



# 利 茲 華 人 協 會

Leeds Chinese Community Association Ltd  
84-86 North Street Leeds LS2 7PN Tel & Fax: 0113 2346019  
Company No. 4429268 Charity Number 1095420  
Email: [lcca@lcca-uk.org](mailto:lcca@lcca-uk.org) Web: [www.lcca-uk.org](http://www.lcca-uk.org)

## 康 娛 俱 樂 部 中 心

### 會 員 資 訊

2010 年 4 月 7 日

## Social Club

### Newsletter

7 April 2010

親愛的會員，

1. 長者午餐會及康娛俱樂部一週年紀念，四月三十日(星期五)舉行紀念午餐，會員餐卷：**免費**；非會員餐卷：£3.40 名額只限 30 個。請盡早取票。

2. 因物價不段地上升，所以本會逼得不得已要由五月一日起，餐票將有以下調整：-

- 會員六十五歲以上 £2.80;
- 小童十二歲以下 £1.80;
- 會員六十五以下 £3.00
- 非會員 £3.80

如提早買票，票價原價不改。

3. 由五月起新活動

- **免費健康講座**：每逢星期二下午 1 點至 2 點，由 Touchstone 合辦。
- **輕微健康運動**：每逢星期五下午 1.30 至 2.30，由 Feel Good Factor 合辦。詳情請參考附件中的海報。如果您有任何問題，請問溫雪蓮女士。

Dear Member,

1. *Elderly Luncheon Club & Social Club the 1<sup>st</sup> anniversary ceremony on 30/04/2010 (Friday). Fee: **FREE** for member; £3.40 for non-member is limited to 30. Please get tickets as soon as possible.*

2. *Because the cost of ingredients is increasing, we have to adjust the meal ticket price as follows and effective from 01/05/2010:*

- *65s+ member: £ 2.80;*
- *children under the age of 12 £ 1.80;*
- *age below 65 members £ 3.00;*
- *Non-members £ 3.80*

*If buy the ticket in advance, the price will be remain unchanged at the original price, £2.40.*

3. *New activities start in May 2010:*

- **Free Health Talk**: *Every Tuesday 1 pm to 2 am, jointly organized with Touchstone.*
- **Slow health exercise**: *every Friday afternoon from 1.30 to 2.30, jointly organized with the Feel Good Factor. For details please refer the attached poster. If you have any questions, please ask Mrs Suet Lin Wan directly.*

➤ **初級基本日常生活國語班**: 每逢星期六中午 12 點至下午 1.30。每堂 1 英鎊。另加講義費每堂 1 英鎊。

➤ **串珠手工藝班**: 每逢星期一下午 4.30 至 5.30 及每逢星期六下午 3 點至 4 點。每堂 1 英鎊。另加材料費每堂 1.50 英鎊。

➤ **烹飪班**: 每逢星期四上午 10:30 至下午 12:30。每堂 1 英鎊, 另加材料費每堂 1.50 英鎊。由梁文釗先生親自教授, 詳情請問梁文釗先生 07944-057631。

➤ **太極班** (與利茲華人普通話學校合辦):  
地點: Little London Primary School, Oatland Road Off Meanwood Road, Leeds LS7 1SR  
開班日期: 24/04/2010 星期六下午 2.30 至 3.30 人數只限: 12 位, 學費 18 英鎊共 12 課。

4. **成人國語班**: 由利茲華人普通話學校專業導師教授, 從 9 月開始, 學費 60 英鎊包括講義費, 共 30 課 (8 個月)。每逢星期六下午 3 點至 4 點。

如果您有任何問題, 請不要猶豫和我們聯繫。聯繫方式: 梁文釗先生 07944-057631

此致

伍潔菱

利茲華人協會副會長

➤ **Basic daily Mandarin class**:  
*Every Saturday 12 noon to 1.30 pm. £ 1 per lesson plus £1 per lesson for handout fee.*

➤ **Bead arts and crafts class**:  
*Every Monday from 4.30 pm to 5.30 pm, and every Saturday from 3 pm to 4 pm. £ 1 per lesson and plus material costs £1.50 per lesson.*

➤ **Cooking Class**: *Every Thursday 10:30 am to 12:30 pm. £ 1 per session plus materials fee £ 1.50 per lesson. Tutor: Mr. Manu Chiu Leung. For details please ask Mr Leung on 07944-057631.*

➤ **Tai Chi class** (jointly with the Leeds Mandarin Chinese School Association):  
*Location: Little London Primary School, Oatland Road Off Meanwood Road, Leeds LS7 1SR  
Date: : 24/04/2010 Saturday  
Time: from 2.30 to 3.30 pm  
Fee: £ 18 for 12 lessons.  
12 people limited.*

4. **Adult Mandarin Class**: *The Leeds Chinese-Mandarin School Association professional instructors, starting from September, tuition costs £ 60 including handouts, a total of 30 courses (8 months), Saturdays 15:00 to 16:00.*

*If you have any queries, please do not hesitate to contact Mr Man Chiu Leung on 07944-057631.*

*Yours faithfully*

**Judy Pease**  
**Deputy Chair of LCCA**

利茲華人協會  
康娛俱樂部中心  
活動時間表

Leeds Chinese Community Association Ltd  
**Social Club**  
**Activity**  
**Time Table**

**星期一:**

中午 12 點至下午 1 點  
長者午餐會

下午 4.30 至 5.30  
串珠手工藝班

**星期二:**

上午 10:30 至下午 12:30  
基本日常生活英語

下午 1 點至 2 點  
免費健康講座

**星期四:**

每逢上午 10:30 至下午 12:30  
烹飪班

**星期五:**

中午 12 點至下午 1 點  
長者午餐會

下午 1.30 至 2.30  
輕微健康運動

**星期六:**

中午 12 點至下午 1.30  
初級基本日常生活國語班

下午 3 點至 4 點  
串珠手工藝班

下午 2.30 至 3.30  
太極班 (地點: Little London  
Primary School) 開班日期:  
24/04/2010

**Monday:**

**12.00 – 13.00**  
*Elderly Luncheon Club*

**16.30 – 17.30**  
*Bead arts and crafts class*

**Tuesday:**

**10.30 – 12.30**  
*Basic Daily Living English*

**13.00 – 14.00**  
*Free Health Talk*

**Thursday:**

**10.30 – 12.30**  
*Cooking Class*

**Friday:**

**12.00 – 13.00**  
*Elderly Luncheon Club*

**13.30 – 14.30**  
*Slow Health Exercise*

**Saturday:**

**12.00 – 13.30**  
*Basic daily Mandarin class*

**15.00 – 16.00**  
*Bead arts and crafts class*

**14.30 – 15.30**  
*Tai Chi Class (at Little London  
Primary School)  
Starts: 24/04/2010*