

Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
		1/9/2026		2/9/2026		3/9/2026		4/9/2026	
		Sports Stacking 速叠杯 9.30am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>		Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Free & Easy Painting Session 自由绘画 2pm - 4.30pm Blk 113 Resident's Network <i>*Registration Required</i>		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network	
				Chair Workout 椅子运动 10.15am - 11am Blk 119 Pavilion				HPB KPOP Lite 10am - 11am Blk 119 Pavilion	
		119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion		NHG Walking Foodpedia 百科全食 2pm - 4pm Blk 113 Resident's Network <i>*Registration Required</i>				Singing for Wellness 以歌会友, 乐活人生 1pm - 4.30pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>	
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
7/9/2026		8/9/2026		9/9/2026		10/9/2026		11/9/2026	
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion		Sports Stacking 速叠杯 9.30am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>		Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Leisure Walk 排排走 8am - 12pm Potong Pasir MRT Station <i>*Registration Required</i>		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network	
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion								HPB KPOP Lite 10am - 11am Blk 119 Pavilion	
Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>		Karaoke 卡拉OK 2pm - 5pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>		NHG Walking Foodpedia 百科全食 2pm - 4pm Blk 113 Resident's Network <i>*Registration Required</i>				Hyundai Motor Innovation Center Singapore Tour 1.30-4.45pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>	
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
14/9/2026		15/9/2026		16/9/2026		17/9/2026		18/9/2026	
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion		BINGO Games 冰果游戏 10am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>		Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Total Body Stretching 椅子伸展运动 9.30am - 10.30am Blk 119 Pavilion		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network	
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion				Sports Stacking 速叠杯 9.30am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>					
Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>		119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion		Keychain Making 钥匙扣制作 2 - 4pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>		Coffee Making Workshop 咖啡制作工作坊 12.30pm - 3.30pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>		HPB KPOP Lite 10am - 11am Blk 119 Pavilion	
				NHG Walking Foodpedia 百科全食 2pm - 4pm Blk 113 Resident's Network <i>*Registration Required</i>					
Monday 星期一		Tuesday 星期二		Wednesday 星期三		Thursday 星期四		Friday 星期五	
21/9/2026		22/9/2026		23/9/2026		24/9/2026		25/9/2026	
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion		Sports Stacking 速叠杯 9.30am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>		Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Hawker Outing 熟食中心之旅 10am - 1pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Mid-Autumn Celebration 中秋庆祝活动 10am - 12pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>	
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion				Resistance Band 阻力带运动 10.15am - 11am Blk 119 Pavilion				Mid-Autumn Celebration (Evening Lantern Walk) 中秋庆祝活动 (提灯游行) 7pm - 9pm Blk 119 Pavilion <i>*Registration Required</i>	
Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>		119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion		NHG Walking Foodpedia 百科全食 2pm - 4pm Blk 113 Resident's Network <i>*Registration Required</i>					
Monday 星期一		Tuesday 星期二		Wednesday 星期三		LEGEND Physical Cognitive Volunteerism Social Learning CONTACT US 联系我们 6856 0063			
28/9/2026		29/9/2026		30/9/2026					
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion		Basic Street Dance Class 街舞基础班 10am - 11am Blk 119 Pavilion <i>*Registration Required</i>		Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>					
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion		119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion		Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>					
				Karaoke 卡拉OK 2pm - 5pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>					