

SEPTEMBER 2022 @ MACPHERSON



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-3pm Mindful Exercise 2 乐龄健康养生活动 2	2 9.15-10.15am Chair Zumba 椅子尊巴 10.30-11.30am Chair Zumba2 椅子尊巴2 1-5pm Decoupage Art 蝶古巴特课程 L1	3 1-3pm Chinese Calligraphy 中文书法课程 L4 4-5pm Therapeutic Yoga 乐龄瑜伽班 L1
4	5 10-11am HPB Qigong @ Blk 68 Pavilion 气功在大牌68号亭	6 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-4pm Chinese Brush Painting 国画课程 L5	7 9.30-10.30am Chair Zumba 椅子尊巴 2-3pm Fun & Games 乐趣和游戏活动 3.30-5.30pm Chinese Mindfulness Foundation Course 正念基础课程 L1	8 9.30-10.30am Mindful Exercise 乐龄健康养生活动 10am-5pm Digital Learning 数码乐龄学习 L1 2-3pm Mindful Exercise 2 乐龄健康养生活动 2	9 9.15-10.15am Chair Zumba 椅子尊巴 10.30-11.30am Chair Zumba2 椅子尊巴2 1-5pm Decoupage Art 蝶古巴特课程 L2	10 10am-12noon Brahm Centre@ MacPherson Carnival 1-3pm Chinese Calligraphy 中文书法课程 L5 4-5pm Therapeutic Yoga 乐龄瑜伽班 L2
11	12 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 L1 2-4pm Confectionery Decorative Workshop	13 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-4pm Chinese Brush Painting 国画课程 L6	14 9.30-10.30am Chair Zumba 椅子尊巴 2-3pm Fun & Games 乐趣和游戏活动 3.30-5.30pm Chinese Mindfulness Foundation Course 正念基础课程 L2	15 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-3pm Mindful Exercise 2 乐龄健康养生活动 2 3.30-4.30pm Mid-Autumn Festival and Birthday Babies Celebration (Sep)	16 9.15-10.15am Chair Zumba 椅子尊巴 10.30-11.30am Chair Zumba2 椅子尊巴2 1-5pm Decoupage Art 蝶古巴特课程 L3	17 1-3pm Chinese Calligraphy 中文书法课程 L6 4-5pm Therapeutic Yoga 乐龄瑜伽班 L3
18	19 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	20 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-4pm Chinese Brush Painting 国画课程 L7	21 9.30-10.30am Chair Zumba 椅子尊巴 2-3pm Fun & Games 乐趣和游戏活动 3.30-5.30pm Chinese Mindfulness Foundation Course 正念基础课程 L3	22 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-3pm Mindful Exercise 2 乐龄健康养生活动 2	23 9.15-10.15am Chair Zumba 椅子尊巴 10.30-11.30am Chair Zumba2 椅子尊巴2 @MacPherson CC 1-5pm Decoupage Art 蝶古巴特课程 L4	24 1-3pm Chinese Calligraphy 中文书法课程 L7 4-5pm Therapeutic Yoga 乐龄瑜伽班 L4
25	26 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	27 9.30-10.30am Mindful Exercise 乐龄健康养生活动 2-4pm Chinese Brush Painting 国画课程 L8	28 9.30-10.30am Chair Zumba 椅子尊巴 2-3pm Fun & Games 乐趣和游戏活动 3.30-5.30pm Chinese Mindfulness Foundation Course 正念基础课程 L4	29 9.30-10.30am Mindful Exercise 乐龄健康养生活动 10am-5pm Digital Learning 数码乐龄学习 L2 2-3pm Mindful Exercise 2 乐龄健康养生活动 2	30 9.15-10.15am Chair Zumba 椅子尊巴 10.30-11.30am Chair Zumba2 椅子尊巴2 @MacPherson CC	