

Gym 8am - 5pm daily  
Table Tennis: Mon, Tues & Thurs - 9.30am - 5.30pm  
No booking required, Walk-in only

We are **CLOSED** for lunch from 12PM to 1PM  
午餐时间关闭中午十二点到一点

**Daily Socialising  
Activities**  
Monday to Friday  
9am - 12pm  
1.30pm - 5.30pm

**(Bookings)**  
**6422 1333**




















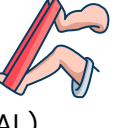







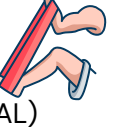








St George's West  
Residents' Networks



KWONG WAI SHIU HOSPITAL  
廣惠肇留醫院  
Since 1910

BLK I-8, 25A, 26A & B. 2026. JUNE. ZONE I

VENUE	MON	TUE	WED	THU	FRI
KWSC@ BLK 25 ST GEORGE'S CENTRE	1 CENTRE CLOSED 	2 FRUITS DAY 水果日 2PM - 3PM @ PANTRY 	3	4 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM  GLASS JAM JAR TERRARIUM WORKSHOP 2PM-3PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记)	5 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  TCM TALK + LIVE DEMO 中医讲座-现场学习煮凉茶 3-5PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记)
OUTSIDE CENTRE			KPOP DANCE 韩式跳舞 9AM - 10AM @ BLK 24 PAVILION 		TAI CHI 太极 9AM-10AM @ BLK 24 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	8 SNACKS TIME 小吃时间 3PM-4PM @ PANTRY 	9 TTSH COMMUNITY NURSE POST 陈笃生医院护士站 2PM - 5PM <b>BY REGISTRATION</b> (需登记) 	10 LET'S SING K @ DANCE ROOM 一起来嗨歌 1.30PM - 4:30PM 	11 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	12 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  NKF HEALTH TALK @ DANCE ROOM 2PM - 3PM
OUTSIDE CENTRE	HPB LOW IMPACT AEROBICS 低冲击有氧操 9AM - 10AM @ BLK 24 PAVILION 	FRUITS GIVING 送水果 2PM - 3PM <b>BY INVITATION ONLY</b> 	KPOP DANCE 韩式跳舞 9AM - 10AM @ BLK 24 PAVILION 		TAI CHI 太极 9AM-10AM @ BLK 24 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	15 ARTS & CRAFTS (DECOUPAGE) 艺术与手工艺 (拼贴画) 2PM - 4PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记) 	16 TTSH COMMUNITY NURSE POST 陈笃生医院护士站 2PM - 5PM <b>BY REGISTRATION</b> (需登记) 	17 BINGO 宾果游戏 1.30PM - 2:30PM 	18 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	19 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL) 
OUTSIDE CENTRE	HPB LOW IMPACT AEROBICS 低冲击有氧操 9AM - 10AM @ BLK 24 PAVILION 		KPOP DANCE 韩式跳舞 9AM - 10AM @ BLK 24 PAVILION 		TAI CHI 太极 9AM-10AM @ BLK 24 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	22 BINGO 宾果游戏 1.30PM - 2:30PM 	23 FATHER'S DAY CELEBRATION 父亲节庆祝 5PM-6.30PM <b>BY INVITATION ONLY</b> 	24 LET'S SING K @ DANCE ROOM 一起来嗨歌 1.30PM - 4:30PM 	25 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	26 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  BOLLYWOOD FARMS OUTING 8:30AM - 12PM <b>BY REGISTRATION ONLY</b> (需登记)
OUTSIDE CENTRE	HPB LOW IMPACT AEROBICS 低冲击有氧操 9AM - 10AM @ BLK 24 PAVILION 		KPOP DANCE 韩式跳舞 9AM - 10AM @ BLK 24 PAVILION 		TAI CHI 太极 9AM-10AM @ BLK 24 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	29 ARTS & CRAFTS (DECOUPAGE) 艺术与手工艺 (拼贴画) 2PM - 4PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记) 	30 MOVIE DAY 電影日 2PM - 3.30PM 			
OUTSIDE CENTRE	HPB LOW IMPACT AEROBICS 低冲击有氧操 9AM - 10AM @ BLK 24 PAVILION 				

