

English	Language: Simplified Traditional
A fun and social program offering: - 2 gentle exercise classes a week - 2 chair yoga classes a week - Friday night game night - 4 social day trips!	一個有趣的聯誼計劃，提供： - 每週兩次的溫和運動班 - 每週兩次椅子瑜珈班 - 週五晚上遊戲夜 - 4次社交一日遊！
Register your interest today!	立即報名參加您有興趣的活動！
Complete a form online: bridgehousing.snapforms.com.au/form/golden-oldies-program or call the Community Team on 8324 0836	網上填寫表格： bridgehousing.snapforms.com.au/form/golden-oldies-program 或致電社區團隊 8324 0836
Attend one of two information sessions, (let us know if you need an interpreter): - Wednesday 16 June 10.30am to 12pm. - Friday 18 June from 10.30am to 12pm.	參加其中一個資訊環節，（如果您需要口譯，請告訴我們）： - 6月16日星期三，上午10:30至中午12:00時 - 6月18日星期五，上午10:30至中午12:00時
Missed a session? Call us 8324 0836 or email community@bridgehousing.org.au	錯過了資訊環節？致電8324 0836聯絡我們，或電郵至 community@bridgehousing.org.au 。
Day Trips	一日遊
Gentle Exercise	溫和運動
Yoga	瑜珈
Game Nights	遊戲夜
Note: Priority places are available for the following groups based on the funding terms: - Aboriginal and Torres Strait Islander people aged 50 years+ - Seniors 60+ from culturally and linguistically diverse backgrounds - Seniors 60+ living with disability, dementia, chronic or mental illness	注意： 根據資助條款，以下組別人士可優先參與活動： - 50歲以上的原住民和托雷斯海峽島民 - 來自不同文化和語言背景的60歲以上長者 - 60歲以上患有殘疾、癡呆症、慢性病或精神疾病的長者