

Venue 地点		2025 MAY Programme 五月份节目表		Thursday 星期四 01-05-2025	Friday 星期五 02-05-2025	
KWSC@ Blk 25 St George's Centre		Centre is closed at 12pm - 1pm for lunch. 午餐时间中心将会在12点到1点关。 25 St. George's Lane, Singapore 320025			 Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am	
	6422 1333					
	8028 1307					
Bendemeer						
St George's						
Venue 地点		Monday 星期一 05-05-2025	Tuesday 星期二 06-05-2025	Wednesday 星期三 07-05-2025	Thursday 星期四 08-05-2025	Friday 星期五 09-05-2025
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	SG Digital Pop Up (IMDA) "Search for information on the Internet" "在互联网上搜索信息" 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 Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm	 Table Tennis (High) 乒乓球活动 9.30am - 5.30pm		
		Voice of Singapore (Mandarin) 新加坡之声 (英) 1pm - 2pm By registration (需登记)		Roving Silver Gym (SEATED) 年长哑铃运 (坐式) 2pm - 3pm By registration (需登记)	Bendemeer Sec Red Cross Youth Student Engagement 3.30pm-4.30pm	
Bendemeer		Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center			HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavilion	
St George's		Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am Blk 2 St George Pavillion	KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion	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 Pavillion	
Venue 地点		Monday 星期一 12-05-2025	Tuesday 星期二 13-05-2025	Wednesday 星期三 14-05-2025	Thursday 星期四 15-05-2025	Friday 星期五 16-05-2025
KWSC@ Blk 25 St George's Centre		PUBLIC HOLIDAY VESAK DAY 公共假期 卫塞节	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	Cooking Demo 烹饪班 2.00pm - 4.00pm	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am	 Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am
		Happy Vesak Day	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm		Bendemeer Sec Red Cross Youth Student Engagement 3.30pm-4.30pm	
			Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion	
Bendemeer			KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion		Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavillion	
St George's						
Venue 地点		Monday 星期一 19-05-2025	Tuesday 星期二 20-05-2025	Wednesday 星期三 21-05-2025	Thursday 星期四 22-05-2025	Friday 星期五 23-05-2025
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	TCM Talk - Zoom (Mandarin) 网上中医讲座 (中) 1.30pm - 2.30pm	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 Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm		Bendemeer Sec Red Cross Youth Student Engagement 3.30pm-4.30pm	
		Voice of Singapore (Mandarin) 新加坡之声 (中) 1pm - 2pm By registration (需登记)	TTSH Community Nurse Post TTSH 社区保健 2pm-5pm By registration (需登记)		NHG Health Talk - Fostering Positive Medication Habits (Man) 培养良好的药物管理习惯 (中) 9am - 12pm	
Bendemeer		Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center	Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion	
St George's		Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am @Blk 2 St George Pavillion	KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion	SG Digital Pop Up (IMDA) " Search for information on the Internet" 电话课程 - 在互联网上搜索信息 Group: 10am - 12pm 1 to-1: 1pm - 5.30pm 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 Pavillion	
Venue 地点		Monday 星期一 26-05-2025	Tuesday 星期二 27-05-2025	Wednesday 星期三 28-05-2025	Thursday 星期四 29-05-2025	Friday 星期五 30-05-2025
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		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 "Home Safety & Fall Prevention" 盛港综合医院线上健康讲座 "居家安全与防跌倒" 10.15am-11.15am	Share a pot & Let's Sing K 一起来嗨歌 2pm - 4pm		
		Voice of Singapore (Mandarin) 新加坡之声 (英) 1pm - 2pm By registration (需登记)	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion	
Bendemeer		Cognitive Games 智力游戏 9.30am - 11.30am @Blk 38A @RN Center	Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion			
St George's		Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am @Blk 2 St George Pavillion	KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion			