



## St. George Chinese Frail Elderly Day Care Program for Mandarin-Speaking Group APRIL to JUNE 2010

<b>April 4</b>	EASTER HOLIDAY	NO GROUP
<b>April 11</b>	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
<b>April 18</b>	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
<b>April 25</b>	10.00am—11.15am 11.15am—11.45am 11.45am –12.00pm 12.00pm—12.15pm 12.15pm—2.00pm	English conversation Speaker— Jimmy—Australian Fire Education Exercises Morning tea *Activities, including lunch
<b>May 2</b>	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
<b>May 9</b>	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**



**Pole Depot Community Centre Incorporated**  
23 St. Georges Road (PO Box 152), Penshurst NSW 2222  
Phone: 9580 0688 Fax: 9580 4487  
Website: [www.poledepot.org](http://www.poledepot.org)



# 圣佐治老年华人日托服务

普通话小组活动安排

二零一零年一月到至三月

<b>1月3日</b>	元旦假期	
<b>1月10日</b>	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
<b>1月17日</b>	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
<b>1月24日</b>	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
<b>1月31日</b>	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
<b>2月7日</b>	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
<b>2月14日</b>	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



## St. George Chinese Frail Elderly Day Care Program for Mandarin-Speaking Group APRIL to JUNE 2010

<b>May 16</b>	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
<b>May 23</b>	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
<b>May 30</b>	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
<b>June 6</b>	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
<b>June 13</b>	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
<b>June 20</b>	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
<b>June 27</b>	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.

**FOR FURTHER DETAILS ABOUT THIS PROGRAM CONTACT YAN FANG 9580 0688**



**Pole Depot Community Centre Incorporated**

23 St. Georges Road (PO Box 152), Penshurst NSW 2222

Phone: 9580 0688 Fax: 9580 4487

Website: [www.poledepot.org](http://www.poledepot.org)



## 圣佐治老年华人日托服务

普通话小组活动安排

二零一零年一月到至三月

<b>2月21日</b>	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
<b>2月28日</b>	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
<b>3月7日</b>	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
<b>3月14日</b>	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
<b>3月21日</b>	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
<b>3月28日</b>	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 火警练习 健身操 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**