


APRIL 2026 Schedule 四月活动表

KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910 KWSC @ McNair Contact details 联络号码: 6422 1311 8028 1247		Wednesday 星期三 01/04/2026	Thursday 星期四 02/04/2026	Friday 星期五 03/04/2026
		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) 	Closed on Public Holiday 公众假期休息 
		Ukulele Class 尤克里里 2.00pm-3.30pm Registered (已登记) 	Daily Socialising Activities 每日社交活动 	
Monday 星期一 06/04/2026	Tuesday 星期二 07/04/2026	Wednesday 星期三 08/04/2026	Thursday 星期四 09/04/2026	Friday 星期五 10/04/2026
Resistance Band Exercise 拉力带运动 10am-11am 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  Chair Exercise 椅子运动 10am - 11am 	Crocodile Farm 鳄鱼养殖场 9.00am - 12.30pm 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)
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)	Chair Zumba 座椅尊巴 10am-11am Blk 113 Indoor 	HAPPY Programme 2pm-3pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
				NUS Student Engagement 国大学生交流活动 2.45pm - 4.15pm By registration (需登记)
Monday 星期一 13/04/2026	Tuesday 星期二 14/04/2026	Wednesday 星期三 15/04/2026	Thursday 星期四 16/04/2026	Friday 星期五 17/04/2026
Daily Socialising Activities 每日社交活动 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  Chair Exercise 椅子运动 10am - 11am 	Chair Zumba 座椅尊巴 10am-11am Blk 113 Indoor 	Crocodile Farm 鳄鱼养殖场 9.00am - 12.30pm By registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
KARAOKE 卡拉OK 3.30pm - 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 Registered (已登记) 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记) 	BINGO 宾果游戏 1.30pm - 2.30pm 
			HAPPY Programme 2pm-3pm 	NUS Student Engagement 国大学生交流活动 2.45pm - 4.15pm By registration (需登记)
Monday 星期一 20/04/2026	Tuesday 星期二 21/04/2026	Wednesday 星期三 22/04/2026	Thursday 星期四 23/04/2026	Friday 星期五 24/04/2026
Resistance Band Exercise 拉力带运动 10am-11am	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  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) 
SOTA Student Engagement 新加坡艺术学院 3.15pm - 4.45pm By registration (需登记)	Daily Socialising Activities 每日社交活动 	Share A Pot 喝糖水 2.30pm - 3.30pm 	HAPPY Programme 2pm-3pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
Community Health Post (TTSH) 社区护士站 2pm - 5pm By registration (需登记)				
Monday 星期一 27/04/2026	Tuesday 星期二 28/04/2026	Wednesday 星期三 29/04/2026	Thursday 星期四 30/04/2026	We are closed during lunch time 午餐时间关闭 12PM - 1PM
Nanyang Coffee Factory Tour 游览南洋咖啡工厂 9.30am - 12.30am By registration (需登记) 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  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) 	
SOTA Student Engagement 新加坡艺术学院 3.15pm - 4.45pm By registration (需登记)	April Birthday King & Queen 国王王后的生日 (四月) 2.30pm-4.30pm By registration (需登记)	Daily Socialising Activities 每日社交活动 	HAPPY Programme 2pm-3pm 	

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

