晨运动 9am - 9.30am</p> 
9	<p align="center">10 <i>Blood Pressure reading</i> 测量血压 9.45am</p>  <p align="center"><i>Karaoke</i> 卡拉OK 1.30pm - 4pm</p> 	<p align="center">11 <i>Zumba Gold</i> 尊巴班 10.30am - 11.30am</p> 	<p align="center">12  Conversational English 英语会话 10.45am - 11.45am</p> <p align="center"><i>Low Impact Aerobics</i> 有氧健身操 9.45am - 10.45am</p>  <p align="center"><i>Karaoke</i> 卡拉OK 1.30pm - 4pm</p> 	<p align="center">13 <i>Line Dancing</i> 排舞 10am - 12pm</p>  <p align="center"><i>Line Dancing</i></p>	<p align="center">14 Gardens by the Bay 滨海湾花园 9am - 12.30pm</p>  <p align="center"><i>Bingo</i> 宾果 3.15pm - 4pm</p> 	<p align="center">15 <i>Morning Exercise</i> 早晨运动 9am - 9.30am</p> 

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MONTHLY ACTIVITIES FOR 16 TO 29 FEBRUARY 2020 二月节目表

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17 Blood Pressure Reading 测量血压 9.45am Hair Cutting 理发服务 10am Karaoke 卡拉OK 1.30pm - 4pm	18 Zumba Gold 尊巴班 10.30am - 11.30am	19 Conversational English 英语会话 10.45am - 11.45am Low Impact Aerobics 有氧健身操 9.45am - 10.45am Karaoke 卡拉OK 1.30pm - 4pm	20 Line Dancing 排舞 10am - 12pm	21 Lai Lim Kopi 来喝咖啡 9.45am - 10.45am Bingo 宾果 3.15pm - 4pm	22 Morning Exercise 早晨运动 9am - 9.30am
23	24 Blood Pressure reading 测量血压 9.45am Karaoke 卡拉OK 1.30pm - 4pm	25 Zumba Gold 尊巴班 10.30am - 11.30am	26 Conversational English 英语会话 10.45am - 11.45am Low Impact Aerobics 有氧健身操 9.45am - 10.45am Karaoke 卡拉OK 1.30pm - 4pm	27 Line Dancing 排舞 10am - 12pm	28 Bingo 宾果 3.15pm - 4pm	29 Morning Exercise 早晨运动 9am - 9.30am

*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