



和景華人聯誼會

CHINESE ASSOCIATION OF WOKING

www.cawoking.org.uk

关于 CCP 组织的活动预告

CCP Notice

2019年11月5日星期二：CCP 举行太极活动。太極有助於平衡，因為它可以改善腿部力量，反射力和運動範圍。我们很高兴 Ana Lai 会来教我们太極。欢迎会员和非会员有兴趣的朋友共同来参加！

5th November 2019 Tuesday: CCP has organised Tai Chi session. Tai chi helps with balance because it improves leg strength, reflexes, and range of motion. We are pleased that Ana Lai will come to teach us Tai Chi. Both members and non-members are welcome to attend!



收费：收费：会员每人两镑，非会员每人三镑。欢迎大家带拿手小菜来聚餐，凡未带美食者，每人多交三镑。我们希望减少对地球的塑料污染，非常感谢您带上自己的杯子或餐具。

Costs: Member £2 each Non-Members £3 each. Please bring a main course along to share with the group. Those who does not bring any food along will pay an additional £3 per person. We would like to cut down the plastic pollution for earth, much appreciate to bring your own cup or cutlery.

Programme 节目时间表:

10:30am	CCP opens	活动开始
10:45am - 12:30pm	Tai Chi	太极活动
12:30pm - 2:00pm	Lunch	午餐

地点/Venue: Old Woking Community Centre, Sundridge Road,
Woking GU22 9AT

联络人/Contact : 孔繁紅/Fanhong Kong or Adela Shum ccp@cawoking.org.uk or via CCP wechat group