Gym 8am - 5pm daily  
Table Tennis: Mon, Tues & Thurs - 9.30am - 5.30pm  
No booking required, Walk-in only

We are **CLOSED** for lunch from 12PM to 1PM  
午餐时间关闭中午十二点到一点

**Daily Socialising  
Activities**  
Monday to Friday  
9am - 12pm  
1.30pm - 5.30pm

**(Bookings)**  
**6422 1333**












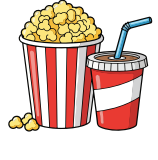



St George's East  
Residents' Networks



KWONG WAI SHIU HOSPITAL  
廣惠肇留醫院  
Since 1910

BLK 9-23. 2026. JUNE. ZONE 2

VENUE	MON	TUE	WED	THU	FRI
KWSC@ BLK 25 ST GEORGE'S CENTRE	1 CENTRE CLOSED 	2 FRUITS DAY 水果日 2PM - 3PM @ PANTRY 	3	4 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM  GLASS JAM JAR TERRARIUM WORKSHOP 2PM-3PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记)	5 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  TCM TALK + LIVE DEMO 中医讲座-现场学习煮凉茶 3-5PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记)
	OUTSIDE CENTRE		RESISTANCE BAND 拉力帶運動 9AM - 10AM @ BLK 9 PAVILION 	QI-GONG EXERCISE 气功運動 2PM - 3PM @BLK 9 PAVILION 	HPB ZUMBA GOLD 尊巴运动 9AM - 10AM @ BLK 9 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	8 SNACKS TIME 小吃时间 3PM-4PM @ PANTRY 	9 TTSH COMMUNITY NURSE POST 陈笃生医院护士站 2PM - 5PM <b>BY REGISTRATION</b> (需登记) 	10 LET'S SING K @ DANCE ROOM 一起来嗨歌 1.30PM - 4:30PM 	11 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	12 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  NKF HEALTH TALK @ DANCE ROOM 2PM - 3PM
	OUTSIDE CENTRE		RESISTANCE BAND 拉力帶運動 9AM - 10AM @ BLK 9 PAVILION 	QI-GONG EXERCISE 气功運動 2PM - 3PM @BLK 9 PAVILION 	HPB ZUMBA GOLD 尊巴运动 9AM - 10AM @ BLK 9 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	15 ARTS & CRAFTS (DECOUPAGE) 艺术与手工艺 (拼贴画) 2PM - 4PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记) 	16 TTSH COMMUNITY NURSE POST 陈笃生医院护士站 2PM - 5PM <b>BY REGISTRATION</b> (需登记) 	17 BINGO 宾果游戏 1.30PM - 2:30PM 	18 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	19 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL) 
	OUTSIDE CENTRE		RESISTANCE BAND 拉力帶運動 9AM - 10AM @ BLK 9 PAVILION 	QI-GONG EXERCISE 气功運動 2PM - 3PM @BLK 9 PAVILION 	HPB ZUMBA GOLD 尊巴运动 9AM - 10AM @ BLK 9 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	22 BINGO 宾果游戏 1.30PM - 2:30PM 	23 FATHER'S DAY CELEBRATION 父亲节庆祝 5PM-6.30PM <b>BY INVITATION ONLY</b> 	24 LET'S SING K @ DANCE ROOM 一起来嗨歌 1.30PM - 4:30PM 	25 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	26 RESISTANCE BAND 拉力帶運動 9AM - 10AM (VIRTUAL)  BOLLYWOOD FARMS OUTING 8:30AM - 12PM <b>BY REGISTRATION ONLY</b> (需登记)
	OUTSIDE CENTRE		RESISTANCE BAND 拉力帶運動 9AM - 10AM @ BLK 9 PAVILION 	QI-GONG EXERCISE 气功運動 2PM - 3PM @BLK 9 PAVILION 	HPB ZUMBA GOLD 尊巴运动 9AM - 10AM @ BLK 9 PAVILION 
KWSC@ BLK 25 ST GEORGE'S CENTRE	29 ARTS & CRAFTS (DECOUPAGE) 艺术与手工艺 (拼贴画) 2PM - 4PM @ PANTRY <b>BY REGISTRATION ONLY</b> (需登记) 	30 MOVIE DAY 電影日 2PM - 3.30PM 			
	OUTSIDE CENTRE	FRUITS GIVING 送水果 2PM - 3PM <b>BY INVITATION ONLY</b> 	RESISTANCE BAND 拉力帶運動 9AM - 10AM @ BLK 9 PAVILION 		

