

哈勞及鄰區華人中心 HDCCC

2010年6月號會訊 June 2010 Newsletter

文劍聲前會長根據私人理由，已於今年4月1日起辭去所有會務，回流到香港。本會委員會經一致通過重選，並委任文金賢先生及徐鍾翠碧女士接替為正、副會長，繼續帶領華人中心邁向成功之路，戮力服務華人社群及推廣社區的和諧。適逢本會今年正踏入成立十週年，敬希各會員繼續支持本會，攜手共創新里程。

With effect from 1 April, 2010, Mr Kim Sing Man has resigned from the post of Chairman and moved to Hong Kong. The HDCCC Committee is honoured to announce the appointment of Mr Kam Yin Man and Mrs CB Tsui for the posts of Chairman and Vice Chairman. We sincerely call for every member's support to a more successful future.

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哈勞及鄰區華人中心為慶祝 2010 年成立十五週年及會址落成十週年紀念，現正精心籌備印制紀念特刊送贈各會員及聯系機構。本特刊內容包括本會歷來成長的珍貴歷史，具收藏價值。為增加特刊內容之趣味性，歡迎各會員投稿及借出照片。稿件內容可包括閣下的感想、參加活動的點滴等等。另特刊亦包括刊登 2000 年出生的兒童照片及贊助賀詞或廣告的篇幅，凡贊助 £388 可享有全頁廣告位，£250 可享有半頁廣告位，£150 可享有 1/4 頁廣告位，聯賀只需£25。所有贊助金額將直接用於本會未來的發展及改善華人社區服務。本會如蒙惠賜文章（中、英皆可）、借出照片或刊登賀詞的現金/支票，請於 6 月 28 日前交回本會。詳情請聯絡 候珍彩 07884262253。

十週年紀念慶祝會將於 9 月 12 日假座華人中心舉行，屆時備有豐富表演節目及盆菜宴，憑票入座。有興趣人士請於 8 月 1 日起駕臨本中心購票參加，每位£25，長、幼同價。

To celebrate the 15th anniversary of HDCCC and 10th anniversary of the completion of the building in 2010, a souvenir publication will be distributed to all members. We welcome any input from members in the form of writing about your experience with us or lending out some precious photos for printing. There will also be pages for advertisement or sponsorship list (£388/£250/£150 for the size of full page / ½ page / ¼ page or individual names for £25). All proceeds will be used for future development of HDCCC. There will also be a page for children's photo if they were born in 2000. We welcome members to input with photos of their children. For further information on the above, please contact Mrs Kitty Lau 07884262253.

The 10th Anniversary Celebration Party will be held on 12 September, 2010. Tickets (£25) will be on sale from 1st August at HDCCC.

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7 月 22 日舉辦購物一天遊，旅遊車接載由華人中心出發到 Upton Park 街市、泗和行、Greenwich 市集及中式茶樓品茗（約下午 3 時）。交通費每位£5，午餐自費。名額有限，報名從速。（長者優先）

One day Shopping Trip to Upton Park Market, SeeWo Chinese Supermarket & Greenwich Market will be held on 22 July. £5 for coach transportation. Lunch at Chinese restaurant on own account at around 3pm.

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婦女興趣班 Hobby Class

逢星期四 11.30 - 4.00 Thursdays

興趣班內容豐富，包括卡拉 OK、舞蹈、烹飪、棋藝、手工藝等等，每星期都有不同內容。舉辦的目的為會員提供一個聚合點，舒緩日常生活中的緊張，與其他會員無拘無束地閒聚幾小時。歡迎會員配合個人時間參加，每次£1，材料費另計。

The Hobby Class is held to provide a platform for relaxation from the hustle & bustle of everyday life. You can learn to cook specialty dishes, some arts & craft skill, or even just chat away or Karaoke away the hours with old and new friends. £1 per session. Ingredient fee extra.

中樂班招生 Chinese Music Class

逢星期一晚 7.30pm Mondays

哈勞及鄰區華人中心中樂組
現招新學員，本組具有資深導師：由麥浩昌老師教導古箏、二胡和笛子等樂器
上課時間：逢星期一【公眾假期除外】晚上 7:30 至 9:30
費用：每期 10 堂，費用 £50





太極班招生 Tai Chi Class (New arrangement)

逢星期四 10.30- 11.30am Thursdays

太極健身之好處 Benefits of practising Tai Chi

- 提高健康水平 Improve health
- 老少皆宜，更適合三十歲以上之人士 Suitable for people of all ages, particularly over thirty
- 既運動又養神 Medication in motion
- 有助緩解器官疾病徵狀。如：肺結核和糖尿病 Produce remissions for organic diseases like tuberculosis and diabetes mellitus
- 鍛鍊心肺，改善功能 Exercise the cardio-pulmonary system
- 不需特殊設備，不用鍛鍊伙伴 No special equipment or companion needed
- 不用花錢，在家、花園、在辦公室隨時可練 You can exercise on your patio, garden or office at any time with minimal expense and by yourself

長者聚餐 Elderly Lunch Club

 7月 5日	5 July 2010
 8月 2日	2 Aug 2010
 9月 6日	6 Sept 2010
 10月 11日	11 Oct 2010

翻譯服務 Advocacy Session

由 2010 年 7 月 6 日開始，逢星期二、五之翻譯服務時間更改如下：

上午 10 時 30 分至 12 時 30 分

From 6 July 2010, the advocacy session will be held from 10.30am-12.30pm every Tue & Fri.