

Gym 8am-5pm daily Table Tennis 9:30am-5:30pm (Mon, Tues and Thurs) No booking required, walk-in only		Daily Socialising Activities Monday to Friday 9am - 12pm & 1.30pm - 5.30pm	社交活动 / 智力游戏 星期一至星期五 早上九点到十二点 及 下午一点半 到 五点半	(All Bookings) 6422 1333 (Whatsapp) 80281307		
KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910 2026 July Programme 7月份节目表						
Venue 地点		Wednesday 星期三 01-07-2026	Thursday 星期四 02-07-2026	Friday 星期五 03-07-2026		
KWSC@ Blk 25 St George's Centre		(Pantry) (ICCP) Fruits Day 水果日 2pm - 3pm 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	(ICCP) Resistance Band Stretching Exercise 拉力带運動(Low) 9am - 10am (Virtual) (Pantry) Coffee Connect 咖啡相聚 2.30pm - 3.30pm 		
St George's		 Workout & Breakfast @ Church of St Michael 运动与早餐 @ 圣米迦勒教堂 For seniors staying/ 限于居住在 St George's & St Michael estate 9am - 11am	HPB Zumba Gold (Moderate) 尊巴运动 9am - 10am @ Blk 9 Pavilion 			
Venue 地点		Monday 星期一 06-07-2026	Tuesday 星期二 07-07-2026	Wednesday 星期三 08-07-2026	Thursday 星期四 09-07-2026	Friday 星期五 10-07-2026
KWSC@ Blk 25 St George's Centre	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm (Pantry) Coffee Connect 咖啡相聚 8.30am - 9.30am 	Cooking Demo 烹饪班 2pm - 4pm By registration (需登记) 	Table Tennis (High) 乒乓球活动 Afternoon ONLY 1.30pm - 5.30pm 	(ICCP) Resistance Band Stretching Exercise 拉力带運動(Low) 9am - 10am (Virtual) Let's Sing K 一起来唱歌 1.30pm - 4.30pm (Pantry) Coffee Connect 咖啡相聚 2.30pm - 3.30pm 	
St George's	Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion HPB Low Impact Aerobics 低冲击有氧操 9am - 10am @ Blk 24 Pavilion 	Resistance Band Stretching Exercise 拉力带運動(Low) 10.30am - 11.30am (Instructor) @ Blk 24 Pavilion 	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 24 Pavilion 	HPB Zumba Gold (Moderate) 尊巴运动 9am - 10am @ Blk 9 Pavilion 		
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KWSC@ Blk 25 St George's Centre	 Table Tennis (High) 乒乓球活动 9.30am - 5.30pm (Pantry) Arts & Crafts(Decoupage) 艺术与手工艺 (拼贴画) 2pm - 4pm By registration (需登记) 	 Table Tennis (High) 乒乓球活动 Afternoon ONLY 1.30pm - 5.30pm TTSH Community Nurse Post 陈笃生医院护士站 2pm - 5pm By registration (需登记) (Pantry) Coffee Connect 咖啡相聚 8.30am - 9.30am 	BINGO 宾果游戏 1.30pm - 2.30pm 	Table Tennis (High) 乒乓球活动 9.30am - 2.30pm 	Resistance Band Stretching Exercise 拉力带運動(Low) 9am - 10am (Virtual) (Pantry) Coffee Connect 咖啡相聚 2.30pm - 3.30pm 	
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2026 JULY Programme | 七月份节目表

 KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910  Kwong Wai Shiu Whampoa South Residents' Network	(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 29-06-2026	Tuesday 星期二 30-06-2026	Wednesday 星期三 01-07-2026	Thursday 星期四 02-07-2026	Friday 星期五 03-07-2026
		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  Let's Sing K 一起来嗨歌 1.30pm - 3:30pm @ Blk 38A RN Centre 	Zumba Gold 尊巴运动 9.30am-10.30am @ Blk 47A Whampoa South pavilion 
			HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 	
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	Flex & Fit 灵活健体运动 2pm - 3pm @ Blk 38A RN  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 
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