

活動概覽 Activities Timetable 05 July 2021 (Valid from /生效)

會費每年£8，請申請或續會。Membership Fee £8 each year, please register.

有關查詢，請致電中心 For queries please call ICA on **020 7263 5986**

或電郵 or email: info@islingtonchinese.com



星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SunDAY
		11.00 - 12.00 Dance Class £5 舞蹈班 (by May Au)	11.00 - 12.15 Qigong Class £3 十八式氣功班 (by Keiko Sudo)			10.00 - 13.00 Taiji Circle 報名或查詢請聯絡: For enrollment and enquiry: E: info@taijicircle.com M. 07921765848
13.00 - 18.00 Karaoke 卡拉OK £3 Table Tennis 乒乓球 £3	13.00 - 18.00 Karaoke 卡拉OK £3 Table Tennis 乒乓球 £3	13.00 - 18.00 Karaoke 卡拉OK £3 Table Tennis 乒乓球 £3	13.00 - 18.00 Karaoke 卡拉OK £3 Table Tennis 乒乓球 £3	13.00 - 18.00 Karaoke 卡拉OK £3 Table Tennis 乒乓球 £3	13.00 - 21.00 Cantonese Opera 曲藝社 報名或查詢請聯絡: For enrollment and enquiry: M. 07880732948 Mrs Li 李蔡建芬	14.00 - 19.00 Sunday Karaoke £5 週日卡拉OK (biweekly Sunday 隔週日) (只接受會員參與 Members only)
18.00 - 20.00 Taiji Circle 報名或查詢請聯絡: For enrollment and enquiry: E: info@taijicircle.com M. 07921765848	18.00 - 20.00 Taiji Circle 報名或查詢請聯絡: For enrollment and enquiry: E: info@taijicircle.com M. 07921765848	18.00 - 21.00 Table tennis training class £10 乒乓球訓練班 £10	18.00 - 21.00 Table tennis training class £10 乒乓球訓練班 £10			
11.00 - 12.00 Chinese Calligraphy self-study group Free 中文書法自習小組 粵語教授 Teach in Cantonese				10.30 - 12.30 Smart brain Club £3 醒腦會 (coming soon)		
	12.30 - 13.30 Lunch Club 午膳會 £5			12.30 - 13.30 Light lunch 粥麵午餐 £3		
	13.30 - 14.30 English Chit-Chat Free 輕鬆英語班 (by Nicola Maria Philippou)		14.00 - 15.30 Mandarin Class £3 普通話班	13.30 - 15.00 Time for tea 茶館 £2		
	13.30 - 15.00 Time for tea 茶館 £2			16.00 - 20.00 Irish music		
	15.30 - 17.00 Smart brain Club £3 醒腦會 (coming soon)					
18.00 - 19.00 Cocaine Anonymous			18.00 - 19.00 Alcoholics Anonymous			
			20.00 - 21.00 Cocaine Anonymous			
中心活動 Centre activities		導師教學班 (實體/網上同步進行) Instructinoal hybrid class	導師教學班 (實體) Instructinoal class (physical class)	網上班 Online class	場地租用活動 (請直接向租用者查詢課堂詳情 Renter's Activities Please contact the renter for the class details)	即將推出 Coming soon

最新推出 (2021年7月6日開始) :

逢星期二及五- 茶館及醒腦會

逢星期五- 粥麵午餐

“全日通”優惠 :

每天僅需 8 英鎊，享用當天所有休閒活動包括早上氣功班、午餐會、乒乓球、卡拉 OK、還有稍後推出的茶館和醒腦會活動。(非會員12英鎊)

由於疫情下的安全考慮，ICA 所有活動都設有人數限制。請使用預訂熱線 Whatsapp :07724 828778

提前預訂。非會員需額外繳付每項活動3英鎊附加費。

Latest activities (Starting from 6 July 2021) :

Every Tuesday & Friday - Time for tea & Smart brain Club

Every Friday - Light lunch

'Day pass' offer :

Enjoy a pick and mix from all of ICA's recreational activities that day – Morning Qigong classes, lunch, table tennis, karaoke, Time for tea and Smart Brain club activities on days when they are scheduled for only £8 per day. (Non-members £12)

Places for all ICA activities are limited for Covid secure reasons. Please use the Bookings hotline Whatsapp 07724 828778 to make prior bookings. Non-members are required to pay an additional 3 pounds surcharge per activity.