



Neighbourhood Link  
Support Services  
睦鄰社

**Pui Hong Chinese Seniors Program**  
**倍康華人耆英會**  
**December 2009 Calendar**  
**二零零九年十二月活動表**



Sun 星期日	Mon 星期一	Tue 星期二	Wed 星期三	Thu 星期四	Fri 星期五	Sat 星期六
		<b>1</b>	<b>2</b>	<b>3</b> 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	<b>4</b>	<b>5</b> 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元
<b>6</b>	<b>7</b> 10:00am-11:00am Taichi / 太極拳 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	<b>8</b>	<b>9</b>	<b>10</b> 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	<b>11</b>	<b>12</b> 9:00am-5:00pm Birthday Party and Christmas party \$5 生日會暨聖誕聯歡會 5 元/位
<b>13</b>	<b>14</b> 10:00am-11:00am Taichi / 太極拳 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	<b>15</b>	<b>16</b>	<b>17</b> 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	<b>18</b>	<b>19</b> 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
No program 茶廳活動暫停						
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
No program 茶廳活動暫停						

**Location:** 11 Coatsworth Cres. Tea Room **Inquiry:** (416)693-4762 Phebe Pang & Amy Wu  
**活動地點:** 11 Coatsworth Cres. 老人公寓茶廳 **查詢電話:** (416)693-4762 彭太 或 蘇太