



Activities we held from Oct to Jan

我們 於10月至1月舉辦的活動回顧

Qi Gong/ Tai Chi class 氣功/太極班

Our members gathered to practise Qi Gong/ Tai Chi every Thursday morning to improve physical health and make good friends. 我們的會員每週四早上會聚集在一起參加氣功/太極班，這不但可以強身健體，還可以認識朋友。

Luncheon Club 午餐會

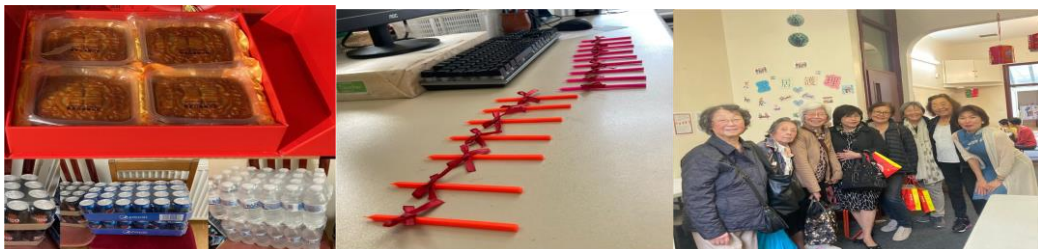
After a session of Qi Gong/ Tai Chi every Thursday, what is better than a warm bowl of Chinese soup and a delicious and healthy hot meal. Most important of all, nothing can beat the good company we have.

每週四的氣功/太極班後，還有什麼比一碗熱辣辣的中湯和一餐美味又健康的午餐更好呢？最重要的是，我們有在一起享受美食的好友。

Mid-autumn Festival cum Sept., Oct. & Nov. Birthday Celebration 中秋節午餐暨九月、十月、十一月生日派對

On 5 Oct, over 30 members celebrated Mid-autumn Festival and birthday for the Oct, Nov and Dec stars. We had so much laughter and fun enjoying a 5-course meal. All members also took home a mooncake, thanks to the generous support of Hoo Hing Limited, who also donated soft drinks and bottled water. Thanks to the support of our members, we were able to raise funds to replace plastic stools for the centre.

於10月5日，超過30名會員一同慶祝中秋節和九月、十月、十一月壽星的生日。我們一同享用 4菜1湯，讓中心充滿歡笑和樂趣。會員更獲贈和興有限公司慷慨支持的月餅，和興亦捐贈了汽水及瓶裝水。我們非常感謝會員的支持，讓我們能夠籌集足夠的資金更換中心的膠椅子。



Christmas & Winter Solstice cum Dec., Jan., Feb. Birthday Party 聖誕節及冬至午餐暨十二月、一月、二月生日派對

On 21 Dec, we celebrated the winter solstice, Christmas and birthday for the Dec, Jan and Feb stars. We had a warm and lovely meal with hand-made birthday cake prepared by Julia. Our talented member also made us Malaysian desserts to end this special occasion. Thanks to Bank of East Asia, we were given Chinese hanging calendars as raffle prizes. Congratulations to all the prize winners.

於12月21日，我們慶祝了冬至、聖誕節以及12月、1月和2月壽星的生日。我們吃了一頓美味又健康的午餐，還有 Julia 親手製作的生日蛋糕。我們的成員也為我們製作了馬來西亞甜點。我們同時感謝東亞銀行捐贈了掛曆作為抽獎獎品。在此恭喜所有得獎者。



Dementia Talk 腦退化症講座

Professor and students from University College London gave us a talk on dementia on 26 Oct. We were given a lot of ideas to help us understand dementia such as the early signs of dementia and how to prevent it in our everyday lives. Some of our members also took part in the research project conducted by UCL.

於10月26日，倫敦大學學院的教授和學生為我們舉行了關於腦退化症的講座。她們幫助我們了解腦退化症，如早期症狀以及如何在日常生活中預防腦退化症。一些成員也參加了倫敦大學學院進行的研究計畫。

Membership Renewal for 2024 年會員續會

It is time to renew your membership for 2024. For £10 pp or £15 per couple, you can enjoy member discount for all events till 31 Dec 2024. To join membership, visit LCCA on Thursday or Friday. To do bank transfer, contact Helen also on Thursday or Friday.

更新2024年會員資格，只需每人10英鎊或每對夫婦15英鎊，您便可以會員價參加所有活動直到2024年12月31日。加入2024年會員，請於週四或週五到LCCA辦理。如需銀行轉賬資料，請在星期四或五聯絡Helen。

UPCOMING ACTIVITIES 即將舉行的活動

1. CHINESE NEW YEAR CELEBRATION ON 16 FEB 2024

TIME: 12:30 PM

VENUE: NEW LOON FUNG, CHINA TOWN

TICKET PRICE: £32 PP, MEMBER PRICE; £37, NON-MEMBER PRICE

2024年2月16日農曆新年慶祝活動

時間：中午 12:30

地點：新龍鳳

票價：會員 £32，非會員價£37

2. HAIR-DRESSING SERVICE IN MARCH 三月理髮服務

3. FREE COFFEE MORNING IN SAN MEI GALLERY (STOCKWELL) ON 7 MAR (THURS)

3月7日（星期四）在三美畫廊舉行的免費早晨咖啡

4. MAR, APR & MAY BIRTHDAY CELEBRATION IN APRIL 四月舉行的三、四和五月生日慶祝活動

5. HEALTH TALK IN APRIL 四月舉行的健康講座

To enrol in events 1-5, please contact Helen via Email or reach her at 020 7733 4377 on Thursday and Friday.

報名參加活動 1-5，請透過電子郵件聯絡 Helen，或在週四和週五致電 020 7733 4377 與她聯繫。

MAHJONG/GAME ROOM BOOKING AND MANDARIN CLASS: FOR MORE DETAILS, PLEASE GET IN TOUCH. 麻將/遊戲房預訂及普通話課程，詳情請與中心職員聯絡。

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