



## Activities we held from May to August 2024

### Qi Gong/ Tai Chi Class

Every Thursday morning, our members gather to practise Qi Gong/Tai Chi to improve their physical health and make good friends.

### Luncheon Club

What is better than a warm bowl of Chinese soup and a nutritious and delicious hot meal after a session of Qi Gong/ Tai Chi? Most importantly, nothing can beat the good company we have.

### Hair-dressing Services

On the 20th of June and the 22<sup>nd</sup> of August, our hairdresser came over to do haircut for our members. This service is conducted regularly every 2 to 3 months at LCCA. Reach out to us if you are interested in the next hairdressing session- non-members are also welcome.

## 2024 Dragon Boat festival and June, July and August birthday celebration

On the 6th of June, LCCA celebrated the Dragon Boat festival with 30 members at our centre. We had an amazing time with our 5- course lunch and raffle draw. Thanks to members' support, we celebrated the Dragon Boat festival together. Our heartfelt gratitude also goes to our generous members, Margaret, for £100 cash donation, Julia and Bernadette for raffle prizes, Wong HM for roast suckling pig and Michelle for complimentary dumplings. We also celebrated the birthdays of the June, July and August stars. We cut cake for the 12 birthday stars, sang songs and gifted longevity noodles.



## Acupuncture trial session by Mr Ma in May

Previously in April, Mr Ma conducted a health talk. Due to the high demand, Mr Ma again visited us to run an acupuncture trial session on the 16<sup>th</sup> May. Members had a chance to try out this healing technique and had a taste of a traditional Chinese massage, which they most certainly enjoyed.

## Visit to Dulwich Gallery in June

On the 28 June, some of our members attended the Japanese art exhibition at Dulwich Gallery. The exhibition provides a fascinating journey through the artists' creative process, enabling our members to appreciate the beauty and cultural significance of their work.

## Japanese Flower Arranging Workshop in May

On the 30th of May, a group of our members took part in a Japanese floral arrangement workshop, in which the introduction and demonstration was for free! This was an extraordinary experience for our members, with beautiful results in the form of a bouquet!



## Day Trip to Brighton in July

On the 17<sup>th</sup> of July, a group of LCCA members spent a lovely day out at Brighton. We enjoyed the fish and chips, strolled along the seaside with ice-cream and visited the royal pavilion. We understood more about the architecture and history of the royal pavilion. Thanks to the lovely weather, we had a wonderful and relaxing outing together.



## Upcoming activities

1. Winter Solstice and Christmas Celebration and Dec/ Jan/Feb birthday party  
Date & Time: 12 December (Thursday), 12:30 pm to 2:30 pm  
Content: 6- course lunch, raffle draw, birthday celebration  
Quote: 30 participants, first come first serve  
Cost: £18 pp (members), £20 pp (non-members)  
\*\* Enrol via [infolcca@msn.com](mailto:infolcca@msn.com) / 02077334377 by 28 Nov.

This newsletter was co-produced by LCCA and Zuzanna Bartosik, who did her school placement at LCCA on the 11th and 12th July 2024. It was a lovely opportunity to meet new people. We wish more cooperation to come and every success in Zuzanna's studies.