

活動概覽 Activities Timetable 03 December 2020 (Valid from /生效)

會費每年£8，請申請或續會。Membership Fee £8 each year, please register.
有關查詢，請致電中心 For queries please call ICA on **020 7263 5986**
或電郵 or email: info@islingtonchinese.com



Time	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
09:00 - 10:00		Qigong 氣功班 (by Sifu Sam Ma) 報名及收費詳情，或索取 Zoom 課堂網址，請聯絡 Sam Ma 老師: 07522 102221，電郵 samma.tcm@gmail.com		Qigong 氣功班 (by Sifu Sam Ma) 報名及收費詳情，或索取 Zoom 課堂網址，請聯絡 Sam Ma 老師: 07522 102221，電郵 samma.tcm@gmail.com	
10:15 - 11:15			Yoga £5 瑜伽拉筋班 (by May Au) £15 每月 (不設退款) £15 per month (non-refunable) Zoom課堂請與中心聯絡索取網址 / for Zoom class, call / email ICA to obtain password		
11:00		11:00 - 12:00 Qigong £3 氣功班 (by Sifu Sam Ma) £10 每月 (不設退款) £10 per month (non-refunable) Zoom課堂請與中心聯絡索取網址 / for Zoom class, call / email ICA to obtain password	11:30 - 12:30 Dance Class £5 舞蹈班 (by Mau Au) 每月收費, 不設退款 Monthly pay in advance,non- refunable 報名或查詢，請聯絡May Au: 0791 6372646，電郵: hello@studiokowloon.co.uk		
12:30 - 13:30		Lunch Club 午膳會 £5			
13:30 - 17:45	Table tennis £3 乒乓球				
13:00			13:00 - 14:00 English Chit-Chat Free 輕鬆英語班 (by Nicola Maria Philippou) 會員免費 Free for members Zoom Meeting ID: 789 5155 4745 Passcode: 2wEbxQ 按此進入/Click here to enter		13:30 - 15:00 Let's Playback Free Workshop 齊來即興工作坊 (Agnes Law & Candy Ma) 會員免費 Free for members Zoom課堂請與中心聯絡索取網 址 / for Zoom class, call / email ICA to obtain password
16:30 - 18:00					Karaoke online 卡拉繼續OK (by Karl Tse) 會員免費 Free For Members Zoom Meeting ID: 919 6615 6019 Password: 000000 按此進入/Click here to enter
實體及Zoom網上直播 Physcial and Zoom online	Zoom網上直播 Zoom online				

Remark備註:

£H+2+1 special offer
*會員於同日參與超過一項活動，第一項收費會按當日最高的一項活動收費，第二項 £2，其後每項收費 £1 (但不包括晚間活動)
* Member joins activities more than one in a day, the first fee will be the Highest class fee of the day, the second one will be £2, and the rest will be £1 only. (Evening classes are not included)

SIMPLE INSTRUCTIONS

If you have not attended an online class in ZOOM before, please follow the instruction below (You have not need to sign up. As a participant, you only JOIN the meeting.)

In Your Mobile phone

- Click the link of the Zoom Meeting in your phone.
- You will see [Join] / [Download].
- You will see [Call using Internet Audio] / [Cancel].
If you like to be heard, click [Call using Internet Audio].
If you don't like to be heard, click [Cancel].
- Enter the Password, if asking.

In Your Computer

- a) If you have the link of the Zoom Meeting in your computer, just click it; or
b) Enter "https://zoom.us" in internet browser, get in ZOOM.
- If Meetig ID is prompted, enter the Meeting ID and click [Join].
- (Click [Download and run Zoom] only it is your first time to ZOOM, just a minute.)
- Enter the Password, if asking.

** A menu can be seen if you touch/place your cursor in the screen.
- Mute icon at the left - to toggle mute or sound;
- Video icon at the 2nd left - to toggle show or hide.

簡單說明

如果您從未參加過 ZOOM 的在線課程，請按照以下說明進行操作。(您無需註冊。作為參與者，您只需加入會議。)

在您的手機中

- 在手機中單擊 會議 link 的鏈接。
- 您將看到[加入] / [下載]。
- 您將看到 [使用Internet音頻] / [取消]。
如果您想別人聽到你的聲音，請單擊 [使用Internet音頻]。
如果您不想別人聽到你的聲音，請單擊 [取消]。
- 輸入密碼, 如果要求輸入的話。

在您的電腦中

- a) 如果您的電腦中有 Zoom Meeting link 的鏈接，只需單擊它
b) 在互聯網瀏覽器中輸入 https://zoom.us, 進入Zoom。
- 若果 提示輸入會議 ID，輸入會議ID，然後單擊[加入]。
- (僅單擊[下載]，這是您第一次進入ZOOM，只需一分鐘)
- 輸入密碼, 如果要求輸入的話。

**
如果您觸摸屏幕/將光標(老鼠)放在屏幕上，則會看到一個菜單。
-左側的靜音圖標 - 是切換靜音或聲音；
-左側第2個視頻圖標 - 是切換顯示或隱藏。