



St. George Chinese Frail Elderly Day Care Program for Cantonese-Speaking Group JANUARY to MARCH 2010

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| January 2 | NEW YEAR HOLIDAY | NO GROUP |
| January 9 | 10.00am—10.30am 10.30am—11.30am 11.30am—11.45am 11.45am—2.00pm | Exercises Information sharing Morning tea *Activities, including lunch |
| January 16 | 10.00am—10.30am 10.30am—11.30am 11.30am—11.45am 11.45am—2.00pm | Exercises Speaker-Rachel "How to get a good sleep" Morning tea *Activities, including lunch |
| January 23 | 10.00am—10.30am 10.30am—11.30am 11.30am—11.45am 11.45am—2.00pm | Exercises Information sharing Morning tea *Activities, including lunch |
| January 30 | 10.00am—10.30am 10.30am—11.30am 11.30am—11.45am 11.45am—2.00pm | Exercises Information sharing Morning tea *Activities, including lunch |
| February 6 | 10.00am—2.00pm | Excursion - Southern Ocean Seafoods - Wollongong |
| February 13 | 10.00am—10.30am 10.30am—11.30am 11.30am—11.45am 11.45am—2.00pm | English conversation Information sharing Morning tea *Activities, including lunch - Celebrate Chinese New Year |

Activities include: Guest speakers, sing-along, dancing, card-playing, barbeques and information sharing.

This program may change due to unforeseen circumstances.

FOR FURTHER DETAILS ABOUT THIS PROGRAM CONTACT YAN FANG 9580 0688



圣佐治老年华人日托服务

广东话小组活动安排

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| 1月2日 | 元旦假期 | |
| 1月9日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 活动休息时间—早茶 信息交流 *自由活动，包括午餐 |
| 1月16日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 演讲—Rachel, 睡觉是一门大学问? 活动休息时间—早茶 *自由活动，包括午餐 |
| 1月23日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 1月30日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 2月6日 | 早上10.00—下午2.00 | 旅游：南天寺和鲍鱼场 |
| 2月13日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐，中国新年庆祝活动 |



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| February 20 | 10.00am—10.30am | Exercises |
| | 10.30am—11.30am | Information sharing |
| | 11.30am –11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |
| February 27 | 10.00am—10.30am | Exercises |
| | 10.30am—11.30am | Information sharing |
| | 11.30am –11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |
| March 6 | 10.00am –10.30am | Exercises |
| | 10.30am—11.30am | Information sharing & Reviewing Clients' Rights & Responsibilities |
| | 11.30am—11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |
| March 13 | 10.00am—10.30am | Exercises |
| | 10.30am—11.30am | Information sharing |
| | 11.30am –11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |
| March 20 | 10.00am—10.30am | Exercises |
| | 10.30am—11.30am | Information sharing |
| | 11.30am –11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |
| March 27 | 10.00am—10.30am | English conversation |
| | 10.30am—11.30am | Information sharing & Fire Drill |
| | 11.30am –11.45am | Morning tea |
| | 11.45am—2.00pm | *Activities, including lunch |

Activities include: Guest speakers, sing-along, dancing, card-playing, barbeques and information sharing.
This program may change due to unforeseen circumstances.

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广东话小组活动安排

| | | |
|--------------|---|---|
| 2月20日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 2月27日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 3月6日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流&组员的权力与责任学习 活动休息时间—早茶 *自由活动，包括午餐 |
| 3月13日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 3月20日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 活动休息时间—早茶 *自由活动，包括午餐 |
| 3月27日 | 早上10.00—早上10.30 早上10.30—早上11.30 早上11.30—早上11.45 早上11.45—下午2.00 | 健身操 信息交流 & 火警练习 活动休息时间—早茶 *自由活动，包括午餐 |

自由活动包括: 演讲, 唱歌, 跳舞, 纸牌, 烧烤和信息交流.

注意: 鉴于不可预测事情的发生, 以上活动有可能会改变

有关活动详情请与方燕联系, 电话: 9580 0688

pole depot
Community Centre
Supporting you in our community



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