



KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910

SEPTEMBER 2026 2026 年 9 月

KWSC @ McNair
113 McNair Road, #01-01 McNair Towers Singapore 321113
Opening Hours: 7am-7pm
Monday to Friday (exclude public holidays)

	Tuesday 星期二 01/09/2026	Wednesday 星期三 02/09/2026	Thursday 星期四 03/09/2026	Friday 星期五 04/09/2026
	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion By Registration (需登记)	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)
	Chair Yoga 椅子瑜伽 10am - 11am	Daily Socialising Activities 每日社交活动	Daily Socialising Activities 每日社交活动	BINGO 宾果游戏 1.30pm - 2.30pm
	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)	Ukulele Class 尤克里里 2.00pm-3.30pm Registered (已登记)	Kopi O Clock 咖啡时光 2.30pm - 3.30pm	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)
07/09/2026	08/09/2026	09/09/2026	10/09/2026	11/09/2026
Chinese Calligraphy 书法 10am - 11.30am By registration (需登记)	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion By Registration (需登记)	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 社区护士站 2pm - 5pm By registration (需登记)	Chair Yoga 椅子瑜伽 10am - 11am	Daily Socialising Activities 每日社交活动	Go Green - DIY Glass Jam Jar Terrarium 玻璃罐微景观 2.00pm - 3.30pm By registration (需登记)	BINGO 宾果游戏 1.30pm - 2.30pm
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	NUS Student Engagement 国大学生交流活动 2.30pm - 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	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)
14/09/2026	15/09/2026	16/09/2026	17/09/2026	18/09/2026
Resistance Band Exercise 拉力带运动 10am - 11am	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion By Registration (需登记)	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)
KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记)	Chair Yoga 椅子瑜伽 10am - 11am	Intergeneration Music & Movement 跨代音乐与律动 10am - 11am By registration (需登记)	TCM Talk - DIY TCM Fragrant Pouch 中医讲座-自制中医香囊 2pm - 5pm By Registration (需登记)	BINGO 宾果游戏 1.30pm - 2.30pm
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm 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	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)
21/09/2026	22/09/2026	23/09/2026	24/09/2026	25/09/2026
Chinese Calligraphy 书法 10am - 11.30am By registration (需登记)	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion By Registration (需登记)	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 社区护士站 2pm - 5pm By registration (需登记)	Chair Yoga 椅子瑜伽 10am - 11am	Daily Socialising Activities 每日社交活动	Flower Arrangement 花艺课(插花) 2pm - 4pm By registration (需登记)	BINGO 宾果游戏 1.30pm - 2.30pm
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	NUS Student Engagement 国大学生交流活动 2.30pm - 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	NUS Student Engagement 国大学生交流活动 2.30pm - 3.30pm By registration (需登记)
28/09/2026	29/09/2026	30/09/2026		
Resistance Band Exercise 拉力带运动 10am - 11am	Fitness Exercise 健身运动 9am - 10am Blk 122 Pavilion By Registration (需登记)	Chair Zumba (Indoor) 座椅尊巴 10am - 11am Blk 113 Indoor		
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	Chair Yoga 椅子瑜伽 10am - 11am	Daily Socialising Activities 每日社交活动		
KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记)	Birthday King&Queen 国王王后的生日 2.30pm - 4.00pm By Invitation (受邀参加)	Share A Pot 喝糖水 2.30pm - 3.30pm		

CONTACT US 联系我们 64221311

Physical Social Cognitive
Learning Volunteerism