



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

January 3	NEW YEAR HOLIDAY	NO GROUP
January 10	10.00am—11.15am 11.15am—11.30am 11.30am—12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Information sharing Exercises Morning tea *Activities, including lunch
January 17	10.00am—11.15am 11.15am—11.30am 11.30am—12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Information sharing Exercises Morning tea *Activities, including lunch
January 24	10.00am—11.15am 11.15am—11.45am 11.45am—12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Speaker—Mrs Xu, “How to get a good sleep” Exercises Morning tea *Activities, including lunch
January 31	10.00am—11.15am 11.15am—11.30am 11.30am—12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Information sharing Exercises Morning tea *Activities, including lunch
February 7	10.00am—11.15am 11.15am—11.30am 11.30am—12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Information sharing Exercises Morning tea *Activities, including lunch

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



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圣佐治老年华人日托服务

普通话小组活动安排

1月3日	元旦假期	
1月10日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
1月17日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
1月24日	早上10.00—早上11.15 早上11.15—早上11.45 早上11.45—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 演讲—徐老师, 睡觉是一门大学问 健身操 活动休息时间—早茶 *自由活动，包括午餐
1月31日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
2月7日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
2月14日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 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 14	10.00am—11.15am	English conversation
	11.15am—11.30am	Information sharing
	11.30am –12.00pm	Exercises
	12.00pm—12.15pm	Morning tea
	12.15pm—2.00pm	*Activities, including lunch - Celebrate Chinese New Year
February 21	10.00am—11.15am	English conversation
	11.15am—11.30am	Information sharing
	11.30am –12.00pm	Exercises
	12.00pm—12.15pm	Morning tea
	12.15pm—2.00pm	*Activities, including lunch
February 28	10.00am—11.15am	English conversation
	11.15am—11.30am	Reviewing Clients' Rights and Responsibilities
	11.30am –11.45pm	Exercises
	11.45pm—12.00pm	Morning tea
	12.00pm—2.00pm	*Activities, including lunch
March 7	10.00am—11.15am	English conversation
	11.15am—11.45am	Information sharing
	11.45am—12.00pm	Exercises
	12.00pm—2.00pm	Morning Tea
		*Activities, including lunch
March 14	10.00am—11.15am	English conversation
	11.15am—11.30am	Information sharing
	11.30am –12.00pm	Exercises
	12.00pm—12.15pm	Morning tea
	12.15pm—2.00pm	*Activities, including lunch
March 21	10.00am—11.15am	English conversation
	11.15am—11.30am	Information sharing
	11.30am –12.00pm	Exercises
	12.00pm—12.15pm	Morning tea
	12.15pm—2.00pm	*Activities, including lunch
March 28	10.00am—11.15am	English conversation
	11.15am—11.45am	Information sharing & Fire Drill
	11.45am—12.00pm	Morning tea
	12.00pm—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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圣佐治老年华人日托服务

普通话小组活动安排

2月21日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
2月28日	早上10.00—早上11.15 早上11.15—早上11.45 早上11.45—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 组员的权力与责任学习 健身操 活动休息时间—早茶 *自由活动，包括午餐
3月7日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
3月14日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
3月21日	早上10.00—早上11.15 早上11.15—早上11.30 早上11.30—下午12.00 下午12.00—下午12.15 下午12.15—下午2.00	英语会话 信息交流 健身操 活动休息时间—早茶 *自由活动，包括午餐
3月28日	早上10.00—早上11.15 早上11.15—早上11.30	英语会话 火警练习

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

