

5月2025 年 MAY 2025

KWSC @ POTONG PASIR



Thursday 星期四
1/5/2025

LABOUR DAY



Friday 星期五
2/5/2025

KpopX Fitness (Moderate)
韩流健身操

10am to 11am



Flower Sewing
绣花班

11.30am to 1.30pm



Monday 星期一
5/5/2025

Chair Zumba (Low)
座椅尊巴
10am to 11am



Rummy-O
拉米纸牌
游戏
2pm to 4pm



Tuesday 星期二
6/5/2025

Fun with Coding
乐龄编码
10.30am to 12pm



119 Activities
119 活动
2pm to 4pm



Wednesday 星期三
7/5/2025

Chair Workout (Low)
椅子运动
10.15am to 11am



Majong Games
麻将
3pm to 5pm



Thursday 星期四
8/5/2025

Socialisation
社交活动



Friday 星期五
9/5/2025

KpopX Fitness (Moderate)
韩流健身操
10am to 11am



Flower Sewing
绣花班
11.30am to 1.30pm



Monday 星期一
12/5/2025

VESAK DAY



Tuesday 星期二
13/5/2025

Fun with Coding
乐龄编码
10.30am to 12pm



119 Activities
119 活动
2pm to 4pm



Wednesday 星期三
14/5/2025

Haw Par Villa Tour
虎豹别墅游
10am to 1pm



Thursday 星期四
15/5/2025

Talk on Dementia
失智症讲座
10.30am to 11.30am



Friday 星期五
16/5/2025

KpopX Fitness (Moderate)
韩流健身操
10am to 11am



Karaoke
卡拉OK
3pm to 5pm



Monday 星期一
19/5/2025

Chair Zumba (Low)
座椅尊巴
10am to 11am



Rummy-O
拉米纸牌
游戏
2pm to 4pm



Tuesday 星期二
20/5/2025

Fun with Coding
乐龄编码
10.30am to 12pm



119 Activities
119 活动
2pm to 4pm



Wednesday 星期三
21/5/2025

Hawker Outing
美食游
10am to 12pm



TCM Virtual Talk
中医讲座
1.30pm to 2.30pm



Thursday 星期四
22/5/2025

Total Body Stretching (Low)
椅子伸展运动
10am - 11am



Friday 星期五
23/5/2025

KpopX Fitness (Moderate)
韩流健身操
10am to 11am



Flower Sewing
绣花班
11.30am to 1.30pm



Monday 星期一
26/5/2025

Chair Zumba (Low)
座椅尊巴
10am to 11am



Rummy-O
拉米纸牌
游戏
2pm to 4pm



Tuesday 星期二
27/5/2025

Fun with Coding
乐龄编码
10.30am to 12pm



119 Activities
119 活动
2pm to 4pm



Wednesday 星期三
28/5/2025

Leisure Walking (Moderate)
排排走
7.30am to 10.30am



Resistance Band (Moderate)
阻力带运动
10.15am to 11.15am



Thursday 星期四
29/5/2025

Block Party
大牌排对
10am to 12pm



Boccia Ball
地板滚球运动
10am to 11am



Friday 星期五
30/5/2025

KpopX Fitness (Moderate)
韩流健身操
10am to 11am



Flower Sewing
绣花班
11.30am to 1.30pm

