



Neighbourhood Link
Support Services
睦鄰社

Pui Hong Chinese Seniors Program

倍康華人耆英會

April 2010 Calendar

二零一零年四月活動表



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 10:00am-11:00am Workshop : Healthy Eating 3 飲食健康講座(3) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	2 Good Friday 復活節 假期	3 10:00am-3:30pm Workshop: Healthy Eating for Heart and Stroke (5183 Sheppard Ave E.) 講座: 心血管及中風之健康飲 食 (大多倫多中華文化中心)
4	5 Easter Monday 復活節假期	6	7	8 10:00am-11:00am Line Dance / 健康舞 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	9	10 9:00am-5:00pm Birthday Party and Christmas party \$4 生日會 4 元/位
11	12 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	13	14	15 8:30am-6:00pm Day Trip: St. Jacob Market, Toyota Plant tour St. Jacob 農貿市場, 盆 菜品嘗, 丰田車廠參觀一 日游	16	17 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元 10:30am – 12:00pm Computer class 電腦班(3036 Danforth)
18	19 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	20	21	22 10:00am-11:30am Workshop: Senior Benefit 老人福利講座 11:30am-3:30pm Activities/Games/Singing 手腦運動及歌唱	23	24 10:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元 10:30am – 12:00pm Computer class 電腦班(3036 Danforth)
25	26 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	27 Chinese lunch \$5 中式午餐	28	29 10:00am-11:00am Workshop : Healthy Eating 4 飲食健康講座(4) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	30	

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