



倫敦京士頓華人協會

Kingston Chinese Association

Newsletter



Preface

Firstly I would like to thank every KCA members for all your supports. In these 4 years we have built a good foundation for the association and I hope everyone will continue supporting KCA. We welcome everyone, both members and non-members to come and join our activities every Sundays at Milaap. New activities such as Ping-Pong and Karaoke will be added for younger members and families to participate.

We are also looking for new staff for other new activities, such as line dancing and handcrafts. If you can help, please contact me by phone (020 8541 0991) or see me at Milaap on Sundays.

Mr. K.C. Choi
(Chairman of KCA)

28th October:

Karaoke Fund Raising Evening,
partly in aid of the Kingston
Hospital Scanner Appeal

Address: China Boulevard - No 1,
The Boulevard, Smugglers Way,
Wandsworth, London. SW18 1DE

Time: 6.30 pm to 10.00 pm

Price: £20, Drinks not included



For tickets and information
please contact:
Mr. K C Choi- 020 8541 0991
Mrs. M. To - 020 8399 1691

23rd September:

Mid-Autumn Festival Celebration

Address: Lee Fook Restaurant
76, The Broadway, Tolworth,
Surrey KT6 7HR

Time: 12.30 pm to 4.30 pm

Price:

Enrollment
9th Sept. begins

Yang's Simplified 24 postures Tai Chi

Instructor: Donna

Tai Chi is a well-known Chinese martial art, highly beneficial to health and longevity. Traditionally there are 80 or so postures in Tai Chi. However, a simplified form of Tai Chi was created for beginners and this is known as the Yang's Simplified 24 postures. These 24 postures are divided into 8 sets, with 3 postures in each set.

Time: 12:30 pm – 1:30 pm

Costs: £40 /12 lessons (members) , £48 /12 lessons (non-members)

Aerobics Instructor: Miao Zhang

Aerobics is a form of exercise, typically performed to music in a group setting with stretching in order to improve all elements of fitness.

Time: 2 pm – 3 pm

Costs: £3/ lesson (members) , £3.50/ lesson (non-members)

Putonghua Classes Instructor: Miao Zhang

Beginner Class:

To learn basic words and phrases in Putonghua, which is particularly useful when travelling in China.

Time: 11 am – 12 pm

Intermediate Class:

An ideal course for those who can speak a bit of Putonghua but want to broaden and further their knowledge.

Time: 12:30 pm – 1:30 pm

Costs: £54 /16 lessons (members) , £60 /16 lessons (non-members)

Member Fee:
£6 per year.