



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

JULY 2026 Programme

2026 年七月节目表

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		Wednesday 星期三 1 Jul 2026	Thursday 星期四 2 Jul 2026	Friday 星期五 3 Jul 2026
 KWONG WAI SHIU CARE 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital		Japanese Interval Walking (IG) 间歌步行训练 (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)	Table Tennis 乒乓球 9am - 11.30am
Block 82 Circuit Road #01-02 Singapore 370082 6422 1335 / 96365013 (Open 7am-7pm Closed for lunch 12pm - 1pm)		Table Tennis 乒乓球 9am - 11.30am	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	Karaoke 卡拉OK 1pm - 4.30pm
 active ageing SUPPORTED BY FRASER AND NEAVE		Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Fall-to-Fit Programme 防跌倒健身计划 1.30pm - 4pm Full 已满
 TOGETHER				
Monday 星期一 6 Jul 2026	Tuesday 星期二 7 Jul 2026	Wednesday 星期三 8 Jul 2026	Thursday 星期四 9 Jul 2026	Friday 星期五 10 Jul 2026
Japanese Interval Walking (IG) 间歌步行训练 (兴趣小组) 9.00am - 9.45am	Table Tennis 乒乓球 9am - 11.30am	Japanese Interval Walking (IG) 间歌步行训练 (兴趣小组) 9.00am - 9.45am	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am	Table Tennis 乒乓球 9am - 11.30am
Frail Prevention (Care Cam) 衰弱筛查活动 1pm - 5pm FULL 满	Karaoke 卡拉OK 9am - 11.30am	Table Tennis 乒乓球 9am - 11.30am	BINGO 宾果游戏 1.30pm - 2.30pm (Blk 76 Senior Care Centre)	Karaoke 卡拉OK 1pm - 4.30pm
Karaoke 卡拉OK 1pm - 4.30pm	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am Blk 75 Pavillion Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm Community Health Coach 社区健康站服务 9am - 12pm 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
Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required	Petal Art Frame Workshop + Snack 花瓣艺术 + 小吃 1.30pm - 4pm (Blk 65 RN) 需登记 Registration Required	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	
Monday 星期一 13 Jul 2026	Tuesday 星期二 14 Jul 2026	Wednesday 星期三 15 Jul 2026	Thursday 星期四 16 Jul 2026	Friday 星期五 17 Jul 2026
Japanese Interval Walking (IG) 间歌步行训练 (兴趣小组) 9.00am - 9.45am	Table Tennis 乒乓球 9am - 11.30am	Japanese Interval Walking (IG) 间歌步行训练 (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)	Table Tennis 乒乓球 9am - 11.30am
Frail Prevention (Care Cam) 衰弱筛查活动 1pm - 5pm FULL 满	Karaoke 卡拉OK 9am - 11.30am	Table Tennis 乒乓球 9am - 11.30am	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	Karaoke 卡拉OK 1pm - 4.30pm
Karaoke 卡拉OK 1pm - 4.30pm	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场)	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	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	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm			
Monday 星期一 20 Jul 2026	Tuesday 星期二 21 Jul 2026	Wednesday 星期三 22 Jul 2026	Thursday 星期四 23 Jul 2026	Friday 星期五 24 Jul 2026
Japanese Interval Walking (IG) 间歌步行训练 (兴趣小组) 9.00am - 9.45am	Table Tennis 乒乓球 9am - 11.30am	Japanese Interval Walking (IG) 间歌步行训练 (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)	Table Tennis 乒乓球 9am - 11.30am
Karaoke 卡拉OK 1pm - 4.30pm	Karaoke 卡拉OK 9am - 11.30am	Table Tennis 乒乓球 9am - 11.30am	Stroke Prevention Talk 预防中风健康讲座 2.15pm - 4.30pm 需登记 Registration Required	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm
Frail Prevention (Care Cam) 衰弱筛查活动 1pm - 5pm FULL 满	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场)	Community Fruit Sharing Day 社区水果分享日 10am - 12pm (Blk 76 Pavillion) *乐龄新会员 New Members*	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	Karaoke 卡拉OK 1pm - 4.30pm
	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Strength, Balance & Flexibility 力量、平衡与柔韧性运动 1.45pm - 3pm		
Monday 星期一 27 Jul 2026	Tuesday 星期二 28 Jul 2026	Wednesday 星期三 29 Jul 2026	Thursday 星期四 30 Jul 2026	Friday 星期五 31 Jul 2026
Japanese Interval Walking (IG) 间歌步行训练 (兴趣小组) 9.00am - 9.45am	Table Tennis 乒乓球 9am - 11.30am	Japanese Interval Walking (IG) 间歌步行训练 (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)	Table Tennis 乒乓球 9am - 11.30am
Bake & Bond 烘焙交流活动 9.00am - 12pm 需登记 Registration Required	Karaoke 卡拉OK 9am - 11.30am	Table Tennis 乒乓球 9am - 11.30am	Drone Soccer COMPETITION 无人机足球比赛 (Semi) 9am - 4pm	Drone Soccer COMPETITION 无人机足球比赛 (Semi) 9am - 4pm
Karaoke 卡拉OK 1pm - 4.30pm	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场)	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	Karaoke 卡拉OK 1pm - 4.30pm
Frail Prevention (Care Cam) 衰弱筛查活动 1pm - 5pm FULL 满	Drone Soccer Practice 无人机足球训练 1pm - 4.30pm	Punggol Coast Walk with Hawker Tour 榜鹅海岸步道与小贩中心美食之旅 7.30am - 12pm *乐龄新会员 New Members Only*		