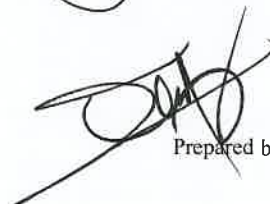


Recreational Class Plan 2024 興趣班課程計劃 2024

January	July
African Drum 非洲鼓	“Mindful Yoga” Workshop 「靜觀瑜珈」工作坊
Dining Etiquette Class 餐桌禮儀班	Macau Beer Factory Visit 澳門啤酒廠參觀
February	August
Mindfulness with Singing Bowl Workshop 頌鉢與靜心工作坊	Western Cooking Class 西式廚藝班
Coffee Appreciation 咖啡評鑑	Medical Check Workshop for Spine and Foot Arches Development 脊椎和足部健康發展檢查
March	September
Chinese Cooking Class 中式烹飪班	The Foundation of Montessori Educational Philosophy Workshop 蒙特梭利教育哲學基礎工作坊
TRX Basic Introduction TRX 懸吊訓練基礎體驗	Daily Car Maintenance 車輛日常保養
April	October
Aerobic Dance 有氧健康舞	Old Tree Tour 古樹生態遊
Acupressure Class 穴位及經絡按摩班	Seminar on Seasonal Healthcare with Chinese Medicine and Cuisines 中醫季節保養講座
May	November
Financial Related Seminar 理財講座	Search for the Origin of Medicine in Ecological Trail Garden of Medicinal and Aromatic Plants 藥谷尋源
Oil Painting Experience Class 油畫體驗班	U-Bound Experience 彈床活力蹦跳體驗
June	December
Breathing and Structural Realignment Exercise 呼吸、拉伸運動及結構調整練習	Christmas Wreath Workshop 聖誕花環工作坊
Seminar on Chronic Pain and Physiotherapy 慢性疼痛與物理治療講座	Pastries and Dessert Class 精品烘焙及甜點製作

Note: The delivery of the interest class is subject to the availability of the instructors and other factors.

註: 以上興趣班最終成班與否須視乎導師及其他因素的配合。

Prepared by ADMO-HRS (EDR)

Date: 6/12/2023