



KWSC @ Potong Pasir JUNE 2026 Programme Schedule

广惠肇活跃乐龄护理中心 @ 波东巴西 2026年6月 活动表

MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
01  PH in lieu of Vesak Day 公定假日	02 Leisure Walk (Bishan AMK Park) 拍拍走 (碧山-宏茂桥公园) 8am to 11am ..... 119 Activities 活动* 2pm to 4pm	03 Seated Chair Workout by Ken 椅子运动* 10.15 to 11am ..... Karaoke 卡拉OK 3pm to 5pm	04 Block Party 街区聚会 9am to 11am 	05 Handicraft 手工艺品 10 to 12pm ..... KPOPX Lite* 韩式韵律操* 10 to 11am ..... Kidney Discover Center 肾脏探索中心 1.30pm to 5pm
08 Adaptive Sports 适应性运动 9am to 11.30am ..... Chair Zumba* 椅子尊巴舞* 10 to 11am ..... Rummy-O* 拉米纸牌* 2 to 4pm	09 Adaptive Sports 适应性运动 9am to 11.30am ..... 119 Activities 活动* 2pm to 4pm 	10 Adaptive Sports 适应性运动 9am to 11.30am 	11 Senior National Games 2026 新加坡乐龄运动会 2026 9am to 1pm	12 Handicraft 手工艺品 10 to 12pm ..... KPOPX Lite* 韩式韵律操* 10 to 11am 
15 Chair Zumba* 椅子尊巴舞* 10 to 11am ..... Rummy-O* 拉米纸牌* 2 to 4pm	16 Stridy Cleanup 清节日 9am to 11.30am ..... 119 Activities 活动* 2pm to 4pm	17 Quarterly Volunteer Talk 志愿者交流会 10am to 12pm 	18 Total Body Stretch* 椅子伸展运动* 9.30 to 10.30am 	19 KPOPX Lite* 韩式韵律操* 10am to 11am ..... SG Digital Talk SG 数码讲座 10am to 11.30am
22 Chair Zumba* 椅子尊巴舞* 10 to 11am ..... Rummy-O* 拉米纸牌* 2 to 4pm	23 119 Activities 活动* 2pm to 4pm 	24 Resistance Band Exercise* 助力带运动* 10.15 to 11.15am 	25 Hawker Outing 小贩中心之旅 10am to 1pm ..... Karaoke 卡拉OK 3pm to 5pm 	26 Handicraft 手工艺品 10 to 12pm ..... KPOPX Lite* 韩式韵律操* 10 to 11am
29 Chair Zumba* 椅子尊巴舞* 10 to 11am ..... Rummy-O* 拉米纸牌* 2 to 4pm	30 119 Activities 活动* 2pm to 4pm 	<p>Registration is required unless marked with *. Slots for activities that do not require registration are given based on first come, first served.</p> <p>活动需要注册。 标有 * 的活动无需注册，名额按先到先得的原则分配。</p>		

Call or WhatsApp to register  
请致电或通过 WhatsApp 联系

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