

MARCH 2025 Schedule | 三月活动表



KWSC@McNair

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
Resistance Band Exercise 拉力帶運動 10am-11am 	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 13) 抗肌少症运动 9am-10am Registered (已报名) 	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)
Voice of Singapore (Mandarin) 新加坡之声 (中) 2pm - 3pm By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	Chair Exercise 椅子运动 10am - 11am 	Chair Exercise 椅子运动 10am - 11am 	BINGO 宾果游戏 1.30pm - 2.30pm
Daily Socialising Activities 每日社交活动	NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm By registration (需登记)	Ukulele Class 尤克里里 2pm-3pm By registration (需登记) 	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm 	NUS Student Engagement 国大学生交流活动 3pm - 4.30pm By registration (需登记)
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
Resistance Band Exercise 拉力帶運動 10am-11am 	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 14) 抗肌少症运动 9am-10am Registered (已报名) 	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)
Voice of Singapore (English) 新加坡之声 (英) 2pm - 3pm By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	Chair Exercise 椅子运动 10am - 11am 	Chair Exercise 椅子运动 10am - 11am 	BINGO 宾果游戏 1.30pm - 2.30pm
TTSH Community Nurse Post 社区护士站 2pm - 5pm 	NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm By registration (需登记)	Movie Day (Tamil Hindi) 1.30pm-2.30pm 	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm 	NUS Student Engagement 国大学生交流活动 3pm - 4.30pm By registration (需登记)
SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm By registration (需登记)				
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
Resistance Band Exercise 拉力帶運動 10am-11am 	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 15) 抗肌少症运动 9am-10am Registered (已报名) 	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)
Voice of Singapore - Recital 新加坡之声 - 演奏 10.30am - 12.30pm By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	SG Digital (IMDA) 数码科技 Group: 10.30am - 12pm 1-to-1: 2pm - 5pm By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	BINGO 宾果游戏 1.30pm - 2.30pm
Daily Socialising Activities 每日社交活动	NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm By registration (需登记)	Ukulele Class 尤克里里 2pm-3pm By registration (需登记) 	讲座: 人生休止符 (华语) Rest Note of Life (Mandarin) 3pm - 4pm By registration (需登记) 	NUS Student Engagement 国大学生交流活动 3pm - 4.30pm By registration (需登记)
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
Resistance Band Exercise 拉力帶運動 10am-11am 	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 16) 抗肌少症运动 9am-10am Registered (已报名) 	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)
讲座: 预防跌倒与 功能强化训练 (华语) Fall Prevention & Functional Improvement (Mandarin) 3pm - 4pm By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	Functional Assessment (HPB) 体能评估 Blk 114 Void Deck 10am - 11.30am By registration (需登记) 	Chair Exercise 椅子运动 10am - 11am 	BINGO 宾果游戏 1.30pm - 2.30pm
		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 2.30pm - 4.30pm By registration (需登记)	Share A Pot + KARAOKE 喝糖水和卡拉OK 1.30pm - 4.30pm By registration for Karaoke (需登记) 	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm 	NUS Student Engagement 国大学生交流活动 3pm - 4.30pm By registration (需登记)
Friday 星期五 31-03-2025	Chair exercise at centre every Tue to Fri 每星期二至星期五 椅子运动 在中心 10AM - 11AM 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			
Closed on Public Holiday 公众假期休息				
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 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 6422 1311 8028 1247				

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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



KWSC @ McNair
Contact details

联络号码:

6422 1311
8028 1247