

2024 OCTOBER Schedule 十月活动表 KWSC@McNair		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
		Power Walk 动力步行 Blk 122 Pavilion 9am - 10am	Roving Silver Gym 年长哑铃运动 9am - 10am Blk 105 Void Deck By registration (需登记)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
		Dance Workshop 舞蹈工作坊 10.30am - 11.30am By registration (需登记)	Movie + Snacks 看电影吃东西 1.30pm - 3.30pm By registration (需登记)	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm
Monday 星期一 07-10-2024	Tuesday 星期二 08-10-2024	Power Walk 动力步行 Blk 122 Pavilion 9am - 10am	Roving Silver Gym 年长哑铃运动 9am - 10am Blk 105 Void Deck By registration (需登记)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
Resistance Band Exercise 拉力带运动 10am-11am	Dance Workshop 舞蹈工作坊 10.30am - 11.30am By registration (需登记)	Sudoku 数独游戏 11am - 12pm 1.30pm - 2.30pm	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期
Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期				NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期
Voice of Singapore (English) 新加坡之声 (英) 2pm - 3pm By registration (需登记)	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
Resistance Band Exercise 拉力带运动 10am-11am	Power Walk 动力步行 Blk 122 Pavilion 9am - 10am	Roving Silver Gym 年长哑铃运动 Blk 105 Void Deck 9am - 10am By registration (需登记)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	Dance Workshop 舞蹈工作坊 10.30am - 11.30am By registration (需登记)	SG Digital (IMDA) 数码科技 Group: 10am - 12pm 1-to-1 : 2pm - 5pm By registration (需登记)	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm
Voice of Singapore (Mandarin) 新加坡之声 (中) 2pm - 3pm By registration (需登记)	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期	TCM Talk - Zoom (Mandarin) 网上中医讲座(中) 1.30pm - 2.30pm	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期		
TTSH Community Nurse Post 社区护士站 2pm-5pm By registration (需登记)					
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	
Resistance Band Exercise 拉力带运动 10am-11am	Power Walk 动力步行 Blk 122 Pavilion 9am - 10am	Roving Silver Gym 年长哑铃运动 Blk 105 Void Deck 9am - 10am By registration (需登记)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	Dance Workshop 舞蹈工作坊 10.30am - 11.30am By registration (需登记)	Share A Pot + KARAOKE 喝糖水 and 卡拉OK 1.30pm - 3.30pm By registration for Karaoke (需登记)	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm	BINGO 宾果游戏 1.30pm - 2.30pm
Voice of Singapore (English) 新加坡之声 (英) 2pm - 3pm By registration (需登记)	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期				NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期
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	<p>We are closed from 12pm - 1pm for lunch. 因午餐时间中心将会于12点到1点关。</p> <p><b>6422 1311</b> <b>8028 1247</b></p> <p> Happy Diwali Festival of Lights</p> <p> KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910</p>	
Resistance Band Exercise 拉力带运动 10am-11am	Power Walk 动力步行 Blk 122 Pavilion 9am - 10am	Roving Silver Gym 年长哑铃运动 Blk 105 Void Deck 9am - 10am By registration (需登记)	Closed on Public Holiday 公众假期休息		
Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	Dance Workshop 舞蹈工作坊 10.30am - 11.30am By registration (需登记)				
Voice of Singapore (Mandarin) 新加坡之声 (中) 2pm - 3pm By registration (需登记)	NUS Student Engagement 国大学生交流活动 2pm - 4.30pm Look out for Registration date 敬请留意报名日期				
<p>All activities are held at McNair Centre unless otherwise stated   除非另有说明, 所有活动均在 McNair 中心举行</p> <p>Activity registration is open 1 week in advance: Mon to Fri @9am to 5pm   本中心活动报名时间只在一个礼拜前开始: 星期一至星期五, 早上9点至 下午5点</p>					
<p>Chair exercise at centre every Tue &amp; Thur 每星期二和星期四   椅子运动 在中心 10AM - 11AM</p> <p>Low Intensity Exercise Moderate Intensity Exercise</p>		<p>Cognitive Games at Centre every Mon to Fri: 认知游戏 在中心   每星期一至星期五: 9AM - 12pm   1PM - 5.30PM</p>			