



Activities we held from May to Sept 我們 於5月至9月舉辦的活動回顧

Qi Gong/ Tai Chi class 氣功/太極班

Our members gathered to practise Qi Gong/ Tai Chi every Thursday morning to not only improve physical health but also make good friends.

我們的會員每週四早上會聚集在一起參加氣功/太極班，這不但可以強身健體，還可以認識朋友。

Luncheon Club 午餐會

After a session of Qi Gong/ Tai Chi every Thursday, what is better than a warm bowl of Chinese soup and a delicious and healthy hot meal? Most important of all, nothing can beat the good company we have.

每週四的氣功/太極班後，還有什麼比一碗熱辣辣的中湯和一餐美味又健康的午餐更好呢？最重要的是，我們有一起享受美食的好友。

Dragon Boat Lunch Celebration cum June/ July/ Aug. Birthday Celebration

端午節午餐暨六、七及八月生日派對

On 22 June, over 30 members celebrated Dragon Boat Festival and Birthday for June, July and August Birthday stars. We had so much laughter and fun enjoying a 5-course meal. All members also took home a homemade dumpling, thanks to the generous support of members who donated them. On the day, sales of deep-fried sesame balls and raffle draw also added colours to the celebration. We can't wait for the next party.



於6月22日，超過30名會員一同慶祝端午節和六、七、八月壽星的生日。我們一同享用4菜1湯，讓中心充滿歡笑和樂趣。感謝會員捐贈的自家製粽，會員可與家人分享節日美食。當天，我們還義賣了煎堆和有抽獎活動，為活動增添色彩。期待下一次的慶祝活動！

Bilingual Health Talk by Mr Sam Ma 馬先生的雙語健康講座

With all the honour, we had Mr Ma delivering a health talk to over 20 members on 14 Sept. We had a fruitful afternoon, having gained much insights from him.

於9月14日，我們有幸邀請到馬先生為20多名會員進行健康講座。我們度過了一個充實又愉快的下午，獲得了很多健康資訊。



Upcoming Centre Activities 活動預告

Regular activities 恆常活動

Tai Chi/ Qi Gong Class 氣功/太極班 (Thursday 星期四, 10:30 am – 12:00 pm)

Luncheon Club 午餐會 (Thursday 星期四, 12:15pm- 1: 30pm)

Mahjong/Game Room Booking and Mandarin Class: for more details, please get in touch.

麻將/遊戲房預訂及普通話課程，詳情請與中心職員聯絡。

Dementia Talk on 26 Oct,2023 (Thurs) 腦退化症講座10月26日（星期四）

Hairdressing services in Mid-November 十一月份剪髮服務

Christmas & Winter Solstice Celebration cum Dec./Jan./Feb. Birthday Party on 21 December (Thurs)

聖誕及冬至暨12/1/2月生日會將於12月21日（星期四）舉行。