

定期活动

Regular Activities at the Centre

中心每周活动/课程及非定期活动时间表

2017年3月6日制作

谢菲尔德华人社区中心

Sheffield Chinese Community Centre

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日期 Date	时间 Time	活动 Activities	费用 Fee
星期一 Monday	1:00 – 2:00 pm	低冲击有氧运动 Low Impact Aerobics	会员免费 非会员收费 £1 Member Free Non-Member £1
	2:00 - 3:00 pm	轻松闲聊下午茶 Chitty Chatty Afternoon Tea	会员免费 非会员收费 50p Member Free Non-Member 50p
星期二 Tuesday	10:30 am - 1:30 pm and 1:30 - 4:00 pm	华人市民福利咨询 * Chinese Citizens Welfare Advise *	免费 Free
	1:00 - 1:30 pm	长青午餐聚会 △ Evergreen Lunch Club △	会员收费 £2 非会员收费 £3 Member £2 Non-Member £3
	1:30 - 3:30 pm	艺术治疗 ~ 成人填色 Art Therapy ~ Adult Colouring	免费 Free
	1:30 - 4:00 pm	手部按摩治疗 Hand Massage Therapy	会员免费 非会员收费 £1 Member Free Non-Member £1
	1:30 - 3:00 pm	国民保健足科治疗 (每月一次) NHS Podiatry Service (Once a Month)	免费 Free
	3:30 - 5:00 pm	Sing 声相识卡拉 OK Merry Merry Karaoke	免费 Free
星期三 Wednesday	10:00 – 11:00 am	健康步行活动 Health Walks	免费 Free
	11:00 am - 2:00 pm	越南社区福利咨询 * Vietnamese Citizens Welfare Advice *	免费 Free
	11:15 am - 12:15pm	医疗用语英文班 English for Medical Use	免费 Free
	12:30 - 1:00 pm	保健午餐小叙 Healthy Luncheon Gathering	会员收费 £2 非会员收费 £3 Member £2 Non-Member £3
	1:00 - 2:00 pm	妇女座谈会 Women's Forum	免费 Free
星期四 Thursday	11:30 am - 12:30pm	太极班 Tai Chi Class	会员免费 非会员收费 £1 Member Free Non-Member £1
	1:00 - 2:00 pm	医疗双语卡制作坊 Health Bilingual Card Workshop	免费 Free
星期五 Friday	12:30 - 3:00 pm	都市闲情知多少 ◇ City Fun Visit ◇	免费 Free
星期日 Sunday	2:00 - 4:00 pm	周日保健资讯齐分享 Health Funday	免费 Free
待定 By arrangement		食物卫生证书课程 Food & Hygiene Certificate Course	会员收费 £78 非会员收费 £88 Member £78 Non-Member £88
待定 By arrangement		免费法律咨询 Free Legal Advice	免费 Free

*与谢菲尔德市民咨询和法律中心联合提供。需提前预定。

△ 与谢菲尔德华人会联合提供

◇ 集合地点不同

*work in partnership with Sheffield Citizens Advice and Law Centre.

Advance booking is needed

△work in partnership with Sheffield Chinese Association

◇ start at different locations

本中心由谢菲尔德市议会资助 The Centre is funded by

