

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 2019**

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Long Distance Running Training Course										
40536678	14/10-16/12	M	19:00-21:00	Tuen Mun Tang Siu Kin SG	16+	130	40	5/9		
Breaststroke TC for Adult (Level I)										
40527977	9/10-30/10	M,W,F	8:00-9:00	Tuen Mun SP	18+	100	16	12/9		
40527981	9/10-30/10	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	16	12/9		
Breaststroke Swimming TC for Adult (Level II)										
40528766	2/10-25/10 (excl. 7/10)	M,W,F	7:00-8:00	Tuen Mun North West SP	18+	100	20	26/8-30/8 (5/9) {23/9}		
Front Crawl TC for Adult (Level II)										
40527978	9/10-30/10	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	20	26/8-30/8 (5/9) {23/9}		
Backstroke Training Course										
40527982	9/10-30/10	M,W,F	19:30-20:30	Tuen Mun SP	9+	100	20	26/8-30/8 (5/9) {23/9}		
40528765	2/10-25/10 (excl. 7/10)	M,W,F	19:30-20:30	Tuen Mun North West SP	9+	100	20	26/8-30/8 (5/9) {23/9}		
Butterfly Stroke Training Course										
40528767	2/10-25/10 (excl. 7/10)	M,W,F	20:30-21:30	Tuen Mun North West SP	9+	100	20	26/8-30/8 (5/9) {23/9}		
Front Crawl TC for Adult (Level III)										
40527983	9/10-30/10	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	20	26/8-30/8 (5/9) {23/9}		
Aerobic Dance Training Course										
40536592	3/10-14/11 (excl. 7/10)	M,Th	19:00-20:00	Tai Hing SC	14+	65	15	26/8-30/8 (5/9) {23/9}		
40536597	3/10-14/11 (excl. 7/10)	M,Th	20:00-21:00	Tai Hing SC	14+	65	15	26/8-30/8 (5/9) {23/9}		
40536624	16/10-22/11	W,F	9:00-10:00	Leung Tin SC	14+	65	20	10/9		
40536625	16/10-22/11	W,F	10:00-11:00	Leung Tin SC	14+	65	20	10/9		
40536699	23/10-29/11	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	12/9		
40536700	23/10-29/11	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	12/9		
40536701	22/10-28/11	Tu,Th	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	13/9		
40536702	22/10-28/11	Tu,Th	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	13/9		
Children Dance Training Course										
40536611	8/10-10/12	Tu	16:00-18:00	Tuen Mun Town Hall	4-11	60	20	4/9		
40536622	14/10-16/12	M	16:00-18:00	Leung Tin SC	4-11	60	20	4/9		
40536649	13/10-15/12	Su	9:00-11:00	Yau Oi SC	4-11	60	20	26/8-30/8 (5/9) {23/9}		
40536694	5/10-7/12	Sa	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	4-11	60	20	26/8-30/8 (5/9) {23/9}		
Chinese Dance Training Course										
40536616	16/10-18/12	W	14:00-16:00	Leung Tin SC	12+	45	20	2/9-6/9 (12/9){30/9}		
40536710	4/10-6/12	F	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	45	20	5/9		
40536711	14/10-16/12	M	15:00-17:00	The JC Tuen Mun Butterfly Beach SC	12+	45	20	5/9		
Fitness (Multi-gym) Training Course										
@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.										
Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.										
For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.										
For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.										
40536599	9/10-18/11	M,W	18:00-19:00	Tai Hing SC	15+	75	20	@9/9		
40536600	9/10-18/11	M,W	19:00-20:00	Tai Hing SC	15+	75	20	@9/9		
40536601	9/10-8/11 (excl. 14/10,28/10)	M,W,F	8:00-9:00	Tai Hing SC	15+	75	20	@11/9		
40536602	9/10-8/11 (excl. 14/10,28/10)	M,W,F	9:00-10:00	Tai Hing SC	15+	75	20	@11/9		
40536604	17/10-12/11	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	20	@12/9		
40536605	17/10-12/11	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	20	@12/9		
40536606	3/10-12/11	Tu,Th	20:00-21:00	Tai Hing SC	15+	75	20	@10/9		
40536607	3/10-12/11	Tu,Th	21:00-22:00	Tai Hing SC	15+	75	20	@10/9		
40536654	25/10-20/11	M,W,F	10:00-11:00	Yau Oi SC	15+	75	20	@11/9		
40536660	24/10-3/12	Tu,Th	19:00-20:00	Yau Oi SC	15+	75	20	@19/9		
40536661	24/10-3/12	Tu,Th	20:00-21:00	Yau Oi SC	15+	75	20	@19/9		
40536703	22/10-16/11	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@17/9		
40536704	22/10-16/11	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@17/9		
40536705	9/10-4/11	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@9/9		
40536706	23/10-29/11	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@18/9		

