

| <div style="text-align: center;"> <h1 style="color: #e91e63;">2024</h1> <h2 style="color: #e91e63;">OCTOBER</h2> <h3 style="color: #e91e63;">Programme</h3> <h1 style="color: #e91e63;">十月份</h1> <h2 style="color: #e91e63;">节目表</h2> </div> | | Venue 地点 | Tuesday 星期二 01-10-2024 | Wednesday 星期三 02-10-2024 | Thursday 星期四 03-10-2024 | Friday 星期五 04-10-2024 |
|--|---|---|---|---|---|--|
| | | KWSC@ Blk 25 St George's Centre | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | SG Digital Pop Up (IMDA) 电话课程 Group: 10am - 12pm 1-to-1 : 1pm - 5.30pm | HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am | Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am |
| | | | Community Dance 社区舞蹈 9am - 10am | NUS Student Engagement 国大学生交流活动 Look out for Registration date 敬请留意报名日期 2.20pm - 4.30pm | Table Tennis (High) 乒乓活动 9.30am-5.30pm | Share a pot & Let's Sing K 一起来嗨歌 2pm - 4.30pm |
| | | Bendemeer | | | HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion | |
| St George's | | Aerobics Walking (Moderate) 9am - 10am Blk 4C Pavillion | Roving Silver Gym (Low) 年长哑铃运动 9.30am - 10.30am Blk 9 Pavillion | Be a Sport: Pickleball 8.30am-10.30am Blk 5 Badminton Court | | |
| Venue 地点 | Monday 星期一 07-10-2024 | Tuesday 星期二 08-10-2024 | Wednesday 星期三 09-10-2024 | Thursday 星期四 10-10-2024 | Friday 星期五 11-10-2024 | |
| KWSC@ Blk 25 St George's Centre | HPB Chair Zumba (Low) 座椅尊巴 8am-9am | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Voice of Singapore (Mandarin) 新加坡之声 (中) 10.30am-11.30am By registration (需登记) | HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am | Centre will be CLOSED 中心将关闭 @7am - 2pm to facilitate Functional Screening & Fall Risk Assessment 功能筛查和跌倒风险评估 By registration only (需登记) | |
| | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Community Dance 社区舞蹈 9am - 10am | NUS Student Engagement 国大学生交流活动 Look out for Registration date 敬请留意报名日期 2.20pm - 4.30pm | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | | |
| Bendemeer | Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center | HAPPY Program 快乐计划运动 10am-11am @Blk 47A Pavillion | | HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion | | |
| St George's | Roving Silver Gym (Low) 年长哑铃运动 9.30am-10.30am 11am-12am Blk 2 Pavillion | Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 9am - 11am For seniors staying/限于居住在 Blk 9-23 St George's & St Michael estate) | | | | |
| Venue 地点 | Monday 星期一 14-10-2024 | Tuesday 星期二 15-10-2024 | Wednesday 星期三 16-10-2024 | Thursday 星期四 17-10-2024 | Friday 星期五 18-10-2024 | |
| KWSC@ Blk 25 St George's Centre | HPB Chair Zumba (Low) 座椅尊巴 8am-9am | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Voice of Singapore (English) 新加坡之声 (英) 10.30am-11.30am By registration (需登记) | HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am | Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am | |
| | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Community Dance 社区舞蹈 9am - 10am | TCM Talk - Zoom (Mandarin) 网上中医讲座(中) 1.30pm - 2.30pm | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Fruits Day 2pm | |
| Bendemeer | Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center | Aerobics Walking+ Stretching 快走运动+拉筋 10am-11am @Blk 47A Pavillion | NUS Student Engagement 国大学生交流活动 Look out for Registration date 敬请留意报名日期 2.20pm - 4.30pm | HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion | NUS Student Engagement 国大学生交流活动 10am - 11.30am @Blk 38 RN | |
| St George's | Roving Silver Gym (Low) 年长哑铃运动 9.30am-10.30am 11am-12am Blk 2 Pavillion | | Aerobics Walking (Moderate) 9am - 10am Blk 4C Pavillion | Roving Silver Gym (Low) 年长哑铃运动 9.30am - 10.30am Blk 9 Pavillion | Be a Sport: Pickleball 8.30am-10.30am Blk 5 Badminton Court | |
| Venue 地点 | Monday 星期一 21-10-2024 | Tuesday 星期二 22-10-2024 | Wednesday 星期三 23-10-2024 | Thursday 星期四 24-10-2024 | Friday 星期五 25-10-2024 | |
| KWSC@ Blk 25 St George's Centre | HPB Chair Zumba (Low) 座椅尊巴 8am-9am | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Voice of Singapore (Mandarin) 新加坡之声 (中) 10.30am-11.30am By registration (需登记) | HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am | Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am | |
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| Bendemeer | | HAPPY Program 快乐计划运动 10am-11am @Blk 47A Pavillion | | HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion | NUS Student Engagement 国大学生交流活动 10am - 11.30am @Blk 38 RN | |
| St George's | Roving Silver Gym (Low) 年长哑铃运动 9.30am-10.30am 11am-12am Blk 2 Pavillion | | SG Digital Pop Up (IMDA) 电话课程 Blk 1 @West RN Group: 10am - 12pm 1-to-1 : 1pm - 5.30pm | Roving Silver Gym (Low) 年长哑铃运动 9.30am - 10.30am Blk 9 Pavillion | Be a Sport: Pickleball 8.30am-10.30am Blk 5 Badminton Court | |
| | | Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 9am - 11am For seniors staying/限于居住在 Blk 9-23 St George's & St Michael estate) | | | | |
| Venue 地点 | Monday 星期一 28-10-2024 | Tuesday 星期二 29-10-2024 | Wednesday 星期三 30-10-2024 | Thursday 星期四 31-10-2024 | | |
| KWSC@ Blk 25 St George's Centre | HPB Chair Zumba (Low) 座椅尊巴 8am-9am | Table Tennis (High) 乒乓活动 9.30am - 5.30pm | Voice of Singapore (English) 新加坡之声 (英) 10.30am-11.30am By registration (需登记) | PUBLIC HOLIDAY HAPPY DEEPAVALI 6422 1333 8028 1307 | | |
| | Table Tennis (High) 乒乓活动 9.30am-5.30pm | Community Dance 社区舞蹈 9am - 10am | NUS Student Engagement 国大学生交流活动 2pm - 5pm Look out for Registration date! 敬请留意报名日期 | | | |
| Bendemeer | Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center | Aerobics Walking+ Stretching 快走运动+拉筋 10am-11am @Blk 47A Pavillion | | | | |
| St George's | Roving Silver Gym (Low) 年长哑铃运动 9.30am-10.30am 11am-12am Blk 2 Pavillion | | | | | |
| KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 <small>Since 1910</small> | | | | | | |