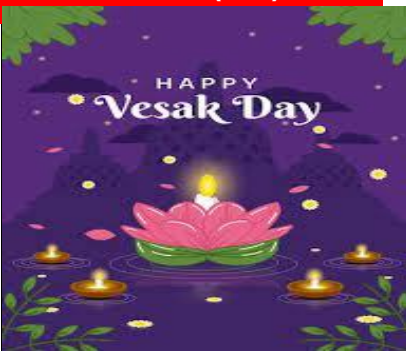
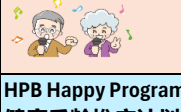
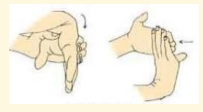
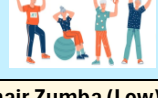
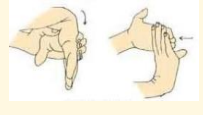


Booking for all KARAOKE session starts from 30th April @ 10am. 4月30日早上10点开始, 才可以预定卡拉OK时段。 To register, please Call 预约请致电: 6422 1335 Each individual member is entitled for two karaoke sessions per month 每位会员每月可享用两场卡拉OK时段		We are closed for lunch from 12pm - 1pm 午餐时间关闭 中午 12 点至下午 1 点		Booking for Gym, Mahjong, Billiard and Table Tennis are available only ONE WEEK in advance @10am. 健身, 麻将, 桌球和乒乓, 只能提前一周预约, 从10点开始。 To register, please Call 预约请致电: 6422 1335		Socialisation / Rummy O / Massage Chair 社交活动 / 拉米O游戏 / 按摩椅 Monday to Friday 星期一到星期五 9am - 11am & 1.00pm - 5.00pm 早上九点到十一点 及 下午一点到五点			
  KWONG WAI SHIU CARE 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital  Block 82 Circuit Road #01-02 Singapore 370082 64221335 / 96365013						Thursday 星期四 01 May 2025 PUBLIC HOLIDAY (Closed) 公共假期 (关闭) 		Friday 星期五 02 May 2025  Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场)  SOTA Student Engagement 艺术学校学生交流活动 2.45pm-4.25pm	
Monday 星期一 05 May 2025 Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am 		Tuesday 星期二 06 May 2025 Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm  HPB Happy Programme (Low) 健康乐龄推广计划 (低) 2pm - 3pm 仅限报名 BY REGISTRATION ONLY  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		Wednesday 星期三 07 May 2025 KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场)  Floor Curling Game 地壶球游戏 2pm - 4pm  Flower Arrangement Workshop (FULL) 插花工作坊 (满) 1pm - 3.30pm (lesson) 3.30pm - 4.30pm (Teabreak) (at Blk 82B, RN) 		Thursday 星期四 08 May 2025 卡拉OK Karaoke 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Silver Serenity 银龄静心计划 2pm - 4pm 仅限报名 BY REGISTRATION ONLY  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 09 May 2025 Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场)  Chinese Calligraphy IG 书法兴趣小组 1pm-2pm  Bingo Game 宾果游戏 2.15pm - 3.15pm 	
Monday 星期一 12 May 2025 PUBLIC HOLIDAY (Closed) 公共假期 (关闭) 		Tuesday 星期二 13 May 2025 Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm  HPB Happy Programme (Low) 健康乐龄推广计划 (低) 2pm - 3pm 仅限报名 BY REGISTRATION ONLY  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		Wednesday 星期三 14 May 2025 KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场)  Frail Seniors Exercise 体弱长者运动 10am-11am 仅限报名 BY REGISTRATION ONLY  Movie 电影 1.30pm - 3.15pm Crisis Negotiators 谈判专家  Fruits Day 水果日 3.30pm - 4.30pm 		Thursday 星期四 15 May 2025 Karaoke 卡拉OK 9.30am - 5pm  Silver Serenity 银龄静心计划 2pm - 4pm 仅限报名 BY REGISTRATION ONLY  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 16 May 2025 Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场)  SOTA Student Engagement 艺术学校学生交流活动 2.45pm-4.25pm 	
Monday 星期一 19 May 2025 Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am 		Tuesday 星期二 20 May 2025 Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm  HPB Happy Programme (Low) 健康乐龄推广计划 (低) 2pm - 3pm 仅限报名 BY REGISTRATION ONLY  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		3.30pm - 4.30pm 21 May 2025 KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场)  Frail Seniors Exercise 体弱长者运动 10am-11am 仅限报名 BY REGISTRATION ONLY  TCM Talks (Chinese) -Adult Urinary Incontinence 中医讲座 (中文) -成人尿失禁 1.30pm - 2.30pm 		Thursday 星期四 22 May 2025 卡拉OK Karaoke 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Silver Serenity 银龄静心计划 2pm - 4pm 仅限报名 BY REGISTRATION ONLY  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 23 May 2025 Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场)  Chinese Calligraphy IG 书法兴趣小组 1pm-2pm  Ice Cream Social 冰淇淋社交活动 2pm - 4pm 	
Monday 星期一 26 May 2025 Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am 		Tuesday 星期二 27 May 2025 Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm  HPB Happy Programme (Low) 健康乐龄推广计划 (低) 2pm - 3pm 仅限报名 BY REGISTRATION ONLY  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		Wednesday 星期三 28 May 2025 KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场)  Frail Seniors Exercise 体弱长者运动 10am-11am 仅限报名 BY REGISTRATION ONLY 		Thursday 星期四 29 May 2025 卡拉OK Karaoke 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Silver Serenity 银龄静心计划 2pm - 4pm 仅限报名 BY REGISTRATION ONLY  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 30 May 2025 Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场)  Sport Stacking 堆叠运动 2.30pm-3.30pm 	