40536707	23/10-29/11	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@18/9		
Gymnastics Training Course										
40536648	12/10-14/12	Sa	14:00-16:00	Yau Oi SC	6+	54	20	26/8-30/8 (5/9) {23/9}		
Hydro Fitness Training Course										
40528768	3/10-19/11	Tu,Th	14:00-15:00	Tuen Mun North West SP	14+	80	30	26/8-30/8 (5/9) {23/9}		
40528769	3/10-19/11	Tu,Th	15:00-16:00	Tuen Mun North West SP	14+	80	30	26/8-30/8 (5/9) {23/9}		
Jazz Training Course										
40536613	14/10-16/12	M	18:00-20:00	Tuen Mun Town Hall	12+	70	30	10/9		
40536626	21/10-23/12	M	14:00-16:00	Leung Tin SC	12+	70	20	10/9		
40536627	20/10-22/12	Su	10:00-12:00	Leung Tin SC	12+	70	20	2/9-6/9 (12/9){30/9}		
40536708	6/10-8/12	Su	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	70	20	2/9-6/9 (12/9){30/9}		
40536709	11/10-13/12	F	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	12+	70	20	10/9		
Judo Training Course										
40536587	19/10-21/12	Sa	15:00-17:00	Tai Hing SC	6-50	65	20	4/9		
40536697	5/10-7/12	Sa	12:00-14:00	The JC Tuen Mun Butterfly Beach SC	6-50	65	20	4/9		
Social Dance Training Course										
40536608	13/10-15/12	Su	20:00-22:00	Tuen Mun Town Hall	14+	86	30	2/9-6/9 (12/9){30/9}		
40536609	14/10-16/12	M	18:00-20:00	Tuen Mun Town Hall	14+	86	30	2/9-6/9 (12/9){30/9}		
40536610	10/10-12/12	Th	19:00-21:00	Tuen Mun Town Hall	14+	86	30	2/9-6/9 (12/9){30/9}		
40536623	14/10-16/12	M	10:00-12:00	Leung Tin SC	14+	86	20	2/9-6/9 (12/9){30/9}		
40536640	8/10-7/11	Tu,Th	14:00-16:00	Yau Oi SC	14+	86	20	2/9-6/9 (12/9){30/9}		
40536645	10/10-12/12	Th	20:00-22:00	Yau Oi SC	14+	86	20	2/9-6/9 (12/9){30/9}		
40536650	14/10-16/12	M	10:00-12:00	Yau Oi SC	14+	86	20	2/9-6/9 (12/9){30/9}		
40536695	5/10-7/12	Sa	20:00-22:00	The JC Tuen Mun Butterfly Beach SC	14+	86	20	2/9-6/9 (12/9){30/9}		
Yoga Training Course										
40536612	2/10-4/12	W	12:00-14:00	Tuen Mun Town Hall	15+	85	30	26/8-30/8 (5/9) {23/9}		
Briefing on Proper Ways to Use Fitness Equipment										
40536582	4/10	F	19:00-22:00	Tai Hing SC	15+	Free	20	2/9		
40536628	13/10	Su	14:00-17:00	Leung Tin SC	15+	Free	20	2/9		
40536638	5/10	Sa	15:00-18:00	Yau Oi SC	15+	Free	20	2/9		
40536659	27/10	Su	15:00-18:00	Yau Oi SC	15+	Free	20	2/9		
40536712	14/10	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	2/9-6/9 (12/9){30/9}		
40536713	21/10	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	2/9-6/9 (12/9){30/9}		
40536714	8/10	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	2/9		
Body-Mind Stretch Training Course										
40536620	3/10-12/11	Tu,Th	19:00-20:00	Leung Tin SC	15+	85	24	26/8-30/8 (5/9) {23/9}		
40536621	3/10-12/11	Tu,Th	20:00-21:00	Leung Tin SC	15+	85	24	26/8-30/8 (5/9) {23/9}		
Parent-child (Aged 7-17) Badminton Fun Day										
40536681	20/10	Su	14:00-15:00	Tai Hing SC	7+	Free	24	19/9		
40536682	20/10	Su	15:00-16:00	Tai Hing SC	7+	Free	24	19/9		
40536683	20/10	Su	16:00-17:00	Tai Hing SC	7+	Free	24	19/9		
Badminton Training Course for Adult										
40536584	18/10-19/11	Tu,F	11:00-13:00	Tai Hing SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536617	9/10-11/11	M,W	19:00-21:00	Leung Tin SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536618	4/10-6/11	W,F	14:00-16:00	Leung Tin SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536619	13/10-15/12	Su	11:00-13:00	Leung Tin SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536641	8/10-7/11	Tu,Th	20:00-22:00	Yau Oi SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536656	21/10-21/11	M,Th	14:00-16:00	Yau Oi SC	18+	118	24	2/9-6/9 (12/9){30/9}		
40536657	21/10-21/11	M,Th	9:00-11:00	Yau Oi SC	18+	118	24	2/9-6/9 (12/9){30/9}		
Parent-child (Aged 7-17) Badminton TC										
40536679	19/10-23/11	Sa	10:00-12:00	Leung Tin SC	7+	73	24	2/9-6/9 (12/9){30/9}		
Chess Fun Day										
40536677	13/10	Su	14:00-17:00	Tuen Mun Park	All	Free	40	13/10	Walk-in	
Lawn Bowls Fun Day										
40536667	6/10	Su	14:00-15:00	Wu Shan Bowling Green	8+	Free	32	16/9		
40536668	6/10	Su	15:00-16:00	Wu Shan Bowling Green	8+	Free	32	16/9		
40536669	6/10	Su	16:00-17:00	Wu Shan Bowling Green	8+	Free	32	16/9		
Lawn Bowls Training Course										
40536666	6/10-24/11	Su	17:00-19:00	Wu Shan Bowling Green	8+	54	8	26/8-30/8 (5/9) {23/9}		
40536670	4/10-29/10	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	8	26/8-30/8 (5/9) {23/9}		
Lawn Bowls Training Course for Adult										
40536684	16/10-4/12	W	20:00-22:00	Wu Shan Bowling Green	20+	54	8	26/8-30/8 (5/9) {23/9}		
Mini-tennis Training Course										
40536615	13/10-15/12	Su	9:00-11:00	Leung Tin SC	6-12	70	16	26/8-30/8 (5/9) {23/9}		

