



FEBRUARY 2019 / CMHA Vancouver-Fraser Branch (CMHAVF) Chinese Health Promotion Program Activity Calendar

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	Fri	星期六 Sat
<p>4 <u>快樂長者舞蹈小組排練 (Jenny)</u> Happy Seniors Dance Gr. 下午4時至下午6時4pm-6pm</p> <p><u>快樂身心唱歌班</u> Learn to Sing for Wellness 晚上7時至9時7pm-9pm * @ CMHAVF 溫哥華辦事處</p>	<p>5 <u>快樂長者話劇組探訪華埠金齡宮耆英演出</u> Happy Seniors Drama Performance for Chinatown Golden Age Court Seniors 11am-12:30pm</p> <p>恭喜新年快樂! </p>	<p>6 <u>快樂長者舞蹈小組排練</u> Happy Seniors Dance Gr. Practice 下午4時至下午6時4pm-6pm * @ CMHAVF 溫哥華辦事處-大房</p>	<p>7 Happy Lunar New Year!</p>	<p>1 <u>快樂長者話劇組探訪美華酒店耆英演出</u> Happy Seniors Drama Performance for Chinatown SRO Hotel Seniors 3:30pm-5 pm</p>	<p>2 <u>快樂長者話劇組探訪列治文天恩頤安院</u> Happy Seniors Drama Performance for RMD Grace Seniors Care Home 1:30pm-2:45pm</p>
<p>11 <u>快樂長者舞蹈小組排練 (Jenny)</u> Happy Seniors Dance Gr. 下午4時至下午6時4pm-6pm</p> <p><u>快樂身心唱歌班</u> Learn to Sing for Wellness 晚上7時至9時7pm-9pm * @ CMHAVF 溫哥華辦事處</p>	<p>12 <u>快樂長者話劇組探訪華埠安頓樓耆英演出</u> Happy Seniors Drama Performance for Chinatown 安頓 Residence Seniors 10am-11am</p> <p><u>保健養生健身班 Wellness Exercise</u> 下午1時至2時1pm-2 pm (六通拳) * @ Raven Song Community H. Centre</p>	<p>13 <u>快樂身心學畫班</u> Wellness Painting Session 下午2時至4時 2pm-4pm</p> <p><u>快樂長者舞蹈小組排練</u> Happy Seniors Dance Gr. Practice 下午4時至下午6時4pm-6pm * @ CMHAVF 溫哥華辦事處-大房</p>	<p>14 <u>快樂長者話劇組探訪華埠第二里程耆英中心演出</u> Happy Seniors Drama Performance for Chinatown VSMS Seniors Centre 1pm-2:30pm</p>	<p>15 <u>快樂長者話劇組探訪華埠洪門長者居所演出</u> Happy Seniors Drama Performance for Seniors of Chinatown Freemasons Housing 1pm-2:30pm</p>	<p>16</p>
<p>18 假期 Public Holiday</p>	<p>19 <u>快樂長者話劇小組 劇務會議</u> Happy Seniors Drama G Meeting 上午11時至下午1時 11am-1pm * @ CMHAVF 溫哥華辦事處</p> <p><u>保健養生健身班 Wellness Exercise</u> 下午1時至2時1pm-2 pm (六通拳) * @ Raven Song Community H. Centre</p>	<p>20 <u>快樂身心學畫班</u> Wellness Painting Session 下午2時至4時 2pm-4pm</p> <p><u>快樂長者舞蹈小組排練</u> Happy Seniors Dance Gr. Practice 下午4時至下午6時 4pm-6pm * @ CMHAVF 溫哥華辦事處-大房</p>	<p>21</p>	<p>22</p>	<p>23 查詢報名 Contact: Stella Tel: 604-872-4902 Cell: 604-603-0332 stella.lee@cmha.bc.ca www.vf.cmha.bc.ca</p>
<p>25 <u>快樂長者舞蹈小組排練 (Jenny)</u> Happy Seniors Dance Gr. 下午4時至下午6時4pm-6pm</p> <p><u>快樂身心唱歌班</u> Learn to Sing for Wellness 晚上7時至9時7pm-9pm * @ CMHAVF 溫哥華辦事處</p>	<p>26 <u>快樂長者話劇小組 排練</u> Happy Seniors Drama G Practice 上午10時至下午1時 10am-1pm</p> <p><u>保健養生健身班 Wellness Exercise</u> 下午1時至2時1pm-2 pm (六通拳) * @ Raven Song Community H. Centre</p> <p><u>國語講座「認識我們的情緒」</u> Understanding Our Emotions 講者 Speaker: Linda Chang, Master of Counselling Psychology Practicum 7時至9時 7pm-9pm * @ CMHAVF 溫哥華辦事處</p>	<p>27 <u>快樂長者舞蹈小組排練</u> Happy Seniors Dance Gr. Practice 下午4時至下午6時 4pm-6pm</p> <p><u>粵語「打開心窗」小組</u> Cantonese Heart to Heart Share group 主持: 王溢楠 Ivan Wong 香港註冊社工 主題: 認識成癮行為及其處理方法 Learn about addictive behaviors and its management 6時45分至8時半 6:45pm-8:30pm * @ CMHAVF 溫哥華辦事處</p>	<p>28 <u>國語「心路」小組</u> Mandarin Inner-journey Share Gr. 2時半至4時半 2:30pm-4:30pm 主持: 前厦門精神科醫師李惠芳 & 康復輔助員 Sandy Leung 主題: 如何應對創傷後壓力 Post-Traumatic Stress * @ CMHAVF 溫哥華辦事處</p>	<p>免費活動, 歡迎參加!</p> <p>有注明需報名的請先報名, 無注明需報名的可 Drop in 參加! 歡迎電話查詢!</p>	<p>23</p>

* 1. CMHAVF 加拿大心理衛生會溫哥華辦事處地址 Address: #110-2425 Quebec Street, Vancouver 查詢報名 Tel: 604-872-4902 604-603-0332

2. Raven Song Community Health Centre 社區健康中心活動室地址 Address: 2450 Ontario, Vancouver, B4 地庫 (@8 Ave 夾8街)

3. We acknowledge the financial assistance of the Province of British Columbia