

CALLING ALL SENIORS

AGED 60 AND ABOVE...

"HAPPY SENIORS AT

BLK 419" WELCOMES YOU!

呼叫所有60岁及以上的乐龄者...
“大牌419的快乐乐龄”欢迎您!

Come chat with us, or join other seniors as they share their interest activities. If you have an interest to share, come make the centre more vibrant together!

欢迎您与我们聊天, 或其他乐龄者一起参与共同的兴趣活动。如果您想分享您的兴趣, 请来我们中心分享吧! 让它更有活力!

For safety of seniors, we will limit number of participants for each activity. Come register soon! 为了长者的安全, 我们会限制每项活动的参加人数。快来报名吧!



Come
一同 &
be 欢乐!
Happy!

HAPPY SENIORS

INTEREST ACTIVITIES

兴趣活动

快乐乐龄

TIME	时间	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四
9.00-10.30am		 Card & Board Games 棋天洪福	 Square Dance 广场舞	 Mind & Body Exercises 大脑和身体锻炼	 Wellness in Movement 运动之健康
10.30am-12nn			 Bead-making 串珠	 Calligraphy 书法	 Ukelele 尤克里里

Starting
24 Feb
2月24日
开始