

# JUNE 2026 Schedule 六月活动表



**KWSC @ McNair**  
Contact details  
联络号码:  
**6422 1311**

**We are closed during lunch time**  
**午餐时间关闭**  
**12PM – 1PM**



Monday 星期一 01/06/2026	Tuesday 星期二 02/06/2026	Wednesday 星期三 03/06/2026	Thursday 星期四 04/06/2026	Friday 星期五 05/06/2026
<p><b>Closed on Public Holiday</b> 公众假期休息</p>	<p><b>Fitness Exercise 健身运动</b> 9am - 10am Blk 122 Pavilion</p> <p><b>Chair-Robics 椅子运动</b> 10am - 11am</p> <p><b>AWE Programme 10am-12pm</b> Registered (已登记)</p> <p><b>Adaptive Sports 适应性体育活动</b> 2pm-3pm By Registration (需登记)</p>	<p><b>Chair Zumba (Indoor) 座椅尊巴</b> 10am-11am Blk 113 Indoor</p> <p><b>Ukulele Class 尤克里里</b> 2.00pm-3.30pm Registered (已登记)</p>	<p><b>Low Impact Aerobics (HPB) 低冲击有氧运动</b> 10am-11am, Blk 114 Pavilion By Registration (需登记)</p> <p><b>Bowling 保龄球</b> 12pm-2pm By Registered (已登记)</p> <p><b>Calligraphy 书法</b> 1.30pm - 3.30pm Registered (已登记)</p>	<p><b>Chair Zumba (HPB) 座椅尊巴</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>BINGO 宾果游戏</b> 1.30pm - 2.30pm</p>
<p><b>Daily Socialising Activities 每日社交活动</b></p>	<p><b>Fitness Exercise 健身运动</b> 9am - 10am Blk 122 Pavilion</p> <p><b>Chair-Robics 椅子运动</b> 10am - 11am</p> <p><b>AWE Programme 10am-12pm</b> Registered (已登记)</p> <p><b>Go Green T-Shirt Tote Bag 环保袋</b> 2pm-3.30pm By Registration (需登记)</p>	<p><b>Chair Zumba (Indoor) 座椅尊巴</b> 10am-11am Blk 113 Indoor</p> <p><b>AI Enable Frailty Programme 1.30pm-5.30pm</b> By Registration (需登记)</p>	<p><b>Seniors National Games 乐龄运动会 2026 (SNG) - Singapore Sports Hub 新加坡体育城</b> 9am - 1pm Registered (已登记)</p> <p><b>Low Impact Aerobics (HPB) 低冲击有氧运动</b> 10am-11am Blk 114 Pavilion By Registration (需登记)</p> <p><b>AI Enable Frailty Programme 1.30pm-5.30pm</b> By Registration (需登记)</p>	<p><b>Chair Zumba (HPB) 座椅尊巴</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>BINGO 宾果游戏</b> 1.30pm - 2.30pm</p> <p><b>Daily Socialising Activities 每日社交活动</b></p>
<p><b>Adaptive Sports 适应性体育活动</b> 2pm - 3pm By Registration (需登记)</p>				
<p><b>Resistance Band Exercise 拉力带运动</b> 10am-11am</p> <p><b>Community Health Post (TTSH) 社区护士站</b> 2pm - 5pm By registration (需登记)</p> <p><b>KARAOKE 卡拉OK</b> 3.30pm - 5pm By registration (需登记)</p>	<p><b>Fitness Exercise 健身运动</b> 9am - 10am Blk 122 Pavilion</p> <p><b>Chair-Robics 椅子运动</b> 10am - 11am</p> <p><b>AWE Programme 10am - 12pm</b> Registered (已登记)</p>	<p><b>Chair Zumba (Indoor) 座椅尊巴</b> 10am-11am Blk 113 Indoor</p> <p><b>Ukulele Class 尤克里里</b> 2.00pm-3.30pm Registered (已登记)</p>	<p><b>Low Impact Aerobics (HPB) 低冲击有氧运动</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>Dragon Boat Festival 端午节</b> 2.30pm - 3.30pm By Registration (需登记)</p>	<p><b>Chair Zumba (HPB) 座椅尊巴</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>BINGO 宾果游戏</b> 1.30pm - 2.30pm</p>
<p><b>Daily Socialising Activities 每日社交活动</b></p>	<p><b>Fitness Exercise 健身运动</b> 9am - 10am Blk 122 Pavilion</p> <p><b>Chair-Robics 椅子运动</b> 10am - 11am</p> <p><b>AWE Programme + Post Assessment (MOCA) 9am - 12pm</b> Registered (已登记)</p>	<p><b>Chair Zumba (Indoor) 座椅尊巴</b> 10am-11am Blk 113 Indoor</p> <p><b>Daily Socialising Activities 每日社交活动</b></p>	<p><b>Low Impact Aerobics (HPB) 低冲击有氧运动</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>Daily Socialising Activities 每日社交活动</b></p>	<p><b>Chair Zumba (HPB) 座椅尊巴</b> 10am-11am Blk 114 Pavilion By registration (需登记)</p> <p><b>BINGO 宾果游戏</b> 1.30pm - 2.30pm</p>
<p><b>June Birthday King &amp; Queen 国王王后的生日 (六月)</b> 2.30pm-4.30pm Registered (已登记)</p>				
<p><b>Resistance Band Exercise 拉力带运动</b> 10am-11am</p> <p><b>TCM Talk - Live Cooking/Herbal Tea 中医讲座-现场学习煮凉茶</b> 3pm - 5pm By Registration (需登记)</p>	<p><b>Fitness Exercise 健身运动</b> 9am - 10am Blk 122 Pavilion</p> <p><b>Chair-Robics 椅子运动</b> 10am - 11am</p> <p><b>AWE Programme 10am - 12pm</b> Registered (已登记)</p> <p><b>Flower Arrangement 花艺课 (插花)</b> 1.30pm - 3.30pm By registration (需登记)</p>			
<p>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</p> <p>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</p> <p>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</p>				