

# JULY 2022 @ MACPHERSON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					<b>1</b> 9.30-10.30am Chair Zumba 椅子尊巴 11am-12noon Chair Zumba2 椅子尊巴 11am-12.30pm Simple Craft 简单手工班 L3 2-4pm Zentangle Art 弹绕基础课程 L1	<b>2</b> 10am-12noon Watercolour Florals and Brush Lettering 水彩花卉和英文艺术字课程 L3
3	<b>4</b> 10-11am HPB Qigong @ Blk 68 Pavilion 气功在大牌68号亭 10am-12pm (Japanese Nagomi) Pastel Art 和谐粉彩课程 L2 1-5pm Art of Planting 种植艺术课程 L4	<b>5</b> 9.30-10.30am Mindful Exercise 乐龄健康养生活活动 L1  2.30-4.30pm Watercolour Painting Intermediate 水彩绘画中级课程 L8	<b>6</b> 9.30-10.30am Chair Zumba 椅子尊巴  2-3pm Fun & Games 乐趣和游戏活动	<b>7</b> 10am-5pm Digital Learning 数码乐龄学习  9.30-10.30am Mindful Exercise 乐龄健康养生活活动  2-3pm Mindful Exercise 2 乐龄健康养生活活动 2	<b>8</b> 9.30-10.30am Chair Zumba 椅子尊巴  11am-12noon Chair Zumba2 椅子尊巴  2-4pm Zentangle Art 弹绕基础课程 L2	<b>9</b> 4-5pm Therapeutic Yoga 乐龄瑜伽班 L1
<b>10</b>  HARI RAYA HAJI	<b>11</b>  CENTRE CLOSED	<b>12</b> 9.30-10.30am Mindful Exercise 乐龄健康养生活活动 L2  2-4pm Craft Workshop (Part 1 of 2)	<b>13</b> 9.30-10.30am Chair Zumba 椅子尊巴  2-3pm Fun & Games 乐趣和游戏活动	<b>14</b> 10am-5pm Digital Learning 数码乐龄学习  9.30-10.30am Mindful Exercise 乐龄健康养生活活动  2-3pm Mindful Exercise 2 乐龄健康养生活活动 2	<b>15</b> 9.30-10.30am Chair Zumba 椅子尊巴  11am-12noon Chair Zumba2 椅子尊巴  11am-12.30pm Simple Craft 简单手工班 L4  2-4pm Zentangle Art 弹绕基础课程 L3	<b>16</b> 10am-12noon Watercolour Florals and Brush Lettering 水彩花卉和英文艺术字课程 L4  4-5pm Therapeutic Yoga 乐龄瑜伽班 L2
17	<b>18</b> 10-11am HPB Qigong @ Blk 68 Pavilion 气功在大牌68号亭 10am-12pm (Japanese Nagomi) Pastel Art 和谐粉彩课程 L3 2-4pm Craft Workshop (Part 1 of 2)	<b>19</b> 9.30-10.30am Mindful Exercise 乐龄健康养生活活动 L3	<b>20</b> 9.30-10.30am Chair Zumba 椅子尊巴  2-3pm Fun & Games 乐趣和游戏活动	<b>21</b> 10am-5pm Digital Learning 数码乐龄学习  9.30-10.30am Mindful Exercise 乐龄健康养生活活动  2-3pm Mindful Exercise 2 乐龄健康养生活活动 2	<b>22</b> 9.30-10.30am Chair Zumba 椅子尊巴  11am-12noon Chair Zumba2 椅子尊巴  2-4pm Zentangle Art 弹绕基础课程 L4	<b>23</b> 10am-12noon Watercolour Florals and Brush Lettering 水彩花卉和英文艺术字课程 L5  4-5pm Therapeutic Yoga 乐龄瑜伽班 L3
24	<b>25</b> 10-11am HPB Qigong @ Blk 68 Pavilion 气功在大牌68号亭 10am-12pm (Japanese Nagomi) Pastel Art 和谐粉彩课程 L4	<b>26</b> 9.30-10.30am Mindful Exercise 乐龄健康养生活活动 L4	<b>27</b> 9.30-10.30am Chair Zumba 椅子尊巴  2-3pm Fun & Games 乐趣和游戏活动	<b>28</b> 10am-5pm Digital Learning 数码乐龄学习  9.30-10.30am Mindful Exercise 乐龄健康养生活活动  2-3pm Mindful Exercise 2 乐龄健康养生活活动 2	<b>29</b> 9.30-10.30am Chair Zumba 椅子尊巴  11am-12noon Chair Zumba2 椅子尊巴  11am-12.30pm Simple Craft 简单手工班 L5  2-4pm Zentangle Art 弹绕基础课程 L5	<b>30</b> 10am-12noon Watercolour Florals and Brush Lettering 水彩花卉和英文艺术字课程 L6  4-5pm Therapeutic Yoga 乐龄瑜伽班 L4