

Venue 地点	Monday 星期一 03-03-2025	Tuesday 星期二 04-03-2025	Wednesday 星期三 05-03-2025	Thursday 星期四 06-03-2025	Friday 星期五 07-03-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	Voice of Singapore (English) 新加坡之声 (英) 10.30am-11.30am SG Digital Pop Up (IMDA) "Communicate Online - Telegram" 电话课程 - "在线交流 - Telegram" 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
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	CALM 1.0 Frailty Prevention Programme (Wk 7 - Session 11) 防止虚弱计划 (第7周 - 第7节) 2.30pm - 3.30pm By registration (需登记)	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记)	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	Share a pot and Let's Sing K 一起来嗨歌 2pm - 4pm
Bendemeer		TTSH Community Nurse Post 陈笃生社区保健 2pm-5pm By registration (需登记)		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavilion	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 9.30am-10.30am & 11am-12am Blk 2 St George Pavilion		Aerobics Walking (Moderate) 9am - 10am Blk 4C pavillion	Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavilion	
Venue 地点	Monday 星期一 10-03-2025	Tuesday 星期二 11-03-2025	Wednesday 星期三 12-03-2025	Thursday 星期四 13-03-2025	Friday 星期五 14-03-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am	Table Tennis (High) 乒乓球活动 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
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	CALM 1.0 Frailty Prevention Programme (Post-ax) 防止虚弱计划 (检验) 2.30pm - 5pm By registration (需登记)	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记)	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	
	SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm			Health talk 健康讲座 (Mandarin) (中) To understand - ACP / LPA / AMD 了解 - 预先护理计划 / 持久授权书 / 预先医疗指示 10am-11am	
Bendemeer	Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center	Happy Program 快乐计划 10am - 11am Blk 47A Pavilion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavilion	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 9.30am-10.30am & 11am-12am Blk 2 St George Pavilion	Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 For seniors staying/ 限于居住在 St George's & St Michael estate 9am - 11am By registration (需登记)		Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavilion	
Venue 地点	Monday 星期一 17-03-2025	Tuesday 星期二 18-03-2025	Wednesday 星期三 19-03-2025	Thursday 星期四 20-03-2025	Friday 星期五 21-03-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	Morning Walk @Park Connector 公园奔走 8.30-9.30am	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) 乒乓球活动 9.30am - 5.30pm	TTSH Community Nurse Post 2pm-5pm TTSH 社区保健 By registration (需登记)	Cooking Demo 烹饪班 2.00pm - 4.00pm	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	
	Voice of Singapore FINALE (Eng / Man) 新加坡之声最终 (中 / 英) 10.30am		NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记)		Let's Sing K. 一起来嗨歌 2pm - 4pm
Bendemeer		Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavilion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavilion	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 9.30am-10.30am & 11am-12am Blk 2 St George Pavilion			Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavilion	
Venue 地点	Monday 星期一 24-03-2025	Tuesday 星期二 25-03-2025	Wednesday 星期三 26-03-2025	Thursday 星期四 27-03-2025	Friday 星期五 28-03-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm 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) 乒乓球活动 9.30am - 5.30pm	SKH Health Talk via zoom "Navigating Transitions in later adulthood" 盛港综合医院健康讲座 "网上直播" 10.15am-11.15am	TCM Talk - Zoom (Mandarin) TCM Management of Hyperlipidaemia 网上中医讲座 (中) 高血脂的中医调护 1.30pm - 2.30pm	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	TGIF Movie Screening 1.30pm-3.30pm
Bendemeer	Karaoke 10am - 11.30am Blk 38A @ RN Center	Aerobics Walking+ Stretching 快走运动+拉伸 10am - 11am Blk 47A Pavilion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavilion	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 9.30am-10.30am & 11am-12am Blk 2 St George Pavilion		SG Digital Pop Up (IMDA) - Staying Safe & Smart in the Age of Generative AI" 电话课程 - "网上交易 - Grab" Group: 10am - 12pm 1-to-1: 1pm - 5.30pm	Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavilion	
			Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 For seniors staying/ 限于居住在 St George's & St Michael estate 9am - 11am By registration (需登记)		
Venue 地点	Monday 星期一 31-03-2025	 KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910			
KWSC@ Blk 25 St George's Centre	 PUBLIC HOLIDAY Selamat Hari Raya Aidilfitri		2025 MARCH Programme 三月份节目表		
Bendemeer			6422 1333 8028 1307		
St George's			Centre is closed 12pm - 1pm for lunch. 午餐时间中心将会在12点到1点关。		