



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 06 Apr 2026		Tuesday 星期二 07 Apr 2026		Wednesday 星期三 08 Apr 2026		Thursday 星期四 09 Apr 2026		Friday 星期五 10 Apr 2026	
 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital Block 82 Circuit Road #01-02, Singapore 370082 (6422 1335 9636 5013) (Open 7am - 7pm Closed for lunch 12pm - 1pm)		 SUPPORTED BY MOH AND AIC		Wednesday 星期三 01 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Thursday 星期四 02 Apr 2026 HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 03 Apr 2026 GOOD FRIDAY PUBLIC HOLIDAY (Closed) 公共假期 (关闭)	
Monday 星期一 13 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Tuesday 星期二 14 Apr 2026 HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场) 		Wednesday 星期三 15 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Thursday 星期四 16 Apr 2026 HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 17 Apr 2026 Drone Soccer Practice 无人机足球练习 1pm - 3pm 需登记 Registration Required 	
Monday 星期一 20 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Tuesday 星期二 21 Apr 2026 HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场) 		Wednesday 星期三 22 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Thursday 星期四 23 Apr 2026 HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 24 Apr 2026 Drone Soccer Practice 无人机足球练习 1pm - 3pm 需登记 Registration Required 	
Monday 星期一 27 Apr 2026 Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 		Tuesday 星期二 28 Apr 2026 HPB Chair Zumba (Low) 座椅尊巴 (低) 10.00am - 11.00am (Blk 75 Pavillion 广场) 		Wednesday 星期三 29 Apr 2026 Labrador Coastal Walk + Breakfast 拉布拉多海岸步道 + 吃早餐 7.30am - 11.30am 需登记 Registration Required 		Thursday 星期四 30 Apr 2026 HPB Resistance Band (Low) 拉劲运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 		 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital 	
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