# 2026 JUNE Programme | 六月份节目表

 (All Bookings, pls call) 8126 3872 For Blks 38A-D, Blk 39A, Blks 43-48 Bendemeer Rd & Blk 49 Whampoa South		Daily Socialising Activities Monday & Wednesday 9am - 12pm @ Blk 38A RN Centre		 社交活动 / 智力游戏 星期一和星期三 早上9点 - 下午12点	
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
01-06-2026	02-06-2026	03-06-2026	04-06-2026	05-06-2026	
CENTRE CLOSED 中心关闭 VESAK DAY 卫塞节 	Towel Mobility 毛巾拉力運動 11am-12pm @ Blk 38A RN Centre  TTSH Community Nurse Post TTSH 社区保健 2pm - 5pm @ Blk 38A RN Centre BY REGISTRATION (需登记) 	Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 	HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 	Zumba Gold 尊巴运动 9.30am-10.30am @ Blk 47A Whampoa South pavilion  TCM talk + live demo 3-5pm @ Blk 25 KWSC @ St George BY REGISTRATION ONLY (需登记) 	
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
08-06-2026	09-06-2026	10-06-2026	11-06-2026	12-06-2026	
Tai Chi 太极 9.30am-10.30am @ Blk 47A Whampoa South Pavilion 	Towel Mobility 毛巾拉力運動 11am-12pm @ Blk 38A RN Centre 	Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 	HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 	Zumba Gold 尊巴运动 9.30am-10.30am @ Blk 47A Whampoa South pavilion  Awareness Talk - Understand Your Kidneys, Protect Your Health 2-3pm @ Blk 25 KWSC @ St George BY REGISTRATION ONLY (需登记) 	
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
15-06-2026	16-06-2026	17-06-2026	18-06-2026	19-06-2026	
Tai Chi 太极 9.30am-10.30am @ Blk 47A Whampoa South Pavilion 	Towel Mobility 毛巾拉力運動 11am-12pm @ Blk 38A RN Centre 	Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 	HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 	Zumba Gold 尊巴运动 9.30am-10.30am @ Blk 47A Whampoa South pavilion 	
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
22-06-2026	23-06-2026	24-06-2026	25-06-2026	26-06-2026	
Tai Chi 太极 9.30am-10.30am @ Blk 47A Whampoa South Pavilion 	Towel Mobility 毛巾拉力運動 11am-12pm @ Blk 38A RN Centre 	Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 	HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 	Zumba Gold 尊巴运动 9.30am-10.30am @ Blk 47A Whampoa South pavilion 	
Let's Sing K 一起来嗨歌 1.30pm - 3:30pm @ Blk 38A RN Centre 			Potted Plant 一起种盆栽 10.30am - 11.30am @ Blk 25 KWSC @ St George (Transport provided) BY REGISTRATION ONLY (需登记) 		
Monday 星期一	Tuesday 星期二				
29-06-2026	30-06-2026				
Tai Chi 太极 9.30am-10.30am @ Blk 47A Whampoa South Pavilion 	Towel Mobility 毛巾拉力運動 11am-12pm @ Blk 38A RN Centre  Fruits Giving Day 送水果 2pm - 3pm @ Blk 38A RN Centre BY REGISTRATION ONLY (需登记) 				