Squash Training Course

40527969	3/10-29/10	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	6/9		
40536642	9/10-4/11	M,W	18:30-20:30	Yau Oi SC	7+	160	8	6/9		
40536643	9/10-4/11	M,W	20:30-22:30	Yau Oi SC	7+	160	8	6/9		

Table-tennis Training Course for Children

40527975	5/10-7/12	Sa	10:00-12:00	Tuen Mun SP Squash Courts	6-13	86	12	26/8-30/8 (5/9) {23/9}		
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Tennis Fun Day

40528686	9/10	W	18:00-19:00	Tsing Sin PG	8+	Free	12	17/9		
40528687	9/10	W	19:00-20:00	Tsing Sin PG	8+	Free	12	17/9		
40528688	9/10	W	20:00-21:00	Tsing Sin PG	8+	Free	12	17/9		
40528690	23/10	W	18:00-19:00	Tsing Sin PG	8+	Free	12	20/9		
40528691	23/10	W	19:00-20:00	Tsing Sin PG	8+	Free	12	20/9		
40528692	23/10	W	20:00-21:00	Tsing Sin PG	8+	Free	12	20/9		
40536663	5/10	Sa	15:00-16:00	Wu Shan TC	8+	Free	12	11/9		
40536664	5/10	Sa	16:00-17:00	Wu Shan TC	8+	Free	12	11/9		
40536665	5/10	Sa	17:00-18:00	Wu Shan TC	8+	Free	12	11/9		

Tennis Training Course

40528677	14/10-14/11	M,Th	9:00-11:00	Tsing Sin PG	8+	170	18	2/9-6/9 (12/9){30/9}		
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Tennis Training Course for Adult

