

JULY 2026 Schedule 七月活动表

KWSC @ McNair Contact details 联络号码: 6422 1311 8028 1247		Wednesday 星期三 01/07/2026	Thursday 星期四 02/07/2026	Friday 星期五 03/07/2026
		Chair Zumba (Indoor) 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By Registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
		Ukulele Class 尤克里里 2.00pm-3.30pm By Registered (已登记) 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
Monday 星期一 06/07/2027	Tuesday 星期二 07/07/2026	Wednesday 星期三 08/07/2027	Thursday 星期四 09/07/2027	Friday 星期五 10/07/2026
Daily Socialising Activities 每日社交活动 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  Chair-Robics 椅子运动 10am - 11am 	Chair Zumba (Indoor) 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By Registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Community Health Post (TTSH) 社区护士站 2pm - 5pm By registration (需登记) 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	Share A Pot 喝糖水 2.30pm - 3.30pm 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
Monday 星期一 13/07/2026	Tuesday 星期二 14/07/2026	Wednesday 星期三 15/07/2026	Thursday 星期四 16/07/2026	Friday 星期五 17/07/2026
Resistance Band Exercise 拉力带运动 10am-11am 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  Chair-Robics 椅子运动 10am - 11am 	Chair Zumba (Indoor) 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By Registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Daily Socialising Activities 每日社交活动 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	Daily Socialising Activities 每日社交活动 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
Monday 星期一 20/07/2026	Tuesday 星期二 21/07/2026	Wednesday 星期三 22/07/2026	Thursday 星期四 23/07/2026	Friday 星期五 24/07/2026
Daily Socialising Activities 每日社交活动 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion  Chair-Robics 椅子运动 10am - 11am 	Chair Zumba (Indoor) 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By Registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
Community Health Post (TTSH) 社区护士站 2pm - 5pm By registration (需登记) 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记) 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
Monday 星期一 27/07/2026	Tuesday 星期二 28/07/2026	Wednesday 星期三 29/07/2026	Thursday 星期四 30/07/2026	Friday 星期五 31/07/2026
Resistance Band Exercise 拉力带运动 10am-11am 	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion Chair-Robics 椅子运动 10am - 11am	Chair Zumba (Indoor) 座椅尊巴 10am-11am Blk 113 Indoor 	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By Registration (需登记) 	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记) 
June Birthday King & Queen 国王王后的生日 (六月) 2.30pm-4.30pm By registration (需登记) 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm  Flower Arrangement 花艺课 (插花) 1.30pm - 3.30pm By registration (需登记) 	Daily Socialising Activities 每日社交活动 	Kopi O Clock 咖啡时光 2.30pm - 3.30pm 	BINGO 宾果游戏 1.30pm - 2.30pm 
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		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 		
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				