



























Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
01-04-2024	02-04-2024	03-04-2024	04-04-2024	05-04-2024
<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am <u>Blk 107 Towner Rd</u>	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 	<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 
<b>SOTA Engagement SOTA 学生交流活动</b> 3.30pm-4.30pm KWSC@McNair	<b>Power Walk (Moderate) 动力步行</b> 10am-11am <u>Block 122 McNair Rd</u>	<b>Sudoku 谜题游</b> KWSC@McNair 10am-11am 	<b>Low Impact Aerobics (HPB) 低冲击有氧运动 (Moderate)</b> <u>Blk 107 Towner Pavilion</u> 10am-11am 	<b>BINGO 宾果游戏</b> KWSC@McNair 2pm-3pm 
08-04-2024	09-04-2024	10-04-2024	11-04-2024	12-04-2024
<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 		<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair <b>Low Impact Aerobics (HPB) 低冲击有氧运动 (Moderate)</b> <u>Blk 107 Towner Pavilion</u> 10am-11am 	<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 
<b>SOTA Engagement SOTA 学生交流活动</b> 3.30pm-4.30pm KWSC@McNair	<b>Power Walk (Moderate) 动力步行</b> 10am-11am <u>Block 122 McNair Rd</u>		<b>KPMG Wellness Garden Visit 参观花园活动</b> 3pm-7pm 	<b>BINGO 宾果游戏</b> KWSC@McNair 2pm-3pm 
15-04-2024	16-04-2024	17-04-2024	18-04-2024	19-04-2024
<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am @ <u>Blk 107 Towner Rd</u> <b>SG Digital (IMDA) 数码科技</b> 10:00AM-12PM (group) 2PM-5PM (1-1) <b>KWWSH TCM Talk-English (zoom) 中医讲座-英文(线上)</b> 1:30PM-2:30PM <b>Sudoku 谜题游</b> 2pm-3pm 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair <b>Low Impact Aerobics (HPB) 低冲击有氧运动 (Moderate)</b> <u>Blk 107 Towner Pavilion</u> 10am-11am <b>Community Health Post (Nurse) 社区卫生站 (护士)</b> 2pm-5pm 	<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 
<b>Learn New Board Game 学新的棋盘游戏</b> KWSC@McNair 2pm-3pm 	<b>Power Walk (Moderate) 动力步行</b> 10am-11am <u>Block 122 McNair Rd</u>		<b>Share A Pot + Movie 一起喝糖水和看电影</b> KWSC@McNair 1.30pm - 4.30pm	<b>BINGO 宾果游戏</b> KWSC@McNair 2pm-3pm 
22-04-2024	23-04-2024	24-04-2024	25-04-2024	26-04-2024
<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am <u>Blk 107 Towner Rd</u>	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair <b>Low Impact Aerobics (HPB) 低冲击有氧运动 (Moderate)</b> <u>Blk 107 Towner Pavilion</u> 10am-11am 	<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 
<b>SOTA Engagement SOTA 学生交流活动</b> 3.30pm-4.30pm KWSC@McNair <b>Indoor Carnival</b>	<b>Power Walk (Moderate) 动力步行</b> 10am-11am <u>Block 122 McNair Rd</u>	<b>Sudoku 谜题游</b> KWSC@McNair 10am-11am 	<b>Share A Pot + Movie 一起喝糖水和看电影</b> KWSC@McNair 1.30pm - 4.30pm	<b>BINGO 宾果游戏</b> KWSC@McNair 2pm-3pm 
29-04-2024	30-04-2024	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <h1 style="color: #0070C0; font-size: 2em;">April 2024</h1> <h1 style="color: #800080; font-size: 2em;">Schedule</h1> <h1 style="color: #800080; font-size: 2em;">四月活动表</h1> </div> <div style="text-align: center;">  </div> </div>		
<b>Resistance Band Exercise (Low) 拉力带运动</b> KWSC@McNair 10am-11am 	<b>Chair Workout (Low) 椅子运动</b> 10am-11am KWSC@McNair 			
<b>SOTA Engagement SOTA 学生交流活动</b> 3.30pm-4.30pm <u>Block 107 Towner Rd</u> <b>Outdoor Carnival</b>	<b>Power Walk (Moderate) 动力步行</b> 10am-11am <u>Block 122 McNair Rd</u>			
		<b>Tea &amp; Workout (Low) 简单运动</b> 3.30pm - 4.30pm <u>Block 103 Towner Rd</u>		

Registration is open one week in advance.  
 Registration starts from 9am (Mon to Fri).  
 报名时间是一个礼拜前。  
 本中心活动只有在(星期一至星期五)早上9点过后接受报名。

We are CLOSED during lunch time  
 午餐时间关闭  
 12PM – 1PM

Low Intensity Exercise  
 Moderate Intensity Exercise