

Marpole-Oakridge Seniors Group (Cantonese)

馬寶渥列治耆英會(粵話組)

2018 Oct-Dec Program Schedule

二零一八年十至十二月份活動表

Oct	4	Bingo	Bingo
十月	11	Uno 紙牌遊戲	Uno Card Game
	18	遊戲	Games
	25	Bingo	Bingo
Nov	1	Uno 紙牌遊戲	Uno Card Game
十一月	8		BC Chiropractic Association Workshop
	15	Bingo	Bingo
	22	Uno 紙牌遊戲	Uno Card Game
	29	Bingo	Bingo
Dec	6	畫畫填顏色	Coloring Exercise
十二月	13	生日會	Birthday Party
	20/27	聖誕假期 - 休會	Christmas Holiday - No Session

Remarks 備註：

- 1. Activities will always start with 30 minutes of exercise.**
每週活動前 30 分鐘為健康運動
- 2. Limited seating available, please contact staff to confirm attendance.**
由於場地容納人數有限，請預先向中僑職員登記
- 3. Programs are subject to change.**
活動如有更改，恕不另行通知，請原諒

Time: Every Thursday morning from 9:30am to 11:30am

時間: 逢星期四上午 9 時 30 至 11 時 30

Location: Marpole-Oakridge Community Centre, Lower Lounge (990 W59th, Vancouver)

地點: 馬寶渥列治社區中心 一樓活動室 (溫哥華西 59 街 990 號, 夾渥街)



Enquiry: Please call Summer Zhang at 604-408-7274 Ext. 1088

查詢: 請致電 604-408-7274 內線 1083 與 張小姐 (Summer) 聯絡

報名須知 Registration Info

1. 歡迎 55 歲或以上、居住於溫哥華、並有興趣認識新朋友、瞭解社區資源及參與社區的長者參加。

We welcome participants aged 55+ who reside in Vancouver wishing to meet new friends and to connect to the community.

2. 凡欲加入本會，須申請成為中心會員，並向中心職員辦理加入會手續。會員費一經繳付後，恕不退款。

For participants joining this group, they must also register for the Marpole-Oakridge membership through Marpole-Oakridge staff. No refunds will be given for membership and/or program fee.

3. 參加者須填寫登記表，並提供姓名、出生日期、居住地址和緊急聯絡人名字及電話號碼。

Participants must fill in their personal information such as name, date of birth, home address, emergency contact and phone number on the registration form.

4. 基於消防安全條例，活動房間祇能容納最多三十人。

Fire and safety regulation limits the participant to a maximum of 30 per session.

Time: 時間: Every Thursday mornings from 9:30 am to 11:30 am

逢星期四上午九時半至十一時半

Location 地點: Marpole-Oakridge Community Centre

(990 West 59th Avenue, at Oak Street, Vancouver)

馬寶渥列治社區中心 (溫哥華西 59 街 990 號夾渥街)



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Remark 備註: Program fee (\$2 per season)

費用: \$2 一個季度