

KWSC @ McNair
Contact details
联络号码:
6422 1311
8028 1247

We are closed during
lunch time
午餐时间关闭
12PM – 1PM

FEBRUARY 2026 Schedule

二月活动表

Monday 星期一 02/02/2026	Tuesday 星期二 03/02/2026	Wednesday 星期三 04/02/2026	Thursday 星期四 05/02/2026	Friday 星期五 06/02/2026
Daily Socialising Activities 每日社交活动 	Chair Exercise 椅子运动 10am - 11am 	Chair Zumba 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Community Health Post (TTSH) 社区护士站 2pm - 5pm By registration (需登记) 	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)	Ukulele Class 尤克里里 2.00pm-3.30pm By registration (需登记) 	Movie + Snacks 看电影吃东西 1.30pm - 3.30pm By registration (需登记) 	BINGO 宾果游戏 1.30pm - 2.30pm  10 18 40 53 74 3 23 37 55 70 15 24 ★ 51 62 5 30 43 54 65 1 28 33 58 67
Monday 星期一 09/02/2026	Tuesday 星期二 10/02/2026	Wednesday 星期三 11/02/2026	Thursday 星期四 12/02/2026	Friday 星期五 13/02/2026
Resistance Band Exercise 拉力带运动 9.30am-11am 	Chair Exercise 椅子运动 10am - 11am 	Chair Zumba 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Ukulele Class 尤克里里 Performance Time TBC By registration (需登记) 	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)	Daily Socialising Activities 每日社交活动 	Share A Pot 喝糖水 2pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm  10 18 40 53 74 3 23 37 55 70 15 24 ★ 51 62 5 30 43 54 65 1 28 33 58 67
Monday 星期一 16/02/2026	Tuesday 星期二 17/02/2026	Wednesday 星期三 18/02/2026	Thursday 星期四 19/02/2026	Friday 星期五 20/02/2026
Daily Socialising Activities 每日社交活动 	Closed On Public Holiday 公共假期休息		Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
				
Monday 星期一 23/02/2026	Tuesday 星期二 24/02/2026	Wednesday 星期三 25/02/2026	Thursday 星期四 26/02/2026	Friday 星期五 27/02/2026
Resistance Band Exercise 拉力带运动 10am-11am 	Chair Exercise 椅子运动 10am - 11am 	CNY Celebration 庆祝农历新年 10.30am - 1.30pm By registration (需登记) 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Daily Socialising Activities 每日社交活动 	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)	Daily Socialising Activities 每日社交活动 	KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记) 	BINGO 宾果游戏 1.30pm - 2.30pm  10 18 40 53 74 3 23 37 55 70 15 24 ★ 51 62 5 30 43 54 65 1 28 33 58 67

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

 Cognitive Games at Centre every Mon to Fri:
认知游戏在中心 | 每星期一至星期五:
9AM - 12pm | 1PM - 5.30PM
