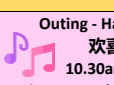
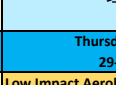
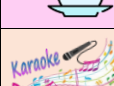


MAY 2025 Schedule | 五月活动表

 KWSC @ McNair Contact details 联络号码: 6422 1311 8028 1247			Thursday 星期四 01-05-2025 Closed on Public Holiday 公众假期休息 	Friday 星期五 02-05-2025 Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)  BINGO BINGO 宾果游戏 1.30pm - 2.30pm <table border="1"> <tr><td>10</td><td>18</td><td>40</td><td>53</td><td>74</td></tr> <tr><td>3</td><td>23</td><td>37</td><td>55</td><td>70</td></tr> <tr><td>15</td><td>24</td><td>★</td><td>51</td><td>62</td></tr> <tr><td>5</td><td>30</td><td>43</td><td>54</td><td>65</td></tr> <tr><td>1</td><td>28</td><td>33</td><td>58</td><td>67</td></tr> </table>	10	18	40	53	74	3	23	37	55	70	15	24	★	51	62	5	30	43	54	65	1	28	33	58	67
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Monday 星期一 05-05-2025 Resistance Band Exercise 拉力带运动 10am-11am  Voice of Singapore (Mandarin) 新加坡之声 (中) 2pm - 3pm By registration (需登记) 	Tuesday 星期二 06-05-2025 Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am  Movie + Snacks 看电影吃东西 1pm - 2.30pm By registration (需登记)  Puppetry and Me (Session 5) 3pm - 5pm Registered (已报名) 	Wednesday 星期三 07-05-2025 Sit & Weight (seated) 椅子哑铃 10am - 11am  Ukulele Class 尤克里里 2pm-3pm Registered (已报名) 	Thursday 星期四 08-05-2025 Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)  Ball Exercise (seated) 弹力球运动 (椅子) 10am - 11am 	Friday 星期五 09-05-2025 Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)  BINGO BINGO 宾果游戏 1.30pm - 2.30pm <table border="1"> <tr><td>10</td><td>18</td><td>40</td><td>53</td><td>74</td></tr> <tr><td>3</td><td>23</td><td>37</td><td>55</td><td>70</td></tr> <tr><td>15</td><td>24</td><td>★</td><td>51</td><td>62</td></tr> <tr><td>5</td><td>30</td><td>43</td><td>54</td><td>65</td></tr> <tr><td>1</td><td>28</td><td>33</td><td>58</td><td>67</td></tr> </table>	10	18	40	53	74	3	23	37	55	70	15	24	★	51	62	5	30	43	54	65	1	28	33	58	67
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Monday 星期一 12-05-2025 Closed on Public Holiday 公众假期休息 	Tuesday 星期二 13-05-2025 Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am  Puppetry and Me (Session 6) 3pm - 5pm Registered (已报名) 	Wednesday 星期三 14-05-2025 Morning Walk + Breakfast 早晨散步和早餐 7.30am - 9am By registration (需登记)  Sit & Weight (seated) 椅子哑铃 10am - 11am  Talks (English) by NHG Positive Medication 2pm-5pm By registration (需登记) 	Thursday 星期四 15-05-2025 Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)  Ball Exercise (seated) 弹力球运动 (椅子) 10am - 11am  Chair Yoga 椅子瑜伽 1.30pm - 2.30pm 	Friday 星期五 16-05-2025 Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)  BINGO BINGO 宾果游戏 1.30pm - 2.30pm <table border="1"> <tr><td>10</td><td>18</td><td>40</td><td>53</td><td>74</td></tr> <tr><td>3</td><td>23</td><td>37</td><td>55</td><td>70</td></tr> <tr><td>15</td><td>24</td><td>★</td><td>51</td><td>62</td></tr> <tr><td>5</td><td>30</td><td>43</td><td>54</td><td>65</td></tr> <tr><td>1</td><td>28</td><td>33</td><td>58</td><td>67</td></tr> </table>	10	18	40	53	74	3	23	37	55	70	15	24	★	51	62	5	30	43	54	65	1	28	33	58	67
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Monday 星期一 19-05-2025 Resistance Band Exercise 拉力带运动 10am-11am  Voice of Singapore (English) 新加坡之声 (英) 2pm - 3pm By registration (需登记) 	Tuesday 星期二 20-05-2025 Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am  Outing - Happy Singalong 欢喜来唱歌 10.30am - 2.30pm Singapore Chinese Cultural Ctr By registration (需登记)  Silver Spinners (Yoyo) 3pm - 5pm Registered (已报名) 	Wednesday 星期三 21-05-2025 Sit & Weight (seated) 椅子哑铃 10am - 11am  SG Digital (IMDA) 数码科技 Group: 10.30am - 12pm 1-to-1: 1pm - 4pm By registration (需登记)  TCM Talk - Zoom(Mandarin) 网上中医讲座(中) 1.30pm - 2.30pm  Ukulele Class 尤克里里 2pm-3pm 	Thursday 星期四 22-05-2025 Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)  Ball Exercise (seated) 弹力球运动 (椅子) 10am - 11am  Chair Yoga 椅子瑜伽 1.30pm - 2.30pm  An Ideal Space (Session 1) 理想空间 3pm - 5pm Registered (已报名) 	Friday 星期五 23-05-2025 Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)  BINGO BINGO 宾果游戏 1.30pm - 2.30pm <table border="1"> <tr><td>10</td><td>18</td><td>40</td><td>53</td><td>74</td></tr> <tr><td>3</td><td>23</td><td>37</td><td>55</td><td>70</td></tr> <tr><td>15</td><td>24</td><td>★</td><td>51</td><td>62</td></tr> <tr><td>5</td><td>30</td><td>43</td><td>54</td><td>65</td></tr> <tr><td>1</td><td>28</td><td>33</td><td>58</td><td>67</td></tr> </table>	10	18	40	53	74	3	23	37	55	70	15	24	★	51	62	5	30	43	54	65	1	28	33	58	67
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Friday 星期五 26-05-2025 Resistance Band Exercise 拉力带运动 10am-11am  Voice of Singapore (Mandarin) 新加坡之声 (中) 2pm - 3pm By registration (需登记) 	Tuesday 星期二 27-05-2025 Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am  Silver Spinners (Yoyo) 3pm - 5pm Registered (已报名) 	Wednesday 星期三 28-05-2025 Sit & Weight (seated) 椅子哑铃 10am - 11am  Share A Pot 喝糖水 1.30pm - 3.30pm  KARAOKE 卡拉OK 3.30pm - 4pm By registration (需登记) 	Thursday 星期四 29-05-2025 Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)  Ball Exercise (seated) 弹力球运动 (椅子) 10am - 11am  Chair Yoga 椅子瑜伽 1.30pm - 2.30pm  An Ideal Space (Session 2) 理想空间 3pm - 5pm Registered (已报名) 	Friday 星期五 30-05-2025 Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)  BINGO BINGO 宾果游戏 1.30pm - 2.30pm <table border="1"> <tr><td>10</td><td>18</td><td>40</td><td>53</td><td>74</td></tr> <tr><td>3</td><td>23</td><td>37</td><td>55</td><td>70</td></tr> <tr><td>15</td><td>24</td><td>★</td><td>51</td><td>62</td></tr> <tr><td>5</td><td>30</td><td>43</td><td>54</td><td>65</td></tr> <tr><td>1</td><td>28</td><td>33</td><td>58</td><td>67</td></tr> </table>	10	18	40	53	74	3	23	37	55	70	15	24	★	51	62	5	30	43	54	65	1	28	33	58	67
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 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																													