



<p>Booking for all KARAOKE session starts from 30th September @ 10am.                  9月30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                  每组成员每月可享受两场卡拉OK时段</p>		<p>We are closed for lunch from 12pm - 1pm                  午餐时间不营业                  中午 12 点至下午 1 点</p>		<p>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</p>		<p>Socialisation / Rummy O / Massage Chair                  社交活动 / 拉米O游戏 / 按摩椅                  Monday to Friday                  星期一到星期五                  9am - 11.30am &amp; 1.00pm - 5.00pm                  上午 9 点到 11.30 及 下午 1 点到 5 点</p>			
<p><b>KWONG WAI SHIU CARE</b>                  廣惠肇社區關懷中心                  Kwong Wai Shiu Hospital</p> <p><b>active ageing</b>                  SUPPORTED BY FISH AND AIC</p> <p>Block 82 Circuit Road #01-02                  Singapore 370082                  6422 1335 / 96365013</p>		<p>Tuesday 星期二 1 Oct 2024</p> <p>Table Tennis 打兵兵 9am - 11.30am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 83B Pavillion 广场)</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 2.30pm-3.30pm</p>		<p>Wednesday 星期三 2 Oct 2024</p> <p>Happy Exercise (Low) 快乐运动 (低) 9.30am - 10.30am (Blk 65A)</p> <p>BINGO Bingo Game 宾果游戏 1.30pm - 2.30pm</p>		<p>Thursday 星期四 03 Oct 2024</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p> <p>HPB Qigong (Low) 气功 (低) 8.30am - 9.30am (RC Blk 65)</p>		<p>Friday 星期五 04 Oct 2024</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 10am-11am</p> <p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p> <p>Fruits Day 水果日 2.30pm - 3.30pm</p>	
<p>Monday 星期一 7 Oct 2024</p> <p>Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am</p>		<p>Tuesday 星期二 8 Oct 2024</p> <p>Table Tennis 打兵兵 9am - 11.30am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p>		<p>Wednesday 星期三 9 Oct 2024</p> <p>Happy Exercise (Low) 快乐运动 (低) 9.30am - 10.30am (Blk 65A)</p>		<p>Thursday 星期四 10 Oct 2024</p> <p>Breakfast (Chicken Porridge) 早餐 (鸡肉粥) 10am - 11am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p>		<p>Friday 星期五 11 Oct 2024</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 10am-11am</p> <p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p>	
<p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 83B Pavillion 广场)</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 2.30pm - 3.30pm</p>		<p>Flower Arrangement Workshop 插花工作坊 2pm - 4pm (RC Blk 65)</p> <p>Light Refreshment 茶点 4pm - 5pm</p>		<p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p> <p>HPB Qigong (Low) 气功 (低) 8.30am - 9.30am (RC Blk 65)</p>		<p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p>	
<p>Monday 星期一 14 Oct 2024</p> <p>Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am</p>		<p>Monday 星期二 15 Oct 2024</p> <p>Table Tennis 打兵兵 9am - 11.30am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p>		<p>Wednesday 星期三 16 Oct 2024</p> <p>Happy Exercise (Low) 快乐运动 (低) 9.30am - 10.30am (Blk 65A)</p>		<p>Thursday 星期四 17 Oct 2024</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p> <p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>Friday 星期五 18 Oct 2024</p> <p>Calm 1.0 Morning 抗肌少症运动 1.0 10am-11am</p> <p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p>	
<p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 83B Pavillion 广场)</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 2.30pm - 3.30pm</p>		<p>Flower Arrangement Workshop 插花工作坊 2pm - 4pm (RC Blk 65)</p> <p>Light Refreshment 茶点 4pm - 5pm</p>		<p>HPB Qigong (Low) 气功 (低) 8.30am - 9.30am (RC Blk 65)</p>		<p>Share-A-Pot :Chin Chow longang 甜点: 仙草龙眼汤 2pm - 3pm</p>	
<p>Monday 星期一 21 Oct 2024</p> <p>Breakfast (Pancake) 早餐 (松饼) 10am - 11am</p>		<p>Tuesday 星期二 22 Oct 2024</p> <p>Table Tennis 打兵兵 9am - 11.30am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p>		<p>Wednesday 星期三 23 Oct 2024</p> <p>Happy Exercise (Low) 快乐运动 (低) 9.30am - 10.30am (Blk 65A)</p>		<p>Thursday 星期四 24 Oct 2024</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p> <p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>Friday 星期五 25 Oct 2024</p> <p>Calm 1.0 Morning 抗肌少症运动 1.0 10am-11am</p> <p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p>	
<p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 83B Pavillion 广场)</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 2.30pm - 3.30pm</p>		<p>TCM Talks (Chinese) - Gastralgia Management by TCM 中医讲座 (中文) - 中医对胃病的防治 1.30pm-2.30pm</p>		<p>HPB Qigong (Low) 气功 (低) 8.30am - 9.30am (RC Blk 65)</p>		<p>Circuit Dance 巡回舞 1.15pm - 2.15pm</p>	
<p>Monday 星期一 28 Oct 2024</p> <p>Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am</p>		<p>Monday 星期二 29 Oct 2024</p> <p>Table Tennis 打兵兵 9am - 11.30am</p> <p>Karaoke Session 卡拉OK 9.30am - 5pm</p>		<p>Wednesday 星期三 30 Oct 2024</p> <p>Happy Exercise (Low) 快乐运动 (低) 9.30am - 10.30am (Blk 65A)</p>		<p>Thursday 星期四 31 Oct 2024</p> <p>Centre Closed 中心关闭</p>		<p>happy Deepawali TOGETHER</p>	
<p>NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm</p>		<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 83B Pavillion 广场)</p> <p>Calm 1.0 Morning 抗肌少症运动1.0 2.30pm - 3.30pm</p>		<p>Movie 电影 1.30pm - 3.30pm Lighting up the stars</p> <p>Hi-Tea (Cakes) 下午茶 (蛋糕) 3.30pm - 4.30pm</p>		<p>Centre Closed 中心关闭</p>		<p>happy Deepawali TOGETHER</p>	