



	Monday 星期一 1 Apr 2024	Tuesday 星期二 2 Apr 2024	Wednesday 星期三 3 Apr 2024	Thursday 星期四 4 Apr 2024	Friday 星期五 5 Apr 2024
<b>CENTRE</b>	(BY REGISTRATION ONLY) SOTA Art & Craft Painted a pot/Photo frame painting 3.30pm - 4.30pm KWSC @ MacPherson	Chair Zumba (Low) 座椅尊巴 10am - 11am KWSC @ MacPherson	5000 Step Walking Exercise (Moderate) 5千步走路运动 10am - 11am KWSC @ MacPherson	Basic Spoken English 基本英语对话 10am-12pm Build Lower Body Strength with Workout and Dance (Skills Future) 通过锻炼和舞蹈增强下半身力量 1.30pm - 4.30pm KWSC @ MacPherson	Let's watch-exercise 我们一起看着动着(Low) KWSC @ MacPherson 10am - 11am
<b>EXTRANE</b>	(BY REGISTRATION ONLY) SOTA Program for Seniors (1) Art & Craft: Painted a pot/Photo frame painting (2) Dance & Sing Along 3.30pm - 4.30pm RC Blk 65		Art and Craft 艺术与工艺 10am - 12pm	HPB Qigong 气功运动 (low) 8.30am - 9.30am RC Blk 65	Share a Pot and Malay Cultural Dance 分享一锅和马来舞 2pm - 4pm
<b>CENTRE</b>	Basic Spoken English 基本英语对话 10am-12pm	Chair Zumba (Low) 座椅尊巴 10am - 11am KWSC @ MacPherson	<b>Centre closed 中心关闭</b>	Basic Spoken English 基本英语对话 10am-12pm Build Lower Body Strength with Workout and Dance (Skills Future) 通过锻炼和舞蹈增强下半身力量 1.30pm - 4.30pm KWSC @ MacPherson	Let's watch-exercise 我们一起看着动着(Low) KWSC @ MacPherson 10am - 11am
<b>EXTRANE</b>	(BY REGISTRATION ONLY) SOTA Art & Craft Origami Rose/Air-dry clay figurines 3.30pm - 4.30pm KWSC @ MacPherson	Miniature Food Clay Workshop 1.30pm - 4.30pm (Skills Future) KWSC @ MacPherson	<b>HARI RAYA PUASA</b>	HPB Qigong 气功运动 (low) 8.30am - 9.30am RC Blk 65	Movie Day with Desserts 电影日场 2pm - 4pm
<b>CENTRE</b>	Keep Fit with us 一起活跃 10am-11am TTSH Community Nurse Post 陈笃生社区护士 2pm - 5pm	Chair Zumba (Low) 座椅尊巴 10am - 11am KWSC @ MacPherson	Resistance Band 拉力带运动 (Low) 10am - 11am KWSC @ MacPherson	Basic Spoken English 基本英语对话 10am-12pm Build Lower Body Strength with Workout and Dance (Skills Future) 通过锻炼和舞蹈增强下半身力量 1.30pm - 4.30pm KWSC @ MacPherson	Let's watch-exercise 我们一起看着动着(Low) KWSC @ MacPherson 10am - 11am
<b>EXTRANE</b>	(BY REGISTRATION ONLY) SOTA program for Seniors (1) Art & Craft: Origami Rose/Air-dry clay figurines (2) Dance & Sing Along 3.30pm - 4.30pm RC Blk 65	Monthly Photo-taking Session 每月照相 2pm-4pm Priorities Given to Block: 44 - 46 优先给大牌: 44 - 46 KWSC @ MacPherson		HPB Qigong 气功运动 (low) 8.30am - 9.30am RC Blk 65	SG Digital Group Session & Tea Break 手机课程 1.30pm - 3pm
<b>CENTRE</b>	(BY REGISTRATION ONLY) SOTA Art & Craft Canvas tapestry 3.30pm - 4.30pm KWSC @ MacPherson	Chair Zumba (Low) 座椅尊巴 10am - 11am KWSC @ MacPherson	Chair Yoga 椅子瑜伽 (Low) 10am - 11am KWSC @ MacPherson	Art and Craft 艺术与工艺 10am - 12pm	Let's watch-exercise 我们一起看着动着(Low) KWSC @ MacPherson 10am - 11am
<b>EXTRANE</b>	(BY REGISTRATION ONLY) SOTA Program for Seniors (1) Art & Craft: Canvas tapestry (2) Dance & Sing Along 3.30pm - 4.30pm RC Blk 65	Table Tennis 乒乓 9.30am - 11.30am	Group Singing Session 大合唱 2pm - 4pm	HPB Qigong 气功运动 (low) 8.30am - 9.30am RC Blk 65	Lunch Party 午餐大会 12pm - 1.30pm
<b>CENTRE</b>	Outing: to SOTA (2 way transportation) 3pm - 5pm (1) Carnival Games (2) Dance & Sing Along (3) High Tea	Chair Zumba (Low) 座椅尊巴 10am - 11am KWSC @ MacPherson	Karaoke Session 卡拉OK活动 (Every Tuesday and Thursday 每逢星期二和四) Booking for all KARAOKE session starts from 28th March @ 10am. 3月28日早上10点开始, 才可以预定卡拉OK时段。 To register, please Call 预约请致电: 6422 1335 Each group of members are entitled for two karaoke sessions per month 每组成员每月可享用两场卡拉OK时段		KWSC @ MacPherson
<b>EXTRANE</b>	(BY REGISTRATION ONLY) Outing: to SOTA (2 way transportation) 3pm-5pm (1) Carnival Games (2) Dance & Sing Along (3) High Tea	Table Tennis 乒乓 9.30am - 11.30am	Booking for Mahjong, Gym, Billiard and Table Tennis are available only ONE WEEK in advance @10am. 麻将, 健身, 桌球和乒乓只能提前一周预约, 从10点开始。 To register, please Call 预约请致电: 6422 1335		因午餐时间中心将会在12点到1点关。