

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

Sha Tin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running Training Course									
40544024 (ST1246)	4/10-6/12	F	19:30-21:30	Ma On Shan SG	16+	130	40	2/9	
Aerobic Dance Training Course									
40544025 (ST1247)	2/10-8/11	W,F	9:00-10:00	Heng On SC	14+	65	20	10/9	
40544026 (ST1248)	2/10-8/11	W,F	20:00-21:00	Heng On SC	14+	65	20	10/9	
40544027 (ST1249)	10/10-19/11	Tu,Th	9:00-10:00	Heng On SC	14+	65	20	11/9	
40544028 (ST1250)	10/10-19/11	Tu,Th	10:00-11:00	Heng On SC	14+	65	20	11/9	
40544029 (ST1251)	3/10-12/11	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	20	13/9	
40544030 (ST1252)	3/10-12/11	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	20	13/9	
40544031 (ST1253)	3/10-12/11	Tu,Th	19:00-20:00	Hin Keng SC	14+	65	20	12/9	
40544032 (ST1254)	3/10-12/11	Tu,Th	20:00-21:00	Hin Keng SC	14+	65	20	12/9	
40544033 (ST1255)	2/10-20/11 (excl. 30/10,1/11,6/11)	W,F	14:00-15:00	Ma On Shan SC	14+	65	20	17/8-21/8 (28/8){19/9}	
40544034 (ST1256)	11/10-29/11 (excl. 28/10,1/11,4/11)	M,F	19:00-20:00	Ma On Shan SC	14+	65	20	17/8-21/8 (28/8){19/9}	
40544035 (ST1257)	11/10-29/11 (excl. 28/10,1/11,4/11)	M,F	20:00-21:00	Ma On Shan SC	14+	65	20	17/8-21/8 (28/8){19/9}	
40544037 (ST1259)	10/10-19/11	Tu,Th	10:00-11:00	Mei Lam SC	14+	65	30	16/9	
40544038 (ST1260)	10/10-19/11	Tu,Th	14:00-15:00	Mei Lam SC	14+	65	30	17/9	
40544039 (ST1261)	9/10-15/11	W,F	9:00-10:00	Yuen Wo RD. SC	14+	65	20	10/9	
40544040 (ST1262)	9/10-15/11	W,F	10:00-11:00	Yuen Wo RD. SC	14+	65	20	10/9	
40544041 (ST1263)	9/10-15/11	W,F	19:00-20:00	Yuen Wo RD. SC	14+	65	25	12/9	
40544042 (ST1264)	9/10-15/11	W,F	20:00-21:00	Yuen Wo RD. SC	14+	65	25	12/9	
40544043 (ST1265)	10/10-19/11	Tu,Th	8:00-9:00	Yuen Wo RD. SC	14+	65	20	11/9	
40544044 (ST1266)	10/10-19/11	Tu,Th	9:00-10:00	Yuen Wo RD. SC	14+	65	20	11/9	
40544045 (ST1267)	10/10-19/11	Tu,Th	10:00-11:00	Yuen Wo RD. SC	14+	65	20	11/9	
40544046 (ST1268)	10/10-19/11	Tu,Th	13:00-14:00	Yuen Wo RD. SC	14+	65	20	13/9	
40544047 (ST1269)	10/10-19/11	Tu,Th	14:00-15:00	Yuen Wo RD. SC	14+	65	20	13/9	
Baduanjin Training Course									
40544048 (ST1270)	8/10-26/11 (excl. 29/10,31/10,5/11)	Tu,Th	15:00-16:00	Ma On Shan SC	8+	80	30	17/8-21/8 (28/8){19/9}	
40544049 (ST1271)	8/10-26/11 (excl. 29/10,31/10,5/11)	Tu,Th	16:00-17:00	Ma On Shan SC	8+	80	30	17/8-21/8 (28/8){19/9}	
Children Dance Training Course									
40544050 (ST1272)	6/10-8/12	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	4-6	60	20	3/9	
40544051 (ST1273)	6/10-15/12 (excl. 3/11)	Su	14:00-16:00	Ma On Shan SC	4-6	60	20	3/9	
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.									
40544052 (ST1274)	2/10-4/11 (excl. 7/10,14/10,28/10)	M,W,F	9:00-10:00	Heng On SC	15+	75	20	@16/9	
40544053 (ST1275)	15/10-9/11	Tu,Th,Sa	19:00-20:00	Heng On SC	15+	75	20	@18/9	
40544054 (ST1276)	15/10-9/11	Tu,Th,Sa	20:00-21:00	Heng On SC	15+	75	20	@18/9	
40544055 (ST1277)	2/10-8/11	W,F	13:00-14:00	Ma On Shan SC	15+	75	20	@20/9	
40544056 (ST1278)	10/10-19/11	Tu,Th	9:00-10:00	Ma On Shan SC	15+	75	20	@17/9	
40544057 (ST1279)	10/10-19/11	Tu,Th	10:00-11:00	Ma On Shan SC	15+	75	20	@17/9	
40544063 (ST1285)	9/10-18/11	M,W	8:00-9:00	Yuen Chau Kok SC	15+	75	30	@18/9	
40544064 (ST1286)	9/10-18/11	M,W	9:00-10:00	Yuen Chau Kok SC	15+	75	30	@18/9	
40544065 (ST1287)	24/10-12/12 (excl. 7/11,21/11,5/12)	Tu,Th	9:00-10:00	Yuen Chau Kok SC	15+	75	30	@19/9	
Social Dance Training Course									
40544066 (ST1288)	3/10-12/12 (excl. 31/10)	Th	11:00-13:00	Ma On Shan SC	14+	86	26	17/8-21/8 (28/8){19/9}	
40544067 (ST1289)	5/10-21/12 (excl. 2/11,23/11)	Sa	15:00-17:00	Ma On Shan SC	14+	86	26	17/8-21/8 (28/8){19/9}	
40544068 (ST1290)	9/10-20/11 (excl. 30/10,1/11,6/11)	W,F	9:00-11:00	Ma On Shan SC	14+	86	26	17/8-21/8 (28/8){19/9}	

