

# SEPTEMBER 2026

## 2026 年 9 月

**KWSC @ MacPherson**  
82 Circuit Road #01-02  
S(370082)  
Opening Hours: 7am - 7pm

|                                                                                                                                                                                                                                                                 | Tuesday 星期二<br>1 Sep 2026                                                                                                                    | Wednesday 星期三<br>2 Sep 2026                                                                                                                                                                                                                                                                                      | Thursday 星期四<br>3 Sep 2026                                                                                                                                                                                                                           | Friday 星期五<br>4 Sep 2026                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                 | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 9am - 11.30am</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion)</p> | <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Strength, Balance &amp; Flexibility 力量、平衡与柔性运动 2pm - 3pm</p>                                                                                                                                                   | <p>HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am</p> <p>Tour to Kampong Glam 外游 - 甘榜格南 9am - 1pm 满 FULL</p> <p>Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required</p> <p>Table Tennis 乒乓球 3pm - 4.30pm</p> | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p>                                                                                                                                               |
|                                                                                                                                                                                                                                                                 | Saturday 星期六 / 5 Sep 2026                                                                                                                    |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                 | Sunday 星期日 / 6 Sep 2026                                                                                                                      |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                 | Bake & Bond 烘焙同乐 9am - 12pm 满 FULL                                                                                                           |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                 | Outing - Craft Workshop 工艺体验 1.30am - 5.30pm 满 FULL                                                                                          |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
| Monday 星期一<br>7 Sep 2026                                                                                                                                                                                                                                        | Tuesday 星期二<br>8 Sep 2026                                                                                                                    | Wednesday 星期三<br>9 Sep 2026                                                                                                                                                                                                                                                                                      | Thursday 星期四<br>10 Sep 2026                                                                                                                                                                                                                          | Friday 星期五<br>11 Sep 2026                                                                                                                                                                                            |
| <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Happy Feet 快乐健步走 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p> <p>Community Nurse Post 社区护士 2pm - 5pm 需登记 Registration Required</p> | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 9am - 11.30am</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion)</p> | <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Health Talk 健康讲座 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Strength, Balance &amp; Flexibility 力量、平衡与柔性运动 2pm - 3pm</p> <p>Community Health Coach 社区健康站服务 9am - 12pm</p> | <p>HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am</p> <p>BINGO Games 宾果游戏 1.30 - 3pm</p> <p>Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required</p> <p>Table Tennis 乒乓球 3pm - 4.30pm</p>                     | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p>                                                                                                                                               |
| Monday 星期一<br>14 Sep 2026                                                                                                                                                                                                                                       | Tuesday 星期二<br>15 Sep 2026                                                                                                                   | Wednesday 星期三<br>16 Sep 2026                                                                                                                                                                                                                                                                                     | Thursday 星期四<br>17 Sep 2026                                                                                                                                                                                                                          | Friday 星期五<br>18 Sep 2026                                                                                                                                                                                            |
| <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Happy Feet 快乐健步走 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p> <p>Community Nurse Post 社区护士 2pm - 5pm 需登记 Registration Required</p> | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 9am - 11.30am</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion)</p> | <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Make Your Own Breakfast 自制早餐 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Strength, Balance &amp; Flexibility 力量、平衡与柔性运动 2pm - 3pm</p>                                      | <p>HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck)</p> <p>Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required</p> <p>Table Tennis 乒乓球 3pm - 4.30pm</p>                                     | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p>                                                                                                                                               |
| Monday 星期一<br>21 Sep 2026                                                                                                                                                                                                                                       | Tuesday 星期二<br>22 Sep 2026                                                                                                                   | Wednesday 星期三<br>23 Sep 2026                                                                                                                                                                                                                                                                                     | Thursday 星期四<br>24 Sep 2026                                                                                                                                                                                                                          | Friday 星期五<br>25 Sep 2026                                                                                                                                                                                            |
| <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p> <p>Community Nurse Post 社区护士 2pm - 5pm 需登记 Registration Required</p>                                                                                                  | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 9am - 11.30am</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion)</p> | <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Movie Day 电影时光 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Strength, Balance &amp; Flexibility 力量、平衡与柔性运动 2pm - 3pm</p>                                                    | <p>HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck)</p> <p>Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck) 需登记 Registration Required</p> <p>Table Tennis 乒乓球 3pm - 4.30pm</p>                                     | <p>Kopi &amp; Kawan 乐龄茶话会 8.30am - 10am (80 Circuit Rd Food Ctr)</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p> <p>Mid-Autumn Celebration 中秋庆祝活动 2pm - 4pm 需登记 Registration Required</p> |
| Monday 星期一<br>28 Sep 2026                                                                                                                                                                                                                                       | Tuesday 星期二<br>29 Sep 2026                                                                                                                   | Wednesday 星期三<br>30 Sep 2026                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
| <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Happy Feet 快乐健步走 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Karaoke 卡拉OK 1pm - 4.30pm</p> <p>TCM Health Talk 中医健康讲座 2.15pm-4.30pm 需登记 / 需报名</p>                | <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Karaoke 卡拉OK 9am - 11.30am</p> <p>HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion)</p> | <p>Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am</p> <p>Table Tennis 乒乓球 9am - 11.30am</p> <p>Board Game 欢乐桌游 &amp; Breakfast Buddies 早餐好伙伴 9.30am - 11.30am 需登记 Registration Required</p> <p>Strength, Balance &amp; Flexibility 力量、平衡与柔性运动 2pm - 3pm</p>                                                   |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |

Contact Us at 6422 1335 / 9636 5013

● Physical
 ● Social
 ● Cognitive
 ● Learning
 ● Volunteerism