



Lions Befrienders Neighbourhood Link (Bendemeer)

Weekly Activity Schedule

Updated on: 23-Mar-10

Day	Time	Activity	Fees Member/ Non Member	Duration of Payment	Person-in-Charge	Venue
MONDAY	10.00am - 11.00am	Japanese Class	Free		Mr Boo Sei Keng	Training Rm
	12.00nn - 1.00pm	Lunch Break				
	1.00pm - 2.30pm	Movie Screening	Free		Staff	Karaoke Rm
	2.00pm - 4.30pm	Flower making	Free		Senior Helpers	Activity Rm
	5.00pm - 6.00pm	Free & Easy				
TUESDAY	9.00am - 10.00am	Wellness Exercise	Free		Mdm Tan Cheow Lin	Field Outside Centre
	12.00nn - 1.00pm	Lunch Break				
	2.00pm - 4.30pm	Flower making	Free		Senior Helpers	Activity Rm
	2.30pm - 4.00pm	Mandarin Class	Free		Lion Serene Mah	Training Rm
	4.00pm - 6.00pm	Free & Easy				
WEDNESDAY	9.30am - 10.30am	Morning English Chat	Free		Joan	Karaoke Rm
	10.00am - 11.00am	English Class	Free		Ms Doreen Yong	Training Rm
	12.00nn - 1.00pm	Lunch Break				
	1.30pm - 2.00pm	Xiang Gong	Free		Mdm Alice Ng/ Senior Helper	Training Rm
	1.30pm - 4.30pm	Karaoke	\$2 (Member) \$3 (Non-member)	Per Session	Mdm Alice Ng/ Senior Helper	Karaoke Rm
	2.00pm - 4.30pm	Flower making	Free		Senior Helpers	Activity Rm
4.00pm - 6.00pm	Free & Easy					
THURSDAY	9.00am - 10.00am	Wellness Exercise	Free		Mdm Tan Cheow Lin	Field Outside Centre
	10.00am - 11.00am	Japanese Class	Free		Mr Boo Sei Keng	Training Rm
	11.00am - 12.30pm	Line Dance	\$36	12 Sessions	Ms Irene Chan	Karaoke Rm
	12.00pm - 1.00pm	Lunch Break				
	1.00pm	TCM	Free			Eunos Crescent
	2.00pm - 3.30pm	Social Dance	\$36	12 Sessions	Ms Amy	Karaoke Rm
	2.00pm - 4.30pm	Flower making	Free		Senior Helpers	Activity Rm
4.00pm - 6.00pm	Free & Easy					
FRIDAY	9.30am - 11.30am	Sing along	\$0.20 (Printing cost)	1 Session	Mr Sze Chun Min Mdm Sim Lee Lee	Karaoke Rm
	11.30am - 12.30pm	Bingo	Free		Ms Margaret Lee	Training Rm
	12.00nn - 1.00pm	Lunch Break				
	1.30pm - 4.30pm	Karaoke	\$2 (Member) \$3 (Non-member)	Per Session	Volunteer	Karaoke Rm
	2.00pm - 3.00pm	Chinese Calligraphy	Free		Mr Boo Sei Keng/ Mr Chia Mun Meng	Training Rm
	2.00pm - 4.30pm	Flower making	Free		Senior Helpers	Activity Rm
	4.00pm - 6.00pm	Free & Easy				
SAT	9.00am - 10.00am	Wellness Exercise	Free		Mdm Tan Cheow Lin	Field Outside Centre
	9.00am - 1.30pm	Free & Easy				