40544069 (ST1291)	15/10-14/11	Tu,Th	20:00-22:00	Mei Lam SC	14+	86	30	17/8-21/8 (28/8){19/9}	☒
40544070 (ST1292)	3/10-5/12	Th	21:00-23:00	Sha Tin Town Hall	14+	86	30	17/8-21/8 (28/8){19/9}	☒
Intermediate Social Dance Training Course									
40544071 (ST1293)	6/10-8/12	Su	20:00-22:00	Sha Tin Town Hall	14+	86	30	17/8-21/8 (28/8){19/9}	☒
Tai Chi Made Easy Class									
40544072 (ST1294)	6/10-22/12	Su	8:00-9:00	On Luk ST. Park	6+	54	30	17/8-21/8 (28/8){19/9}	☒
40544073 (ST1295)	5/10-21/12	Sa	16:00-17:00	Sha Tin Park (Verandah)	6+	54	30	17/8-21/8 (28/8){19/9}	☒
Tai Chi Sword Training Course									
40544075 (ST1296)	3/10-24/3 (excl. 26/12,28/1)	Tu,Th	7:00-8:00	Hin Tin PG	6+	60	50	6/9	☒ i
Wushu Fun Day									
40544076 (ST1297)	20/10	Su	14:00-17:00	Piazza outside Ma On Shan SC	All	Free	1000	20/10	Walk-in
Yoga Training Course									
40544077 (ST1298)	5/10-7/12	Sa	9:00-11:00	Yuen Wo RD. SC	15+	85	25	17/8-21/8 (28/8){19/9}	☒
40544078 (ST1299)	8/10-10/12	Tu	15:00-17:00	Hin Keng SC	15+	85	20	17/8-21/8 (28/8){19/9}	☒
40544079 (ST1300)	6/10-15/12 (excl. 3/11)	Su	10:00-12:00	Ma On Shan SC	15+	85	25	17/8-21/8 (28/8){19/9}	☒
40544080 (ST1301)	5/10-7/12	Sa	10:00-12:00	Mei Lam SC	15+	85	30	17/8-21/8 (28/8){19/9}	☒
40544082 (ST1303)	15/10-17/12	Tu	19:00-21:00	Yuen Wo RD. SC	15+	85	25	17/8-21/8 (28/8){19/9}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40544083 (ST1304)	6/10	Su	9:00-12:00	Heng On SC	15+	Free	20	17/8-21/8 (28/8){19/9}	☒
40544084 (ST1305)	12/10	Sa	14:00-17:00	Ma On Shan SC	15+	Free	25	17/8-21/8 (28/8){19/9}	☒
40544086 (ST1307)	19/10	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	17/8-21/8 (28/8){19/9}	☒
Fitness Walking Briefing Session									
40544088 (ST1308)	13/10	Su	16:00-18:00	Mo On Shan Promenade	6+	Free	30	2/9	☒ i
Body-Mind Stretch Training Course									
40544089 (ST1309)	30/10-7/12	W,Sa	19:00-20:00	Yuen Chau Kok SC	15+	85	24	3/9	☒ i
40544090 (ST1310)	30/10-7/12	W,Sa	20:00-21:00	Yuen Chau Kok SC	15+	85	24	3/9	☒ i
Parent-Child (Aged 7-17) Badminton Fun Day									
40544093 (ST1313)	20/10	Su	14:00-15:00	Yuen Wo RD. SC	7+	Free	18	17/8-21/8 (28/8){19/9}	☒
40544094 (ST1314)	20/10	Su	15:00-16:00	Yuen Wo RD. SC	7+	Free	18	17/8-21/8 (28/8){19/9}	☒
40544095 (ST1315)	20/10	Su	16:00-17:00	Yuen Wo RD. SC	7+	Free	18	17/8-21/8 (28/8){19/9}	☒
40544096 (ST1316)	20/10	Su	14:00-15:00	Yuen Chau Kok SC	7+	Free	24	17/8-21/8 (28/8){19/9}	☒
40544097 (ST1317)	20/10	Su	15:00-16:00	Yuen Chau Kok SC	7+	Free	24	17/8-21/8 (28/8){19/9}	☒
40544098 (ST1318)	20/10	Su	16:00-17:00	Yuen Chau Kok SC	7+	Free	24	17/8-21/8 (28/8){19/9}	☒
Badminton Training Course									
40544099 (ST1319)	14/10-13/11	M,W	19:00-21:00	Heng On SC(non-air cond.)	7+	118	18	17/8-21/8 (28/8){19/9}	☒
40544100 (ST1320)	14/10-14/11	M,Th	19:00-21:00	Hin Keng SC (non air-cond.)	7+	118	18	17/8-21/8 (28/8){19/9}	☒
40544101 (ST1321)	15/10-15/11	Tu,F	9:00-11:00	Hin Keng SC (non air-cond.)	7+	118	18	17/8-21/8 (28/8){19/9}	☒
40544102 (ST1322)	8/10-19/11 (excl. 29/10,31/10,5/11)	Tu,Th	19:00-21:00	Ma On Shan SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544103 (ST1323)	23/10-6/12 (excl. 30/10,1/11,6/11,22/11)	W,F	13:00-15:00	Ma On Shan SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544104 (ST1324)	26/10-8/2 (excl. 2/11,23/11,14/12,21/12,18/1,25/1)	Sa	8:00-10:00	Ma On Shan SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544105 (ST1325)	8/10-7/11	Tu,Th	19:00-21:00	Mei Lam SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544106 (ST1326)	9/10-8/11	W,F	9:00-11:00	Mei Lam SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544107 (ST1327)	2/10-6/11 (excl. 7/10)	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
40544108 (ST1328)	15/10-15/11	Tu,F	19:00-21:00	Yuen Wo RD. SC	7+	118	24	17/8-21/8 (28/8){19/9}	☒
Lawn Bowls Practice Scheme									
40544111 (ST1331)	2/10-27/11 (excl. 7/10)	M,W,F	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	60	4/9	☒ i
Lawn Bowls Training Course									
40544112 (ST1332)	15/10-7/11	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	8	5/9	☒ i
40544113 (ST1333)	15/10-7/11	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	8	5/9	☒ i
40544114 (ST1334)	30/10-22/11	W,F	15:00-17:00	Siu Lek Yuen RD. PG	8+	54	8	5/9	☒ i
40544115 (ST1335)	30/10-22/11	W,F	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	8	17/8-21/8 (28/8){19/9}	☒
Squash Training Course									
40544116 (ST1336)	5/10-23/11	Sa	12:00-14:00	Mei Lam SC	7+	160	8	5/9	☒ i
40544117 (ST1337)	14/10-7/11	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	17/8-21/8 (28/8){19/9}	☒
40544118 (ST1338)	16/10-8/11	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	17/8-21/8 (28/8){19/9}	☒

