



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

KWSC @ Potong Pasir JULY 2026 Programme Schedule

广惠肇活跃乐龄护理中心 @ 波东巴西 2026年7月活动表

MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT 星期六
		01 Seated Chair Workout by Ken 椅子运动 10.15 to 11am Karaoke 卡拉OK 2.30 to 4.30pm	02 Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	03 Handicraft 手工艺品 10 to 12pm KPOPX Lite* 韩式韵律操* 10 to 11am	04 NHG Functional Screening NHG体检 9am to 12.30pm
06 Chair Zumba* 椅子尊巴舞* 10 to 11am Rummy-O* 拉米纸牌* 2 to 4pm	07 Cognitive Game Play 认知训练游 Nintendo Switch 10 to 11.30am 119 Activities 活动* 2 to 4pm	08 BINGO 冰果游戏 10 to 11.30am	09 Hawker Outing 小贩中心之旅 10am to 1pm Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	10 Handicraft 手工艺品 10 to 12pm KPOPX Lite* 韩式韵律操* 10 to 11am Food Expo 美食展 10.30am to 1.15pm	11
13 Chair Zumba* 椅子尊巴舞* 10 to 11am Rummy-O* 拉米纸牌* 2 to 4pm	14 Cognitive Game 认知训练游 Nintendo Switch 10 to 11.30am 119 Activities 活动* 2 to 4pm ACP Talk 预先护理计划讲座 2.30 to 4.30pm	15 Leisure Walk 排排走 7.30am to 11.30am Karaoke 卡拉OK 2.30 to 4.30pm	16 Total Body Stretch* 椅子伸展运动* 9.30 to 10.30am Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	17 KPOPX Lite* 韩式韵律操* 10 to 11am SG Digital Talk SG 数码讲座 10 to 11.30am	18
20 Chair Zumba* 椅子尊巴舞* 10 to 11am Rummy-O* 拉米纸牌* 2 to 4pm	21 Cognitive Game Play 认知训练游 Nintendo Switch 10 to 11.30am	22 Resistance Band Exercise* 助力带运动* 10.15 to 11.15am	23 Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	24 Handicraft 手工艺品 10 to 12pm KPOPX Lite* 韩式韵律操* 10 to 11am	25
27 Chair Zumba* 椅子尊巴舞* 10 to 11am Rummy-O* 拉米纸牌* 2 to 4pm	28 119 Activities* 119 活动* 2 to 4pm	29 Socialization 社区互动	30 Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	31 Fun with Coding 乐龄编码乐趣 1.30 to 4.30pm	Registration is required unless marked with *. Slots for activities that do not require registration are given based on first come, first served. 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。

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

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