

English	Language: Simplified Chinese
<p>A fun and social program offering:</p> <ul style="list-style-type: none"> - 2 gentle exercise classes a week - 2 chair yoga classes a week - Friday night game night - 4 social day trips! 	<p>这是一个有趣的社交活动计划，我们提供：</p> <ul style="list-style-type: none"> - 一周2节适度锻炼课 - 一周2节椅子瑜伽课 - 周五晚上的游戏之夜 - 4次社交一日游！
Register your interest today!	请立即报名参加您的兴趣班！
<p>Complete a form online: bridgehousing.snapforms.com.au/form/golden-oldies-program or call the Community Team on 8324 0836</p>	<p>在线填写表格： bridgehousing.snapforms.com.au/form/golden-oldies-program 或致电社区团队：8324 0836</p>
<p>Attend one of two information sessions, (let us know if you need an interpreter):</p> <ul style="list-style-type: none"> - Wednesday 16 June 10.30am to 12pm. - Friday 18 June from 10.30am to 12pm. 	<p>我们将举办两次信息发布会，您可选择参加其中的一次（如果您需要口译，请告诉我们）：</p> <ul style="list-style-type: none"> - 6月16日（星期三），上午10点30分至中午12点。 - 6月18日（星期五），上午10点30分至中午12点。
<p>Missed a session? Call us 8324 0836 or email community@bridgehousing.org.au</p>	<p>“您错过了信息发布会？没关系，请致电8324 0836或发送电邮至 community@bridgehousing.org.au。</p>
Day Trips	一日游
Gentle Exercise	适度锻炼课
Yoga	瑜伽课
Game Nights	游戏之夜
<p>Note: Priority places are available for the following groups based on the funding terms:</p> <ul style="list-style-type: none"> - 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 	<p>备注：根据资助条款，以下群体可获得优先名额：</p> <ul style="list-style-type: none"> - 50岁以上的原住民和托雷斯海峡岛民 - 来自不同文化和语言背景的60岁以上老年人 - 60岁以上患有残疾、失智症、慢性病或精神疾病的老年人