40544119 (ST1339)	22/10-14/11	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	17/8-21/8 (28/8){19/9}	☒
Table-tennis Training Course									
40544120 (ST1340)	5/10-7/12	Sa	15:00-17:00	Heng On SC(non air-cond.)	6+	86	24	17/8-21/8 (28/8){19/9}	☒
40544121 (ST1341)	6/10-29/12 (excl. 24/11,1/12,22/12)	Su	10:00-12:00	Hin Keng SC (non air-cond.)	6+	86	24	17/8-21/8 (28/8){19/9}	☒
40544122 (ST1342)	9/10-20/11 (excl. 30/10,1/11,6/11)	W,F	9:00-11:00	Ma On Shan SC	14+	86	24	17/8-21/8 (28/8){19/9}	☒
40544123 (ST1343)	14/10-29/11 (excl. 28/10,1/11,4/11,22/11)	M,F	19:00-21:00	Ma On Shan SC	14+	86	24	17/8-21/8 (28/8){19/9}	☒
40544124 (ST1344)	14/10-16/12	M	19:00-21:00	Mei Lam SC	6+	86	24	17/8-21/8 (28/8){19/9}	☒
Tennis Training Course									
40544125 (ST1345)	11/10-12/11	Tu,F	19:00-21:00	Hin Tin PG	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544126 (ST1346)	5/10-7/12	Sa	15:00-17:00	Siu Lek Yuen RD. PG	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544127 (ST1347)	6/10-8/12	Su	14:00-16:00	Siu Lek Yuen RD. PG	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544128 (ST1348)	15/10-14/11	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544129 (ST1349)	5/10-7/12	Sa	16:00-18:00	Tsang Tai Uk Recreation Ground	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544130 (ST1350)	17/10-18/11	M,Th	19:00-21:00	Tsang Tai Uk Recreation Ground	8+	170	12	17/8-21/8 (28/8){19/9}	☒
40544131 (ST1351)	14/10-13/11	M,W	19:00-21:00	Yuen Wo PG	8+	170	18	17/8-21/8 (28/8){19/9}	☒
40544132 (ST1352)	24/10-26/11	Tu,Th	9:00-11:00	Yuen Wo PG	8+	170	18	17/8-21/8 (28/8){19/9}	☒
Go Tr. Cr. (Level II)									
40544109 (ST1329)	13/10-17/11	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	6+	40	20	17/8-21/8 (28/8){19/9}	☒
40544110 (ST1330)	13/10-17/11	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	6+	40	20	17/8-21/8 (28/8){19/9}	☒
The 39th Sha Tin Cup Football Competition*									
40543885 (QST1244)	14/10-9/12	M,W,Th	20:00-23:00	Tsang Tai Uk Recreation Ground	16+	100	24	12/8-22/8 (29/8){19/9}	☒
Gateball Training Course for Adults									
40544133 (ST1353)	2/10-25/10	W,F	15:00-17:00	Ma On Shan Recreation Ground	20+	54	15	9/9	☒ i
Day Camp for Families									
40534882 (ST0641)	13/10	Su	9:00-17:00	Sai Kung ORC	All	60	48	9/9	☒
Healthy Exercise For All Campaign - Hiking									
40541065 (ST1124)	13/10	Su	9:00-17:00	Tai Au Mun - Hang Hau	6+	40	48	17/8-21/8 (28/8){19/9}	☒
Community Garden Programme									
40544135 (ST1355)	19/10-22/2	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Che Kung Miu RD. P/G Community Garden	12+	400	30	17/8-21/8 (28/8){19/9}	☒

