



Booking for Billard, Gym, Karaoke & Table Tennis available on first come first serve basis.  
Terms & Conditions apply.  
台球、健身、卡拉OK 和 乒乓球的预订按先到先得原则进行。适用条款和条件。



Monday 星期一 02 Feb 2026	Tuesday 星期二 03 Feb 2026	Wednesday 星期三 04 Feb 2026	Thursday 星期四 05 Feb 2026	Friday 星期五 06 Feb 2026
<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p> <p>Flower Arrangement Workshop (FULL) 插花工作坊 (满) 1.00pm - 3.30pm (Lesson) 3.30pm - 4.30pm (Teabreak)</p> <p>Table Tennis with Coach 打乒乓训练 3.30pm - 4.45pm Inter-game with Brahm Centre By Registration Only (仅限注册)</p>	<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场)</p> <p>Pickleball Interest Group (IG) 匹克球 (兴趣小组) Whampoa CC 2.30pm - 4.30pm</p>	<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p>	<p>HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) By Registration Only (仅限注册)</p> <p>Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 4.00pm - 5.00pm (Blk 65 Void Deck) By Registration Only (仅限注册)</p>	<p>Flower Arrangement Workshop (FULL) 插花工作坊 (满) 1.00pm - 3.30pm (Lesson) 3.30pm - 4.30pm (Teabreak)</p> <p>Saturday 星期六 07 Feb 2026</p> <p>CNY Cookie Bake 春节曲奇制作 9.00am - 1.00pm By Registration Only (仅限注册)</p>
Monday 星期一 09 Feb 2026	Tuesday 星期二 10 Feb 2026	Wednesday 星期三 11 Feb 2026	Thursday 星期四 12 Feb 2026	Friday 星期五 13 Feb 2026
<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p> <p>Community Nurse Post 社区护士 2.00pm - 5.00pm</p> <p>Table Tennis with Coach 打乒乓训练 3.30pm - 4.45pm Inter-game with Brahm Centre By Registration Only (仅限注册)</p>	<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场)</p> <p>Craft Workshop - Orange Mini Pot 手工坊 - 橘子迷你花盆 @ Blk 65 RN (FULL 满) 2.15pm - 4.00pm (Lesson) 4.00pm - 4.30pm (Teabreak)</p>	<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p>	<p>HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) By Registration Only (仅限注册)</p> <p>Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 4.00pm - 5.00pm (Blk 65 Void Deck) By Registration Only (仅限注册)</p>	<p>Sharp Minds: Fun SUDOKU 敏锐头脑: 有趣的数独 10.00am - 11.00am</p> <p>Drone Soccer Practice 无人机足球练习 1.30pm - 4.30pm</p>
Monday 星期一 16 Feb 2026	Tuesday 星期二 17 Feb 2026	Wednesday 星期三 18 Feb 2026	Thursday 星期四 19 Feb 2026	Friday 星期五 20 Feb 2026
<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p>	<p><b>PUBLIC HOLIDAY (Closed)</b> <b>公共假期 (关闭)</b></p> <p>CHINESE NEW YEAR <b>2026</b> YEAR OF THE HORSE</p>		<p>HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) By Registration Only (仅限注册)</p>	<p>TCM Talk + Live Demo Cooking 中医养生讲座及鱼汤烹饪示范 2pm - 5pm By Registration Only (仅限注册)</p> <p>Drone Soccer Practice 无人机足球练习 1.30pm - 4.30pm</p>
Monday 星期一 23 Feb 2026	Tuesday 星期二 24 Feb 2026	Wednesday 星期三 25 Feb 2026	Thursday 星期四 26 Feb 2026	Friday 星期五 27 Feb 2026
<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p> <p>Table Tennis with Coach 打乒乓训练 3.30pm - 4.45pm Inter-game with Brahm Centre By Registration Only (仅限注册)</p>	<p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场)</p>	<p>Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am</p> <p>Kopi &amp; Kawan 乐龄茶话会 9.00am - 10.30am 住在大牌 38-46; 62-66 的乐龄会员 (Blk 80 Circuit Rd Food Centre 大牌 80 循环路熟食中心)</p>	<p>HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck)</p> <p>CNY Festive Joy 新春同欢 10.30am - 1.30pm By Registration Only (仅限注册)</p>	<p>Drone Soccer Practice 无人机足球练习 1.30pm - 4.30pm</p>