40528671	6/10-8/12	Su	8:00-10:00	Tsing Sin PG	18+	170	18	2/9-6/9 (12/9){30/9}		
40528672	6/10-8/12	Su	10:00-12:00	Tsing Sin PG	18+	170	18	2/9-6/9 (12/9){30/9}		
40528675	14/10-14/11	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG	18+	170	18	2/9-6/9 (12/9){30/9}		
40528684	16/10-15/11	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG	18+	170	18	2/9-6/9 (12/9){30/9}		
40528689	14/10-14/11	M,Th	20:00-22:00	Tsing Sin PG	18+	170	18	2/9-6/9 (12/9){30/9}		
40536662	4/10-5/11	Tu,F	20:00-22:00	Wu Shan TC	18+	170	12	2/9-6/9 (12/9){30/9}		

Intermediate Tennis Training Course

40528685	15/10-15/11	Tu,F	19:00-21:00	Tsing Sin PG	8+	170	18	2/9-6/9 (12/9){30/9}		
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Basketball Training Course

40536614	13/10-15/12	Su	13:00-15:00	Leung Tin SC	10+	75	30	26/8-30/8 (5/9) {23/9}		
40536639	5/10-7/12	Sa	16:00-18:00	Yau Oi SC	10+	75	30	26/8-30/8 (5/9) {23/9}		

Cricket Fun Day

40536680	13/10	Su	10:00-13:00	Yeung King PG	6+	Free	30	3/9		
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TMD11-a-side Soccer League 2019

40536874	6/10-1/12	Su	10:00-18:00	Wu Shan Recreation PG	16+	100	16	15/8-22/8 (27/8) {16/9}		
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Soccer Training Course for Children

40536676	6/10-8/12	Su	9:00-11:00	San Wo Lane PG	6-13	60	24	3/9		
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Healthy Exercise for All-Hiking

40536674	20/10	Su	9:00-17:00	A7 Wong Nai Tau - Pak Sha Wan	6+	40	48	26/8-30/8 (5/9) {23/9}		
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Handicraft Fun Day

40527961	19/10	Sa	14:00-15:30	Tuen Mun SP Squash Courts	All	Free	30	18/9		
40527962	19/10	Sa	15:30-17:00	Tuen Mun SP Squash Courts	All	Free	30	18/9		

Activities for Persons with Disabilities Programme Number (Class code)
(free of charge)

Date	Day	Time	Venue	Age Quota	Date of Enrolment (Balloting) (Open Enrolment for Remaining Quota)	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows:
 Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Body-Mind Stretch Training Scheme for Persons with Chronic Illness

40536687	10/10-31/10	Th	14:00-16:00	Tai Hing SC	18+	4	26/8		
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Day Camp for Persons with Intellectual Disability

40536690	25/10	F	9:45-15:00	Tso Kung Tam ORC	All	19	26/8		
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Body-Ming Stretch Training Programme for Persons with Physical Disability






40535910	3/10-22/10	Tu,Th	14:00-15:30	Leung Tin SC	15+	20	16/8		
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Mini-tennis Fun Day for Persons with Physical Disability

40536692	16/10	W	10:00-12:00	Leung Tin SC	6+	3	26/8		
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Day Camp for Persons with Disabilities