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment 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 PWs 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 PWs 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.

Lawn Bowls FD for Ex-mentally III Persons

40537479 (ST0900)	11/10	F	14:00-16:00	Siu Lek Yuen RD. PG	8+	3	28/8	☒ i
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Aerobic Dacne TC for Intellectual Disability

40537392 (ST0879)	3/10-21/11	Th	16:00-17:00	Yuen Wo RD. SC	14+	3	28/8	☒ i
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Day Camp for Intellectual Disabled Persons

40537302 (ST0861)	18/10	F	10:30-15:00	Lady MacLehose HV	All	4	28/8	☒ i
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Residential Camp for Intellectual Disabled

40537307 (ST0863)	23/10-24/10	W,Th	14:30-12:00	Sai Kung ORC	All	3	28/8	☒ i
40537316 (ST0868)	25/10-26/10	F,Sa	14:30-12:00	Tso Kung Tam ORC	All	6	28/8	☒ i

Land Excursion for Physical Disabled Persons

40537322 (ST0874)	9/10	W	9:00-16:00	The Education University of Hong Kong	All	4	28/8	☒ i
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STD Sports Carnival for All cum PWD

40544134 (ST1354)	12/10	Sa	14:00-17:00	Shui Chuen O Estate	All	2200	12/10	Walk-in
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Chinese Dance Training Course for Elderly

40544137 (ST1357)	15/10-17/12	Tu	8:00-10:00	Hin Keng SC	20	18/8-22/8 (29/8) {20/9}	✉
40544138 (ST1358)	15/10-17/12	Tu	10:00-12:00	Hin Keng SC	20	18/8-22/8 (29/8) {20/9}	✉
40544139 (ST1359)	16/10-15/11	W,F	8:00-10:00	Yuen Wo RD. SC	30	18/8-22/8 (29/8) {20/9}	✉
40544140 (ST1360)	16/10-15/11	W,F	10:00-12:00	Yuen Wo RD. SC	30	18/8-22/8 (29/8) {20/9}	✉

