

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy New Year Centre is closed</p> <p>3</p>	<p>4</p> <p>11:00 Exercise (H) 1:00 Go fish (I)</p>	<p>5</p> <p>11:00 Exercise (H) 1:00 Music w/ Carol (H)</p>	<p>6</p> <p>11:00 Exercise (H) 1:00 Music w/ Eudora (H)</p>	<p>7</p> <p>11:00 Exercise (H) 1:00 Price is right (I)</p>
<p>10</p> <p>11:00 Exercise (H) 1:00 Name that tune (H)</p>	<p>11</p> <p>11:00 Zumba w/ Monika (H) 1:00 Bocce Ball (I)</p>	<p>12</p> <p>11:00 Exercise (H) 1:00 Poetry Corner (I) 2:00 Word Game (O)</p>	<p>13</p> <p>11:00 Exercise (H) 1:00 Match! (I)</p>	<p>14</p> <p>11:00 Exercise (H) 1:00 Craft (I)</p>
<p>17</p> <p>11:00 Exercise (H) 1:00 Hangman (I)</p>	<p>18</p> <p>11:00 Exercise (H) 1:00 Music w/ Eudora (H)</p>	<p>19</p> <p>11:00 Exercise (H) 1:00 Concerts in Care (H)</p>	<p>20</p> <p>11:00 Exercise (H) 1:00 Dominoes (I)</p>	<p>21</p> <p>11:00 Exercise (H) 1:00 B-I-N-G-O (H)</p>
<p>24</p> <p>11:00 Exercise (H) 1:00 Music w/ Helen (H)</p>	<p>25</p> <p>11:00 Exercise (H) 1:00 Craft (I)</p>	<p>26</p> <p>11:00 Zumba w/ Monika (H) 1:00 Penny Ante (I) 2:00 Soup for soul (O)</p>	<p>27</p> <p>11:00 Exercise (H) 1:00 B-I-N-G-O (H)</p>	<p>28</p> <p>11:00 Exercise (H) 1:00 Name that tune (H)</p>
<p>31</p> <p>11:00 Exercise (H) 1:00 Blackjack (I)</p>				<p>H – Hybrid (online and in person) I – In person O – Online</p>

New year, new plans! Take note that there's a slight change to our programs.

- Morning exercises continues as hybrid (online and in-person).
- Afternoon Mondays and Fridays 1 pm programs are no longer hybrid.
- All musical entertainment and B-I-N-G-O are now hybrid on any day of the week.
- Wednesday afternoon 2 pm online program will **not** be offered weekly, please refer to calendar schedule.

Here are the zoom links to join us online:

Zoom Link Exercise Daily at 11:00am

<https://us02web.zoom.us/j/86538661040>

Zoom Link Afternoon Activity at 1:00 / 2:00pm

<https://us02web.zoom.us/j/84656101558>



Clare, our bookkeeper is taking a leave of absence for a few months. We are happy to welcome our temporary bookkeeper Carmen to join our team. Do contact her via phone (604)263-7333 or email (finance@askcentre.ca) for any billing enquiry.

“Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold.” May you have a prosperous New Year.

ASK Friendship Society

2177 West 42nd Ave Vancouver B.C. V6M 2B7 Ph: 604 263 7333 Fax: 604 263 6511

www.askcentre.ca

星期一	星期二	星期三	星期四	星期五
 3 中心休息一天	4 11:00 長者運動(H) 1:00 釣魚(I)	5 11:00 長者運動(H) 1:00 Carol玩音樂(H)	6 11:00 長者運動(H) 1:00 Eudora 玩音樂(H)	7 11:00 長者運動(H) 1:00 正確價錢(I)
10 11:00 長者運動(H) 1:00 猜猜歌 曲名稱(H)	11 11:00 尊巴舞(H) 1:00 地擲球(I)	12 11:00 長者運動(H) 1:00 詩趣(I) 2:00 英語遊戲(O)	13 11:00 尊巴舞(H) 1:00 記憶遊戲(I)	14 11:00 長者運動(H) 1:00 工藝美術(I)
17 11:00 長者運動(H) 1:00 猜字遊戲(I)	18 11:00 長者運動(H) 1:00 Eudora 玩音樂(H)	19 11:00 長者運動(H) 1:00 護理音樂會(H)	20 11:00 長者運動(H) 1:00 多米諾骨牌(I)	21 11:00 長者運動(H) 1:00 賓果遊戲(H)
24 11:00 長者運動(H) 1:00 Helen 玩音樂(H)	25 11:00 長者運動(H) 1:00 工藝美術(I)	26 11:00 尊巴舞(H) 1:00 一分錢賭注(I) 2:00 英語故事(O)	27 11:00 長者運動(H) 1:00 賓果遊戲(H)	28 11:00 長者運動(H) 1:00 猜猜歌 曲名稱(H)
31 11:00 長者運動(H) 1:00 廿一點(I)				H: 在綫混合 (實體+網上) I: 實體 O: 網上

新的一年，新的計劃！請注意，我們中心的節目將會有點更改。

- 運動以混合形式繼續（實體+網上）進行。
- 週一和週五下午1點的節目不再是混合的。
- 周中任何一天的音樂娛樂和賓果(B-I-N-G-O)遊戲現在都是混合的。
- 周三下午2點網上節目將不會每周提供，請參閱日曆時間表。

請使用下面的zoom程式參加我們的節目。

Zoom Link 早上11:00 運動

<https://us02web.zoom.us/j/86538661040>

Zoom Link 下午1:00/2:00 活動

<https://us02web.zoom.us/j/84656101558>



Clare，我們的簿記員正在請假幾個月。我們高興地歡迎我們的臨時簿記員Carmen加入我們的團隊。如需任何帳單查詢，請通過電話（604）263-7333或電子郵件（finance@askcentre.ca）與她聯繫。新年來到，幸福降臨，快樂與你為鄰。

新年到，千言萬語說到底，就是想對你說新年快樂。祝願新的一年，好運常在，渾身是膽！

ASK Friendship Society

2177 West 42nd Ave Vancouver B.C. V6M 2B7 Ph: 604 263 7333 Fax: 604 263 6511

www.askcentre.ca