40536686	24/10	Th	9:00-17:00	Sai Kung ORC	All	19	26/8		
Carnival for PWD 2019									
40536634	18/10	F	10:00-15:00	Siu Lun SG	All	1400	18/10	Walk-in	
Outreaching for Persons with Disabilities									
40540386	5/10-30/11 (excl. 12/10,26/10,2/11,9/11,23/11)	Sa	10:00-12:00	Tuen Mun	6+	5	26/8		
40540390	19/10-9/11	Sa	9:30-11:30	Tuen Mun	15+	5	26/8		
40540393	17/10-7/11	Th	19:00-21:00	Tuen Mun	6+	4	26/8		
Activities for Elderly									
Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrolment <small>(Balloting) (Open Enrolment for Remaining Quota)</small>	Enrolment Method		
Swimming Training Cr for Elderly (Level I)									
40527958	9/10-30/10	M,W,F	7:00-8:00	Tuen Mun SP	16	26/8-30/8 (5/9) {23/9}			
40527980	9/10-30/10	M,W,F	19:30-20:30	Tuen Mun SP	16	26/8-30/8 (5/9) {23/9}			
40528764	2/10-25/10 (excl. 7/10)	M,W,F	8:00-9:00	Tuen Mun North West SP	16	26/8-30/8 (5/9) {23/9}			
Swimming Training Course for Elderly (Level II)									
40527979	9/10-30/10	M,W,F	8:00-9:00	Tuen Mun SP	20	26/8-30/8 (5/9) {23/9}			
Fitness Training Course for Elderly									
40536658	25/10-25/11	M,W,F	8:00-9:00	Yau Oi SC	20	2/9-6/9 (12/9) {30/9}			
Fitness (Multi-gym) Training Course for Elderly									
<p>@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.</p> <p>Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.</p> <p>For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.</p> <p>For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.</p>									
40536585	3/10-29/10	Tu,Th,Sa	14:00-15:00	Tai Hing SC	20	@26/8-30/8 (5/9){23/9}			
40536586	3/10-29/10	Tu,Th,Sa	15:00-16:00	Tai Hing SC	20	@26/8-30/8 (5/9){23/9}			
40536603	9/10-8/11 (excl. 14/10,28/10)	M,W,F	10:00-11:00	Tai Hing SC	20	@26/8-30/8 (5/9){23/9}			
40536655	25/10-20/11	M,W,F	9:00-10:00	Yau Oi SC	20	@26/8-30/8 (5/9){23/9}			
40536693	22/10-16/11	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	20	@26/8-30/8 (5/9){23/9}			
40536696	9/10-4/11	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC	20	@26/8-30/8 (5/9){23/9}			
Social Dance Fun Day for Elderly									
40536646	11/10	F	10:00-11:00	Yau Oi SC	20	9/9			
40536647	11/10	F	9:00-10:00	Yau Oi SC	20	9/9			
Social Dance Training Course for Elderly									
40536653	16/10-15/11	W,F	9:00-11:00	Yau Oi SC	20	2/9-6/9 (12/9) {30/9}			
HES-Chess and Table-tennis Fun Day									
40536698	3/10-24/10	Th	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	30	3/10-17/10	Walk-in		
Healthy Elderly Scheme-Badminton Self Practice Scheme									
40536630	14/10-28/10	M	9:00-10:00	Leung Tin SC	20	14/10-28/10	Walk-in		
40536631	14/10-28/10	M	10:00-11:00	Leung Tin SC	20	14/10-28/10	Walk-in		
Healthy Elderly Scheme-Fitness Fun Day									
40536632	3/10-31/10	Th	8:00-10:00	Leung Tin SC	30	2/9-6/9 (12/9) {30/9}			
40536644	9/10-30/10	W	9:00-11:00	Yau Oi SC	30	2/9-6/9 (12/9) {30/9}			
Healthy Elderly Scheme-Gateball Fun Day									
40536588	2/10-30/10	W	7:00-8:00	Tai Hing SC	20	13/9			
40536590	2/10-30/10	W	8:00-9:00	Tai Hing SC	20	13/9			
40536636	3/10-31/10	Th	7:00-8:00	Yau Oi SC	20	16/9			
40536637	3/10-31/10	Th	8:00-9:00	Yau Oi SC	20	16/9			
Healthy Elderly Scheme-Lawn Bowls Fun Day									

40536673	3/10-31/10	Th	9:00-11:00	Wu Shan Bowling Green	16	3/10-31/10	Walk-in
Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme							
40536671	2/10-30/10	W	9:00-10:00	Wu Shan Bowling Green	24	2/10-30/10	Walk-in
40536672	2/10-30/10	W	10:00-11:00	Wu Shan Bowling Green	24	2/10-30/10	Walk-in
Healthy Elderly Scheme-Table Tennis Fun Day							
40536651	14/10-28/10	M	10:00-11:00	Yau Oi SC	20	20/9	 
40536652	14/10-28/10	M	9:00-10:00	Yau Oi SC	20	20/9	 
Gateball Training Course for Elderly							
40536675	19/10-7/12	Sa	8:00-10:00	San Wo Lane PG	15	3/9	 
Excursion for Elderly							
40528693	14/10	M	9:00-17:00	Tamar Park, Quarry Bay Park	96	26/8-30/8 (5/9) {23/9}	