Fitness Exercise Training Course for Elderly

40544141 (ST1361)	9/10-25/11	M,W	15:00-16:00	Heng On SC	20	18/8-22/8 (29/8) {20/9}	✉
40544142 (ST1362)	9/10-25/11	M,W	16:00-17:00	Heng On SC	20	18/8-22/8 (29/8) {20/9}	✉
40544143 (ST1363)	15/10-28/11	Tu,Th	8:00-9:00	Yuen Wo RD. SC	25	18/8-22/8 (29/8) {20/9}	✉
40544144 (ST1364)	15/10-28/11	Tu,Th	9:00-10:00	Yuen Wo RD. SC	25	18/8-22/8 (29/8) {20/9}	✉
40544145 (ST1365)	15/10-28/11	Tu,Th	10:00-11:00	Yuen Wo RD. SC	25	18/8-22/8 (29/8) {20/9}	✉

Fitness (Multi-gym) Tr. Cr. for Elderly

@ 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.

40544146 (ST1366)	2/10-4/11 (excl. 7/10,14/10,28/10)	M,W,F	8:00-9:00	Heng On SC	20	@18/8-22/8 (29/8){20/9}	✉
40544149 (ST1369)	24/10-12/12 (excl. 7/11,21/11,5/12)	Tu,Th	8:00-9:00	Yuen Chau Kok SC	30	@18/8-22/8 (29/8){20/9}	✉

HES - Social Dance Fun Day for Elderly

40544150 (ST1370)	4/10-25/10	F	10:00-11:30	Heng On SC	30	4/10-25/10	Walk-in
40544151 (ST1371)	4/10-25/10	F	11:30-13:00	Heng On SC	30	4/10-25/10	Walk-in

Social Dance Tr. Cr. for Elderly

40544152 (ST1372)	11/10-13/11	W,F	8:00-10:00	Hin Keng SC	20	18/8-22/8 (29/8) {20/9}	✉
40544153 (ST1373)	11/10-13/11	W,F	10:00-12:00	Hin Keng SC	20	18/8-22/8 (29/8) {20/9}	✉

Tai Chi Tr. Cr. for Elderly

40544154 (ST1374)	2/10-20/11 (excl. 30/10,1/11,6/11)	W,F	7:00-8:00	Ma On Shan SC	30	18/8-22/8 (29/8) {20/9}	✉
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HES - Badminton Fun Day for Elderly

40544155 (ST1375)	2/10-30/10 (excl. 7/10)	M,W	8:00-10:00	Yuen Chau Kok SC	24	2/10-30/10	Walk-in
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HES - Table-tennis Fun Day for Elderly

40544156 (ST1376)	2/10-30/10	W,F	8:00-10:00	Hin Keng SC	24	2/10-30/10	Walk-in
40544157 (ST1377)	3/10-24/10	Th	12:00-14:00	Ma On Shan SC	48	3/10-24/10	Walk-in
40544158 (ST1378)	8/10-22/10	Tu	14:00-16:00	Ma On Shan SC	48	8/10-22/10	Walk-in
40544159 (ST1379)	3/10-31/10	Tu,Th	8:00-10:00	Mei Lam SC	16	3/10-31/10	Walk-in
40544160 (ST1380)	4/10-29/10	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	24	4/10-29/10	Walk-in
40544161 (ST1381)	4/10-29/10	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	24	4/10-29/10	Walk-in
40544162 (ST1382)	2/10-30/10 (excl. 7/10)	M,W	14:00-16:00	Siu Lek Yuen RD. PG	16	2/10-30/10	Walk-in
40544163 (ST1383)	3/10-31/10 (excl. 7/10)	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	16	3/10-31/10	Walk-in
40544164 (ST1384)	2/10-30/10 (excl. 7/10)	M,W	9:00-11:00	Yuen Chau Kok SC	16	2/10-30/10	Walk-in
40544165 (ST1385)	4/10-29/10 (excl. 8/10)	Tu,F	8:00-10:00	Yuen Wo RD. SC	16	4/10-29/10	Walk-in

40544166 (ST1386)	4/10-29/10 (excl. 8/10)	Tu,F	10:00-12:00	Yuen Wo RD. SC	16	4/10-29/10	Walk-in
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Gateball Fun Day for Elderly

40544168 (ST1388)	10/10	Th	15:00-17:00	Ma On Shan Recreation Ground	30	10/10	Walk-in
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