

定期活動

Regular Activities at the Centre

中心每週活動/課程及非定期活動時間表

2017年3月6日制作

雪埠華人社區中心

Sheffield Chinese Community Centre

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網頁 Web: www.sheffieldchinesecommunity.org.uk



日期 Date	時間 Time	活動 Activities	費用 Fee
星期一 Monday	1:00 – 2:00 pm	低衝擊有氧運動 Low Impact Aerobics	會員免費 非會員收費 £1 Member Free Non-Member £1
	2:00 - 3:00 pm	輕鬆嘆吓下午茶 Chitty Chatty Afternoon Tea	會員免費 非會員收費 50p Member Free Non-Member 50p
星期二 Tuesday	10:30 am - 1:30 pm and 1:30 - 4:00 pm	華人市民福利諮詢 * Chinese Citizens Welfare Advise *	免費 Free
	1:00 - 1:30 pm	長青午餐聚會 Δ Evergreen Lunch Club Δ	會員 £2 非會員收費 £3 Member £2 Non-Member £3
	1:30 - 3:30 pm	藝術治療 ~ 成人填色 Art Therapy ~ Adult Colouring	免費 Free
	1:30 - 4:00 pm	手部按摩治療 Hand Massage Therapy	會員免費 非會員收費 £1 Member Free Non-Member £1
	1:30 - 3:00 pm	國民保健足科治療(每月一次) NHS Podiatry Service (Once a Month)	免費 Free
	3:30 - 5:00 pm	Sing 聲相識卡拉 OK Merry Merry Karaoke	免費 Free
星期三 Wednesday	10:00 – 11:00 am	健康步行活動 Health Walks	免費 Free
	11:00 am - 2:00 pm	越南社區福利諮詢 * Vietnamese Citizens Welfare Advice *	免費 Free
	11:15 am – 12:15pm	醫療用語英文班 English for Medical Use	免費 Free
	12:30 - 1:00 pm	保健午餐小敘 Healthy Luncheon Gathering	會員收費 £2 非會員收費 £3 Member £2 Non-Member £3
	1:00 - 2:00 pm	婦女座談會 Women's Forum	免費 Free
星期四 Thursday	11:30 am - 12:30 pm	太極班 Tai Chi Class	會員免費 非會員收費 £1 Member Free Non-Member £1
	1:00 pm – 2:00 pm	醫療雙語咭製作坊 Health Bilingual Card Workshop	免費 Free
星期五 Friday	12:30 - 3:00 pm	都市閒情知多少 ◇ City Fun Visit ◇	免費 Free
星期日 Sunday	2:00 - 4:00 pm	週日保健資訊齊分享 Health Funday	免費 Free
待定 By arrangement		食物衛生證書課程 Food & Hygiene Certificate Course	會員收費 £78 非會員收費 £88 Member £78 Non-Member £88
待定 By arrangement		免費法律諮詢 Free Legal Advice	免費 Free

*與雪埠市民諮詢和法律中心聯合提供。需提前預訂。

Δ與雪埠華人會聯合提供

◇ 集合地點不同

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

Advance booking is needed

Δwork in partnership with Sheffield Chinese Association

◇ start at different locations

本中心由雪埠市議會資助 The Centre is funded by

