



KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910

SEPTEMBER 2026
2026 年 9 月

KWSC @ St George
25 St George's Lane #01-01 Singapore 320025
Opening Hours: 7am - 7pm

Venue 地點	Monday 星期一 07-09-2026	Tuesday 星期二 08-09-2026	Wednesday 星期三 09-09-2026	Thursday 星期四 10-09-2026	Friday 星期五 11-09-2026
KWSC@ Blk 25 St George's Centre	(DR) Table Tennis (High) 乒乓球活动 Morning ONLY 9.30am - 12pm	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) NUS Student Engagement 国大学生交流活动 2pm - 5pm	(Pantry) (ICCP) Fruits Day 水果日 2pm - 3pm	(ICCP) Resistance Band Stretching Exercise (DR) 拉力带运动(Low) 9am - 10am (Virtual)
St George's	Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	Resistance Band Stretching Exercise 拉力带运动(Low) 10.30am - 11.30am (Instructor) @ Blk 24 Pavilion	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 24 Pavilion	HPB Zumba Gold (Moderate) 尊巴运动 9am - 10am @ Blk 9 Pavilion	(Pantry) Kopi O' Clock 咖啡时光 9.30am - 10.30am 2.30pm - 3.30pm
Venue 地點	Monday 星期一 14-09-2026	Tuesday 星期二 15-09-2026	Wednesday 星期三 16-09-2026	Thursday 星期四 17-09-2026	Friday 星期五 18-09-2026
KWSC@ Blk 25 St George's Centre	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) NUS Student Engagement 国大学生交流活动 2pm - 5pm	(DR) Table Tennis (High) 乒乓球活动 9.30am - 12pm	(ICCP) Resistance Band Stretching Exercise (DR) 拉力带运动(Low) 9am - 10am (Virtual)
St George's	Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	Resistance Band Stretching Exercise 拉力带运动(Low) 10.30am - 11.30am (Instructor) @ Blk 24 Pavilion	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 24 Pavilion	HPB Zumba Gold (Moderate) 尊巴运动 9am - 10am @ Blk 9 Pavilion	(Pantry) Kopi O' Clock 咖啡时光 9.30am - 10.30am 2.30pm - 3.30pm
Venue 地點	Monday 星期一 21-09-2026	Tuesday 星期二 22-09-2026	Wednesday 星期三 23-09-2026	Thursday 星期四 24-09-2026	Friday 星期五 25-09-2026
KWSC@ Blk 25 St George's Centre	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) Table Tennis (High) 乒乓球活动 Afternoon Only 1.30pm - 5.30pm	(DR) NUS Student Engagement 国大学生交流活动 2pm - 5pm	(DR) Table Tennis (High) 乒乓球活动 Morning Only 9.30am - 12pm	Health Check + LPA Talk 9am - 12pm By registration (需登记)
St George's	Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	Resistance Band Stretching Exercise 拉力带运动(Low) 10.30am - 11.30am (Instructor) @ Blk 24 Pavilion	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 24 Pavilion	HPB Zumba Gold (Moderate) 尊巴运动 9am - 10am @ Blk 9 Pavilion	(Pantry) TCM Talk + Live Soup Demo 中医讲座 + 现场汤品制作 2.30pm - 5.00pm By registration (需登记)
Venue 地點	Monday 星期一 28-09-2026	Tuesday 星期二 29-09-2026	Wednesday 星期三 30-09-2026		
KWSC@ Blk 25 St George's Centre	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) Table Tennis (High) 乒乓球活动 9.30am - 5.30pm	(DR) NUS Student Engagement 国大学生交流活动 2pm - 5pm		
St George's	Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	Resistance Band Stretching Exercise 拉力带运动(Low) 10.30am - 11.30am (Instructor) @ Blk 24 Pavilion	KPOP Dance Fitness 韩式跳舞 9am - 10am @ Blk 24 Pavilion		

Contact us at 6422 1333

Physical Social Cognitive
Learning Volunteerism

KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910  Kiam Aye Whampoa South Residents' Network		(All Bookings, pls call) 8126 3872 For Blks 38A-D, Blk 39A, Blks 43-48 Bendemeer Rd & Blk 49 Whampoa South		SEPTEMBER 2026 2026 年 9月		社交活动 / 智力游戏 星期一和星期三 早上9点 - 下午12点		Bendemeer RN 38 Bendemeer Road, Singapore 339930 Daily Socialising Activities Monday & Wednesday 9am - 12pm @ Blk 38A RN Centre	
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
		01-09-2026		02-09-2026		03-09-2026		04-09-2026	
		Flex & Fit 灵活健体运动 2pm - 3pm @ Blk 38A RN 		Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 		NUS Student Engagement 国大学生交流活动 9am - 12pm @ Blk 38A RN 	
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
07-09-2026		08-09-2026		09-09-2026		10-09-2026		11-09-2026	
		Flex & Fit 灵活健体运动 2pm - 3pm @ Blk 38A RN 		Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 		NUS Student Engagement 国大学生交流活动 9am - 12pm @ Blk 38A RN 	
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
14-09-2026		15-09-2026		16-09-2026		17-09-2026		18-09-2026	
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Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
21-09-2026		22-09-2026		23-09-2026		24-09-2026		25-09-2026	
		Flex & Fit 灵活健体运动 2pm - 3pm @ Blk 38A RN 		Chair Yoga 椅子瑜伽 9.30am-10.30am @ Blk 38A RN Centre 		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @ Blk 39 Bendemeer Rd Pavilion 		NUS Student Engagement 国大学生交流活动 9am - 12pm @ Blk 38A RN 	
Monday 星期一		Tuesday 星期二		Wednesday 星期三					
28-09-2026		29-09-2026		30-09-2026					
						Contact us at 6422 1333		 Physical  Social  Cognitive  Learning  Volunteerism	