



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 1 Jun 2026	Tuesday 星期二 2 Jun 2026	Wednesday 星期三 3 Jun 2026	Thursday 星期四 4 Jun 2026	Friday 星期五 5 Jun 2026
PUBLIC HOLIDAY (Closed) 公共假期 (关闭) 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 	Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Walking Foodpedia 行走吧, 百料全食 8.30am - 11am
Glass Jam Jar Terrarium Making 瓶中绿意手作坊 1.30pm - 3.30pm 需登记 Registration Required 	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm 	Drone Soccer Training 无人机足球训练 8.45am - 1pm 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Monday 星期一 8 Jun 2026	Tuesday 星期二 9 Jun 2026	Wednesday 星期三 10 Jun 2026	Thursday 星期四 11 Jun 2026	Friday 星期五 12 Jun 2026
Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 	Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Walking Foodpedia 行走吧, 百料全食 9am - 11am
Drone Soccer Training 无人机足球训练 8.45am - 1pm 需登记 Registration Required 	Bake & Bond 烘焙交流活动 9.00am - 12pm 需登记 Registration Required 	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	Community Health Coach 社区健康站服务 9am - 12pm 需登记 Registration Required 	Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Monday 星期一 15 Jun 2026	Tuesday 星期二 16 Jun 2026	Wednesday 星期三 17 Jun 2026	Thursday 星期四 18 Jun 2026	Friday 星期五 19 Jun 2026
Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 	Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Walking Foodpedia 行走吧, 百料全食 9am - 11am
Stress Less Mindfulness Workshop 2.30pm - 4.00pm 需登记 Registration Required 	Drone Soccer Training 无人机足球训练 8.45am - 1pm 需登记 Registration Required 	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	Community Health Coach 社区健康站服务 9am - 12pm 需登记 Registration Required 	Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Monday 星期一 22 Jun 2026	Tuesday 星期二 23 Jun 2026	Wednesday 星期三 24 Jun 2026	Thursday 星期四 25 Jun 2026	Friday 星期五 26 Jun 2026
Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 	Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Walking Foodpedia 行走吧, 百料全食 9am - 11am
Drone Soccer Practice 无人机足球训练 2.00pm - 5.00pm 需登记 Registration Required 	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm 	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm 	BINGO + Snacks 宾果游戏 + 小吃 1.30pm - 3.30pm 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Drone Soccer Practice 无人机足球训练 2.00pm - 5.00pm 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm FULL 已满
Monday 星期一 29 Jun 2026	Tuesday 星期二 30 Jun 2026	Block 82 Circuit Road #01-02 Singapore 370082 6422 1335 / 96365013 (Open 7am-7pm Closed for lunch 12pm - 1pm)		
Japanese Interval Walking (IG) 间歇步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 			
Drone Soccer Practice 无人机足球训练 2.00pm - 5.00pm 需登记 Registration Required 	Frail Senior Exercise + Snack 体弱乐龄运动 + 小吃 3.00pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required 			