

10月2024年

Oct 2024

KWSC @ POTONG PASIR



Tuesday 星期二  
1/10/2024

119 Activities  
119 活动  
1.30pm to 4.30pm

KWSC ACTIVE AGEING  
ACTIVITIES @ 119 PAVILION  
ONLY FOR CLUSTER MEMBERS

MARKING DESIGN  
HUMANITY DESIGN  
VITAL SIGN MONITOR  
SELF-SERVED SNACKS AND  
BEVERAGES PROVIDED

Wednesday 星期三  
2/10/2024

椅子运动  
Seated Chair Workout (Low)  
10.30am - 11am

Thursday 星期四  
3/10/2024

Majong Games  
麻将  
3pm - 5pm

Friday 星期五  
4/10/2024

乐龄运力操  
Low Impact Aerobics  
(Moderate)  
10am - 11am



Monday 星期一  
7/10/2024

Chair Zumba 座椅尊巴 (Low)  
10am to 11am

Rummy-O 拉米纸牌游戏  
2pm - 4pm

Tuesday 星期二  
8/10/2024

SG Digital Talk 数码讲座  
9.30am - 11.30am

119 Activities / 活动  
1.30pm to 4.30pm

Wednesday 星期三  
9/10/2024

Happy SingAlong  
欢喜来唱歌  
2pm to 5pm

Thursday 星期四  
10/10/2024

Socialisation  
社交活动

Friday 星期五  
11/10/2024

乐龄运力操  
Low Impact Aerobics (Moderate)  
10am - 11am

DIY Bag Making  
自制手工纸袋  
1130am - 1pm

Monday 星期一  
14/10/2024

Chair Zumba 座椅尊巴 (Low)  
10am to 11am

Rummy-O 拉米纸牌游戏  
2pm - 4pm

Tuesday 星期二  
15/10/2024

119 Activities  
119 活动  
1.30pm to 4.30pm

Wednesday 星期三  
16/10/2024

中医讲座  
TCM Virtual Talk  
1.30pm - 2.30pm

Health Talks

Thursday 星期四  
17/10/2024

Socialisation  
社交活动

Friday 星期五  
18/10/2024

乐龄运力操  
Low Impact Aerobics (Moderate)  
10am - 11am

卡拉OK  
3pm - 5pm

Monday 星期一  
21/10/2024

Chair Zumba 座椅尊巴 (Low)  
10am to 11am

Rummy-O 拉米纸牌游戏  
2pm - 4pm

Tuesday 星期二  
22/10/2024

Total Body Stretching (Low) /  
椅子伸展运动  
10am - 11am

119 Activities / 活动  
1.30pm to 4.30pm

Wednesday 星期三  
23/10/2024

CPF Talk  
管理公积金讲座  
10.30am to 11.30am

Thursday 星期四  
24/10/2024

Spore Hospice Talk  
慈怀护理须知  
10.30am to 12pm

Friday 星期五  
25/10/2024

乐龄运力操  
Low Impact Aerobics (Moderate)  
10am - 11am

DIY Bag Making  
自制手工纸袋  
1130am - 1pm

Monday 星期一  
28/10/2024

Chair Zumba 座椅尊巴 (Low)  
10am to 11am

Rummy-O 拉米纸牌游戏  
2pm - 4pm

Tuesday 星期二  
29/10/2024

排排走 / Brisk Walking  
(Moderate)  
7.30am to 10.30am

119 Activities / 活动  
1.30pm to 4.30pm

Wednesday 星期三  
30/10/2024

Resistance Band Exercise  
阻力带运动  
10am to 11am

Thursday 星期四  
31/10/2024

HAPPY  
*Diwali*  
FESTIVAL OF LIGHTS