

Gym 8am-5pm daily Table Tennis 9:30am-5:30pm (Mon, Tues and Thurs) No booking required, walk-in only	Daily Socialising Activities Monday to Friday 9am - 12pm & 1.30pm - 5.30pm	社交活动 / 智力游戏 星期一到星期五 早上九点到十二点 及下午一点半到五点半	(All Bookings) 6422 1333 (Whatsapp) 80281307
We are closed for lunch from 12pm to 1pm 午餐时间关闭中午十二点到一点			



2026 Feb Programme 2月份节目表

Venue 地点	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
KWSC@ Blk 25 St George's Centre	Daily Socialising Activities 每日社交活动 	Resistance Band Stretching Exercise 拉力帶運動(Low) 10am - 11am (Virtual) 	SG Digital Pop Up (IMDA) (Mandarin) Transact Online (Public Transport) 在线办理 (公共交通) (中) Group: 10am - 12pm 1-to-1: 1pm - 5.30pm 	Radiant Life Wellness Talk The Right Way to Eat (Festive Season) 健康讲座 正确的饮食方式 (节日季节) 2.30pm - 4.30pm By registration (需登记) 	Come join us for game of BINGO! 来跟我们玩宾果游戏! 1.30pm - 2.30pm
St George's	HPB Chair Zumba (Low) 座椅尊巴 8am - 9am @ Blk 24 Pavilion 	Resistance Band Stretching Exercise 拉力帶運動(Low) 9am - 10am (Instructor) @ Blk 9 Pavilion 	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 9 Pavilion 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am @ Blk 24 Pavilion 	Tai Chi (Moderate) 太极 10am - 11am @ Blk 9 Pavilion

Venue 地点	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
KWSC@ Blk 25 St George's Centre	Layman Coffee Workshop Outing 12.30pm - 3.30pm Registered (已报名) 	Resistance Band Stretching Exercise 拉力帶運動(Low) 10am - 11am (Virtual) 	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm 	Layman Coffee Workshop Outing 12.30pm - 3.30pm Registered (已报名) 	Let's Sing K 一起来嗨歌 1.30pm - 4.30pm
St George's	HPB Chair Zumba (Low) 座椅尊巴 8am - 9am @ Blk 24 Pavilion 	Resistance Band Stretching Exercise 拉力帶運動(Low) 9am - 10am (Instructor) @ Blk 9 Pavilion 	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 9 Pavilion 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am @ Blk 24 Pavilion 	Tai Chi (Moderate) 太极 10am - 11am @ Blk 9 Pavilion
			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 		

Venue 地点	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
KWSC@ Blk 25 St George's Centre	Share a Pot (Snacks + Drinks) 公共餐饮 (小吃 + 饮品) 9 - 11am By registration (需登记) 	CENTRE CLOSED CHINESE NEW YEAR DAY 1 		CENTRE CLOSED CHINESE NEW YEAR DAY 2 	
St George's				Fruits Day 2 - 3pm 	Come join us for game of BINGO! 来跟我们玩宾果游戏! 1.30pm - 2.30pm
				HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am @ Blk 24 Pavilion 	Tai Chi (Moderate) 太极 10am - 11am @ Blk 9 Pavilion

Venue 地点	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
KWSC@ Blk 25 St George's Centre	Daily Socialising Activities 每日社交活动 	Resistance Band Stretching Exercise 拉力帶運動(Low) 10am - 11am (Virtual) 	CNY Celebration (Buffet + Lohei + Lion Dance) 农历新年庆祝活动 (自助餐+捞鱼生+舞狮) 10.30am - 1.30pm By registration (需登记) 	Let's Sing K 一起来嗨歌 1.30pm - 4.30pm 	TCM Talk + Live Soup Demo 中医养生讲座与煲汤活动 2pm - 5pm
St George's	HPB Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion 	Radiant Life Wellness Talk The Right Way to Eat (Festive Season) 健康讲座 正确的饮食方式 (节日季节) 2.30pm - 4.30pm By registration (需登记) 	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am @ Blk 24 Pavilion 	
		Resistance Band Stretching Exercise 拉力帶運動(Low) 9am - 10am (Instructor) @ Blk 9 Pavilion 	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 9 Pavilion 	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 	

2026

February Programme | 2月份节目表

(All Bookings)
6422 1333
(Whatsapp)
80281307



KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910



Cognitive Game (Rummy O)
9.30am - 3.30pm daily
except Friday afternoon
@ Blk 38A RN



认知游戏(拉米O)
每天早上九点半到 下午三点半
周五下午除外
@ 第38A座RN