

Love Our Community Calendar of Event 2019 – Seniors

Date	Event
5 January 2019	跳得健康！-黄金尊巴健身操 Come, get fit! - Zumba Gold
19 January 2019	居家改造 Home Revamp
14 & 16 February 2019	“好朋友俱乐部”农历新年捞鱼生 Chinese New Year Lohei
23 February 2019	农历新年社区外展 Chinese New Year Community Outreach
2 March 2019	健康系列-早晨快走（1） Briskwalk outing (1)
7 March 2019	创意手工工作坊（1） Creative Art Workshop（1）
13 April 2019	乐龄出外走走（1） Elderly Tour (1)
27 April 2019	卡拉ok 观摩会 Karaoke Showcase
25 May 2019	健康嘉年华 Health Carnival
13 June 2019	创意手工工作坊（2） Creative Art Workshop（2）
27 July 2019	健康系列-早晨快走（2） Briskwalk outing (2)
3 August 2019	国庆排舞嘉年华 National Day Celebration Line Dancing Carnival
17 August 2019	好朋友俱乐部一日游 O' frenz club Educational trip
31 August 2019	3M 梯级挑战 3M Step-up challenge
21 September 2019	活出健康！社区体育活动 Come, get fit! - Community physical activity
28 September 2019	好朋友回馈社区 O' frenz Give Back
10 October 2019	健康烹饪工作坊 Healthy Cooking workshop
19 October 2019	居家改造 Home Revamp

2 November 2019	社区义走活动 Community fundraising Walk
9 November 2019	乐龄出外走走 (2) Elderly Tour (2)
5 December 2019	创意手工工作坊 Creative Art workshop (3)
14 December 2019	圣诞节社区外展 Christmas Community Outreach