



**4月2026年
APR 2026**

**KWSC
POTONG PASIR**

Monday 星期一 1/4/2026	Tuesday 星期二 2/4/2026	Wednesday 星期三 1/4/2026	Thursday 星期四 2/4/2026	Friday 星期五 3/4/2026
		Chair Workout (Low) 椅子运动 10.15am to 11am 	(Intergenerational Prog.) Pickleball with St. Andrew Sec School 10am to 11.20am 	Public Holiday GOOD FRIDAY
Monday 星期一 6/4/2026	Tuesday 星期二 7/4/2026	Wednesday 星期三 8/4/2026	Thursday 星期四 9/4/2026	Friday 星期五 10/4/2026
Chair Zumba (Low) 座椅尊巴 10am to 11am 	CPF Talk CPF讲座 2.30pm to 4.30pm 	(Intergenerational Prog.) Pickleball with St. Andrew Sec School 10am to 11.20am 	Bingo Games 宾果游戏 10am to 11.30am 	KpopX Fitness (Moderate) 韩流健身操 10am to 11am
Rummy-O 拉米纸牌 游戏 2pm to 4pm 	119 Activities 119 活动 2pm to 4pm 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	Handicraft Session 手工艺品 10am to 12pm
Monday 星期一 13/4/2026	Tuesday 星期二 14/4/2026	Wednesday 星期三 15/4/2026	Thursday 星期四 16/4/2026	Friday 星期五 17/4/2026
Chair Zumba (Low) 座椅尊巴 10am to 11am 	119 Activities 119 活动 2pm to 4pm 	(Intergenerational Prog.) Pickleball with St. Andrew Sec School 10am to 11.20am 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	KpopX Fitness (Moderate) 韩流健身操 10am to 11am
Rummy-O 拉米纸牌 游戏 2pm to 4pm 	Adaptive Sports Seated Floorball 椅子软式 曲棍球 2pm to 4pm 	Adaptive Sports Seated Floorball 椅子软式 曲棍球 2pm to 4pm 	SG Digital Talk SG数码讲座 10am to 11.30am 	SG Digital Talk SG数码讲座 10am to 11.30am
Monday 星期一 20/4/2026	Tuesday 星期二 21/4/2026	Wednesday 星期三 22/4/2026	Thursday 星期四 23/4/2026	Friday 星期五 24/4/2026
Chair Zumba (Low) 座椅尊巴 10am to 11am 	(Intergenerational Prog.) Pickleball with St. Andrew Sec School 10am to 11.20am 	Resistance Band Exercise (Moderate) 阻力带运动 10.15am to 11.15am 	Hawker Outing - Upper BoonKeng 文庆市场和熟食中心出游 10am to 1pm 	KpopX Fitness (Moderate) 韩流健身操 10am to 11am
Rummy-O 拉米纸牌 游戏 2pm to 4pm 	Adaptive Sports Seated Floorball 椅子软式曲棍球 2pm to 4pm 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	Handicraft Session 手工艺品 10am to 12pm
Monday 星期一 27/4/2026	Tuesday 星期二 28/4/2026	Wednesday 星期三 29/4/2026	Thursday 星期四 30/4/2026	
Chair Zumba (Low) 座椅尊巴 10am to 11am 	119 Activities 119 活动 2pm to 4pm 	Stridy Clean Up 清理活动 9.30am to 11am 	Adaptive Sports Seated Floorball 椅子软式 曲棍球 10am to 12pm 	
Rummy-O 拉米纸牌 游戏 2pm to 4pm 	Adaptive Sports Seated Floorball 椅子软式 曲棍球 2pm to 4pm 	Adaptive Sports Seated Floorball 椅子软式 曲棍球 2pm to 4pm 	Adaptive Sports Ladder Toss 梯子抛掷 2pm to 3pm 	