



Activities we held from February to April 2024

Qi Gong/ Tai Chi Class

Our members gathered to practise Qi Gong/ Tai Chi every Thursday morning to improve physical health and make good friends.

Luncheon Club

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.

Hair-dressing Services

On 4 April, our hairdresser came over to do hair cut for our members. This service is conducted at LCCA regularly every 3 to 4 months. Reach out if you are interested in the next hairdressing session. Non-members are also welcome.

2024 Year of the Dragon Chinese New Year Lunch Celebration

On 16 Feb., LCCA celebrated the Year of the Dragon with over 30 members at New Loon Fung, China Town. We had a great time with 10 dishes, over 60 raffle prizes including big prizes like branded headphones and £50 red packet. Thanks to members' support, we celebrated the start of a new year together. Our heartfelt gratitude also goes to generous members, Mrs Tang, Mrs Ho and family, Julia, our MC, and New Loon Fung for sponsoring the raffle prizes.



Visit to San Mei Gallery

On 7 March, a group of LCCA members joined the coffee morning hosted by San Mei Gallery. We had a chance to see an interesting exhibition by a Chinese artist who has been inspired by the evolving material culture of the Chinese communities in Florence, Italy where she grew up. We had a wonderful morning listening to stories behind art pieces and enjoying light refreshment by Eleanor Wang, one of the owners of San Mei Gallery.



2024 LCCA Annual General Meeting

On 28 March, LCCA AGM was successfully held at Morley College. We had approximately 30 members attending the meeting, celebrating past achievements, and discussing future plans of LCCA. A group of management members have been selected, and they are Teresa, Maggie, Christine, Julia, Dr Gu and the newcomers, Amy, Jennie and Bernadette.

Health Talk by Mr Ma

Mr Ma's bilingual talks are always very popular among members. On 4 April, we had the privilege to have Mr Ma again to share with us tips to good health and how we should react in an event of emergency. Thanks to Mr Ma's generosity, he also sponsored us serum and oil and other little tools for our raffle draw. Proceeds from the sale of raffle tickets all go to the operation of LCCA.

March, April, May Birthday Celebration

On 11 April, we were very happy to celebrate the birthday of March, April and May stars. We had a delicious meal with prawns and chicken, birthday cake and longevity noodles. A big thank you to our members, Monique and Lian for sponsoring roasted ducks and dumplings of the birthday meals. It was such a lovely occasion.



Upcoming activities

- 1. Japanese Floral Arrangement Workshop**
Date & Time: 30 June (Thursday), 2:00 to 3:30 pm
Content: Introduction + Demo by tutor+ hands-on workshop
Cost: Introduction + Demo by tutor (free); workshop: around £12pp (please refer to the poster for details.)
** Enrol via infolcca@msn.com / 02077334377 by 24 June. Less than 6 participants, workshop will have to be cancelled.** >>>>Poster attached<<<<<
- 2. Mr Ma's Treatment Trial @ LCCA**
Date & Time: 16 May (Thursday), 10:00 am to 12:00 pm
Content: Have a taste of Chinese massage/ acupuncture
Quote: 8 participants, first come first serve
Cost: £8 pp (money goes to funding centre operation)
** Enrol via infolcca@msn.com / 02077334377 by 9 May. Less than 8 participants, trial session will have to be rescheduled.**
- 3. Dragon Boat Festival and June, July and August birthday celebration**
Date & Time: 6 June (Thursday), 12:30 to 2:00 pm
Content: 5-course lunch, raffle draw, birthday cake cutting
Quote: 30 participants, first come first serve
Cost: £18 per member and £20 per non-member
** Enrol via infolcca@msn.com / 02077334377 by 23 May. ** >>>>Poster attached<<<<<
- 4. Day Trip to Brighton**
Date & Time: 14 June (Friday), 10:30 am-6:00 pm
Cost: £19.90 for a return train tickets
** Enrol via infolcca@msn.com / 02077334377 by 7 June. **>>>>Poster attached<<<<<

(Day Trip to Eastbourne in July. Details to be confirmed.)