

## MONTHLY ACTIVITIES PLANNING SHEET 每月活動節目表

Facility: On Luck Chinese Nursing Home 安樂華人護理院

Block: C H K

Month: July 七月份

Year: 2023

	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五
10:30	Strengthening Exercises 強肌運動/ Mandarin News 國語新聞	Strengthening Exercises 強肌運動/ Mandarin News 國語新聞	Strengthening Exercises 強肌運動/ Mandarin News 國語新聞	Strengthening Exercises 強肌運動/ Mandarin News 國語新聞	Strengthening Exercises 強肌運動/ Mandarin News 國語新聞
11:00	Mandarin News 國語新聞 News / Current Affairs Highlights 重點新聞/時事	Mandarin News 國語新聞	Mandarin News 國語新聞/ Mandarin Group 國語小組/ News / Current Affairs Highlight 重點新聞/時事	Mandarin News 國語新聞/	Mandarin News 國語新聞/ News / Current Affairs Highlights 重點新聞/時事
13:30	Concert 演唱會/ Old Movie 懷舊電影   Sing along 齊齊唱 (3,10 & 17/7)   Small Group Activities 小組活動  Chinese Cultural Dancing Performance by The Chinese Senior Citizens Club of Manningham Inc. 國風舞蹈 (31/7) C   17th anniversary Yum Cha 17年院慶飲 茶活動  (24/7)	Tai Chi Class 太極班/   Leisure Games/ 休閒遊戲/ Craft Activities/ 做手工/  Comedy Movie 喜劇片  Small Group Activities 小組活動  Multi-Cultural Dancing Line Dancing Performance by The Chinese Senior Citizens Club of Manningham Inc. 多元文化舞蹈 (4/7) H 隊列舞 (18/7) K 	Cooking Activity 烹飪活動(5/7)   Concert 演唱會/ Old Movie 懷舊電   Sing along 齊齊唱 (12 & 19/7)   Small Group Activities 小組活動  Cantonese Opera  Performance by The Chinese Senior Citizens Club of Manningham Inc. 葉先生粵劇團 (26/7) C	Comedy Drama Movie 喜劇片  Team Games 集體遊戲/  Church Services 基督教服務 (信望愛堂 13/7C, 20/7HK; 新生命宣道堂 27/7)/ Biblical Stories 聖經故事  美甲 Nail Polish 	Concert 演唱會/ Old Movie 懷舊電   Buddhist Chanting 佛教服務 (28/7) (佛光山爾有寺)  Small Group Activities 小組活動   Bus Trips 巴士遊 (14/7) H 
15:30	Hong Kong News 香港新聞/ Individual support 個別關懷	Hong Kong News 香港新聞/ Individual support 個別關懷	Hong Kong News 香港新聞/ Individual support 個別關懷	Hong Kong News 香港新聞/ Individual support 個別關懷	Hong Kong News 香港新聞/ Individual support 個別關懷

### SPECIAL/EXTRA ORDINARY EVENTS:

Birthday Celebrations 慶祝生日; Individual or Small group Activity 個人或小組活動

- Hair Dressing 理髮服務 4/7 C, 18/7 H&K

- Traditional & Cultural Celebrations 傳統習俗及節日慶祝:

- Special Function 特別活動: On Luck 17<sup>th</sup> anniversary celebration 安樂17週年院慶(24/7)

### \*ACTIVITIES & TIMES ARE SUBJECT TO RESIDENTS NEEDS

- Home Visits & Day Outing 家屬探訪或外出

- Community & Volunteer visit 社區及義工探訪: St. Theresa's Aged & Retired Service Inc. (11 & 25/7)