

睦鄰社

OCT 2022 二零二二年十月活動表

Sun 星期日	Monday 星期一 Cantonese 粵語 Social Activities in Tea Room 茶廳開放	Tuesday 星期二 Mandarin 國語	Wed 星期三	Thursday 星期四 Cantonese 粵語 Social Activities in Tea Room 茶廳開放	Friday 星期五 Mandarin 國語 Social Activities in Church 教堂開放	Sat 星期六
<b>2</b>	<b>3</b> 10-11am Acting Living 活力加油站 11:00am-12nn 聽力講座 (Health talk) 10am-3pm	<b>4</b> 10-11am Music Group 樂齡音韻 11am-12nn Beat for Life 養生運動 1:30-3:00 Chinese History Sharing 趣談中國歷史	<b>5</b>	<b>6</b> 10-11:00am Acting Living 活力加油站 11am-12nn Sign language song 手語歌班(友誼之光) 1:30-3:0pm Erhu Class 二胡班	<b>7</b> 10-11am Chair Yoga 椅子瑜珈 11am-12nn Sign language song 手語歌(我只在乎你)	<b>8</b>
<b>9</b>	<b>10</b> Thanksgiving Day 感恩節 放假一天	<b>11</b> 10-11am Music Group 樂齡音韻 11am-12nn Health Talk 健康講座 (糖尿病藥物管理) 1:30-2:30 Chinese History Sharing 趣談中國歷史	<b>12</b>	<b>13</b> 10-11:00am Acting Living 活力加油站 11am-12nn Sign language song 手語歌班(友誼之光) 1:30-3:0pm Erhu Class 二胡班	<b>14</b> 10-11am Cup Beat Class 杯子節奏班 11am-12nn Sign language song 手語歌(我只在乎你)	<b>15</b>
<b>16</b>	<b>17</b> 10-11am Acting Living 活力加油站 11:00am-12nn Cup Beat Class 杯子節奏班 10am-3pm	<b>18</b> 10-11am Music Group 樂齡音韻 11am-12nn Beat for Life 養生運動 1:30-2:30 Chinese History Sharing 趣談中國歷史	<b>19</b>	<b>20</b> 10-11:00am Acting Living 活力加油站 11am-12nn Sign language song 手語歌班(友誼之光) 1:30-3:0pm Erhu Class 二胡班	<b>21</b> 10am-11am Chair Yoga 椅子瑜珈 11am-12nn Sign language song 手語歌(我只在乎你)	<b>22</b>
<b>23</b>	<b>24</b> 10-11am Acting Living 活力加油站 11:00am-12nn Cup Beat Class 杯子節奏班 <b>Virtual Program Only</b> (是日茶廳暫停服務)	<b>25</b> 10-11am Music Group 樂齡音韻 11am-12nn Beat for Life 養生運動 1:30-2:30 Chinese History Sharing 趣談中國歷史	<b>26</b>	<b>27</b> 10-11am Beat for Life 養生運動 11am-12nn Sign language song 手語歌班(憑著愛)	<b>28</b> 10am-12nn Oct Birthday Party 十月份生日會 	<b>29</b>
<b>30</b>	<b>31</b> 10-11am Acting Living 活力加油站 11:00am-12nn Cup Beat Class 杯子節奏班 10am-3pm					

ZOOM : 894 178 6647 Information: (416)693-4762 Amy Wu & Billie Kwok 查詢電話: (416)693-4762 蘇太 郭姑娘

\*5月30日起, 茶廳於週一及週四, 上午十時至下午三時開放. Tea Room opens at 10am-3pm on Monday and Thursday.

\*國語組活動於週五上午十時至下午三時於教會地庫進行. Mandarin program opens at 10am-3pm on Friday at the 8 Amroth Ave.