



# 中美護健活動中心 CAIPA SOCIAL DAYCARE CENTER

## April 2017

星期一 Monday

星期二 Tuesday

星期三 Wednesday

星期四 Thursday

星期五 Friday

星期六 Saturday

下午二時至下午五時自由活動 Free Time 2:00PM to 5:00PM

麻將 Mahjong, 乒乓球 Ping Pong, 電視遊戲 Wii Game, 粵曲 Chinese Opera, 廣場舞 Square Dance, 太極 Tai Chi, 茶藝班 Tea Class, 社交舞 Social Dance

下午二時至下午五時 2:00PM to 5:00PM:

免費看信, 填表格, 申請福利等服務 Free Social Benefit Services

每月一次 Once a Month:

慶生會 Birthday Party 04/20, 會員大會 Council Meeting 04/20

1  
9-10 健康操 Health Exercise  
10-5 粵曲班  
Chinese Opera Class  
11-12 電視遊戲 Wii Game  
12-1 午餐 Lunch  
1-2 桌上遊戲 Board Game

3  
9-10 健康操 Health Exercise  
10-5 粵曲班 Chinese Opera Class  
10-11 電腦班 Computer Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 手機通訊課 / 手工  
We-chat / Arts and Crafts

4  
9-10 健康操 Health Exercise ✂  
10-11 時事討論 Current Events  
11-12 銀色運動示範  
Silver Sneakers Exercise  
Demonstration  
12-1 午餐 Lunch  
1-2 廣場舞 Square Dance

5  
9-10 健康操 Health Exercise  
10-11 乒乓球班 Ping Pong Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 語言學習班  
Language Learning Class  
2-3 茶藝班 Tea Class

6  
9-10 健康操 Health Exercise  
10-11 書法 Calligraphy  
11-12 乒乓球班 Ping Pong Class  
12-1 午餐 Lunch  
1-2 太極 Tai Chi

7  
9-10 健康操 Health Exercise  
10-11 社交舞 Social Dance  
11-12 導師指導社交舞  
Social Dance with  
Dance Tutor  
12-1 午餐 Lunch  
1-2 唱歌會 Singing Club

8  
9-10 健康操 Health Exercise  
10-5 粵曲班  
Chinese Opera Class  
11-12 電視遊戲 Wii Game  
12-1 午餐 Lunch  
1-2 桌上遊戲 Board Game

10  
9-10 健康操 Health Exercise  
10-5 粵曲班 Chinese Opera Class  
10-11 電腦班 Computer Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 手機通訊課 / 手工  
We-chat / Arts and Crafts

11  
9-10 健康操 Health Exercise  
10-11 時事討論 Current Events  
11-12 健康資訊講座  
Health Information  
Workshop  
12-1 午餐 Lunch  
1-2 廣場舞 Square Dance

12  
9-10 健康操 Health Exercise  
10-11 乒乓球班 Ping Pong Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 語言學習班  
Language Learning Class  
2-3 茶藝班 Tea Class

13  
9-10 健康操 Health Exercise  
10-11 書法 Calligraphy  
11-12 乒乓球班 Ping Pong Class  
護健互助小組  
CAIPA Self-Help Group  
12-1 午餐 Lunch  
1-3 太極 Tai Chi

14  
9-10 健康操 Health Exercise  
10-11 社交舞 Social Dance  
11-12 導師指導社交舞  
Social Dance with  
Dance Tutor  
12-1 午餐 Lunch  
1-2 唱歌會 Singing Club

15  
9-10 健康操 Health Exercise  
10-5 粵曲班  
Chinese Opera Class  
11-12 電視遊戲 Wii Game  
12-1 午餐 Lunch  
1-2 桌上遊戲 Board Game

17  
9-10 健康操 Health Exercise  
10-5 粵曲班 Chinese Opera Class  
10-11 電腦班 Computer Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 手機通訊課 / 手工  
We-chat / Arts and Crafts

18  
9-10 健康操 Health Exercise ✂  
10-11 時事討論 Current Events  
11-12 銀行安全講座  
Fraud Prevention  
Workshop  
12-1 午餐 Lunch  
1-2 廣場舞 Square Dance

19  
9-10 健康操 Health Exercise  
10-11 乒乓球班 Ping Pong Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 語言學習班  
Language Learning Class  
2-3 茶藝班 Tea Class

20  
9-10 健康操 Health Exercise 🎂  
10-11 書法 Calligraphy  
11-12 乒乓球班 Ping Pong Class  
12-1 午餐 Lunch  
1-2 太極 Tai Chi  
慶生會 Birthday Party  
會員大會 Council Meeting

21  
9-10 健康操 Health Exercise  
10-11 社交舞 Social Dance  
11-12 導師指導社交舞  
Social Dance with  
Dance Tutor  
12-1 午餐 Lunch  
1-2 唱歌會 Singing Club

22  
9-10 健康操 Health Exercise  
10-5 粵曲班  
Chinese Opera Class  
11-12 電視遊戲 Wii Game  
12-1 午餐 Lunch  
1-2 桌上遊戲 Board Game

24  
9-10 健康操 Health Exercise  
10-5 粵曲班 Chinese Opera Class  
10-11 電腦班 Computer Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 手機通訊課 / 手工  
We-chat / Arts and Crafts

25  
9-10 健康操 Health Exercise  
10-11 時事討論 Current Events  
11-12 慈濟講座  
Tzu Chi Workshop  
12-1 午餐 Lunch  
1-2 廣場舞 Square Dance

26  
9-10 健康操 Health Exercise  
10-11 乒乓球班 Ping Pong Class  
11-12 銀鞋健身操  
Silver Sneakers Exercise  
12-1 午餐 Lunch  
1-2 語言學習班  
Language Learning Class  
2-3 茶藝班 Tea Class

27  
9-10 健康操 Health Exercise  
10-11 書法 Calligraphy  
11-12 乒乓球班 Ping Pong Class  
12-1 午餐 Lunch  
1-2 太極 Tai Chi

28  
9-10 健康操 Health Exercise  
10-11 社交舞 Social Dance  
11-12 導師指導社交舞  
Social Dance with Tutor  
12-1 午餐 Lunch  
1-2 唱歌會 Singing Club  
麻將大賽 Mahjong Contest 1

29  
9-10 健康操 Health Exercise  
10-5 粵曲班  
Chinese Opera Class  
11-12 電視遊戲 Wii Game  
12-1 午餐 Lunch  
1-2 桌上遊戲 Board Game  
麻將大賽 Mahjong Contest 2