

DATES FOR YOUR DIARY 2010

Month	Date	Day	Time	Description
January	11	Monday	10:15am	Easy Ways to Stretch at Home by S.Chow (<i>Commencement Day</i>)
	11	Monday	12noon	Gentle Yoga for Charity (<i>Commencement Day</i>)
	11	Monday	6:30pm	Wellness Series - "How to Use Life Coaching Tools to Have a Balanced Life" by Ana Scherer, Life Coach
	11	Monday	6:45pm	Wild Goose Qigong First Form (1st 64) - Practice Sessions (<i>Commencement Day</i>)
	12	Tuesday	7:00pm	Social Bridge Evening
	13	Wednesday	12noon	Wild Goose Qigong Second Form (2nd 64) - Part II (<i>Commencement Day</i>)
	14	Thursday	10:30am	Oil Pastel Drawing (<i>Commencement Day</i>)
	29	Friday	6:00pm	Talk on China's Giant Pandas (<i>Joint Event with Royal Asiatic Society</i>)
February	3	Wednesday	7:00pm	Seminar on Chocolate & Wine Pairing
	4	Thursday	7:00pm	Social Bridge Evening
	5	Friday	9:30am	Chanel Beauty Workshop
	23	Tuesday	10:15am	Spring Study Group (<i>Commencement Day</i>)
March	1	Monday	12noon	Gentle Yoga for Charity (<i>Commencement Day</i>)
	1	Monday	10:15am	Easy Ways to Stretch at Home by S.Chow (<i>Commencement Day</i>)
	2	Tuesday	9:30am	Chanel Beauty Workshop
	3	Wednesday	7:00pm	Social Bridge Evening
	6	Saturday	7:00pm	Murder Mystery Dinner Party: Movie Stars & Murder
	8	Monday	12noon	International Women's Day Luncheon
	8	Monday	6:45pm	Eight Section Brocade Qigong Course (<i>Commencement Day</i>)
	10	Wednesday	2:30pm	Charity Bridge Tea
	10	Wednesday	12noon	Qigong Healing Dance Course (<i>Commencement Day</i>)
	12	Friday	10:30am	From the first sketch to the book launch: A Talk by Lorette Roberts
	12	Friday	6:00pm	Footbinding in Chinese Culture and Psychology (<i>Joint Event with Royal Asiatic Society</i>)
	13	Saturday	2:30pm	Teddy Bears' Picnic
	15	Monday	12:30pm	A Literary Lunch with Alexander McCall Smith (<i>Joint Event with Literary Festival</i>)
	17	Wednesday	6:30pm	Politics & Identity: North Korean Exiles (<i>Joint Event with Literary Festival</i>)
	18	Thursday	10:00am	Catching the moment: Sketching Workshop I
	19	Friday	10:30am	Talk by Christine Loh (<i>Joint Event with Literary Festival</i>)
25	Thursday	10:00am	Catching the moment: Sketching Workshop II	
25	Thursday	8:00pm	Quiz Night	
April	12	Monday	12noon	Gentle Yoga for Charity (<i>Commencement Day</i>)
	12	Monday	6:30pm	Wellness Series - Acupressure Meridian Exercises & Wudang Qigong by James Cheng
	12	Monday	6:45pm	Wild Goose (Dayan) Qigong Second Form - Part I (<i>Commencement Day</i>)
	14	Wednesday	12noon	19 Style Chen Taiji (<i>Commencement Day</i>)
	14	Wednesday	8:15pm	Ballroom Dancing Course (<i>Commencement Day</i>)
20	Tuesday	7:00pm	Social Bridge Evening	

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Month	Date	Day	Time	Description
	23	Friday	6:00pm	Talk on "The Philippines and Relationships with Hong Kong: A Family Story of Four Generations" <i>(Joint Event with Royal Asiatic Society)</i>
	26	Monday	10:15am	Easy Ways to Stretch at Home by S.Chow <i>(Commencement Day)</i>
May	6	Thursday	2:30pm	Fashion Trendspotting: A Talk by Eve Roth Lindsay of Savvy Style
	9	Sunday	12noon	Mother's Day Buffet Lunch
	13	Thursday	6:30pm	Charity Music Evening - "Ladies Aloud"
	13	Thursday	7:00pm	Social Bridge Evening
	14	Friday	7:00pm	Wine & Cheese Tasting
	19	Wednesday	1:20pm 6:20pm	Chanel Beauty Workshops A & B
	20	Thursday	6:00pm	Talk on "The Self-Comb Ladies of Shunde" <i>(Joint Event with Royal Asiatic Society)</i>
	24	Monday	6:45pm	Wild Goose (Dayan) Qigong Second Form - Part II <i>(Commencement Day)</i>
	26	Wednesday	6:30pm	Author in the Library – Talk by Dr. Verner Bickley MBE
28	Friday	7:00pm	Yale Spizzwinks Concert	
June	1	Tuesday	6:30pm	Wellness Series - "Do You Feel Pain? The Importance of Spinal Health on Injuries" by Dr. Alexander Tsang, Chiropractor
	2	Wednesday	7:30pm	Dance & Dine
	4	Friday	7:00pm	French Occitan Wine Dinner
	7	Monday	10:15am	Easy Ways to Stretch at Home by S.Chow <i>(Commencement Day)</i>
	9	Wednesday	12noon	19 Style Chen Taiji Practice Sessions <i>(Commencement Day)</i>
	15	Tuesday	10:00am	Summer Study Group
	20	Sunday	12noon	Father's Day Buffet Lunch
	28	Monday	2:00pm	Mahjong Lessons for Charity <i>(Commencement Day)</i>
September	8	Wednesday	6:30pm	Author in the Library - Talk by Professor Janet Salaff
	11	Saturday	7:00pm	Casino Royale Evening
	14	Tuesday	10:00am	Autumn Study Group
	16	Thursday	3:00pm	Garden Room Grand Opening Tea Party
	20	Monday	10:15am	Easy Ways to Stretch at Home by S.Chow <i>(Commencement Day)</i>
	20	Monday	12noon	Gentle Yoga for Charity <i>(Commencement Day)</i>
	22	Wednesday	10:00am	Yoga for Weight Loss <i>(Commencement Day)</i>
October	8	Friday	7:00pm	Beer Fest & Jazz Night
	14	Thursday	9:30am	Charity Bazaar
	27	Wednesday	2:30pm	Charity Bridge Tea
	28	Thursday	8:00pm	Quiz Night
	30	Saturday	4:00pm	Children's Halloween Party
November	8	Monday	12noon	Gentle Yoga for Charity <i>(Commencement Day)</i>
	10	Wednesday	10:00am	Yoga for Weight Loss <i>(Commencement Day)</i>
	11	Thursday	2:30pm	Fashion Show
	14	Sunday	2:00pm	Open Day
	16	Tuesday	6:00pm	Annual General Meeting

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Month	Date	Day	Time	Description
	20	Saturday	7:30pm	Tamala Motown Disco Party
	25	Thursday	6:30pm	Thanksgiving Dinner
December	1	Wednesday	6:30pm	Prelude to Christmas
	6	Monday	12noon	Christmas Lunch
	13	Monday	4:00pm	Children`s Christmas Party
	24	Friday	6:00pm	Christmas Eve Dinner