



Neighbourhood Link
Support Services
睦鄰社

Pui Hong Chinese Seniors Program
倍康華人耆英會
May 2010 Calendar
二零一零年五月活動表



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-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)
2	3 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	4	5	6 10:00am-11:00am Workshop : Healthy Eating 5 飲食健康講座(5) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	7	8 9:00am-5:00pm Birthday Party and Christmas party \$4 生日會 4 元/位
9	10 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	11	12	13 10:00am-11:00am Workshop : Healthy Eating 6 飲食健康講座(6) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱 Lunch \$2 午餐 2 元	14	15 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)
16	17 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	18	19	20 9:00am-6:00pm Day trip: Royal Botanical Garden , Hamilton city tour 皇家植物園及咸美頓市一日 游	21	22 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)
23	24 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	25 Chinese lunch \$5 中式午餐	26	27 10:00am-11:00am Workshop : Bone healthy (1) 骨骼健康講座 (1) 11:00am-3:30pm Activities/Games/Singing 手腦運動及歌唱	28	29 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)
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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