



Neighbourhood Link
Support Services
睦鄰社

Pui Hong Chinese Seniors Program
倍康華人耆英會
November 2009 Calendar
二零零九年十一月活動表



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
1	2 9:30am-11:00am Heart Health workshop (3) 心臟健康系列講座 (3) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	3	4	5 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	6	7 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元
8	9 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	10	11	12 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	13	14 10:00am-4:00pm Birthday Party \$4 生日會 (4 元/位) Games / Activities / Singing 手腦運動及歌唱
15	16 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	17	18	19 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	20	21 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元
22	23 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	24 12:00-2:00pm Chinese Lunch \$5 中式午餐 每位 5 元	25	26 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	27	28 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元
29	30 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					

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