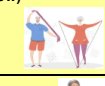


			Thursday 星期四 1 Oct 2026	Friday 星期五 2 Oct 2026	
			HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Table Tennis 乒乓球 9am - 11.30am 	
			Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck)  需登记 Registration Required	Karaoke 卡拉OK 1pm - 4.30pm 	
Monday 星期一 5 Oct 2026	Tuesday 星期二 6 Oct 2026	Wednesday 星期三 7 Oct 2026	Thursday 星期四 8 Oct 2026	Friday 星期五 9 Oct 2026	
Japanese Interval Walk 间歌步行训练 (兴趣小组) 9.00am - 9.45am 	Table Tennis 乒乓球 9am - 11.30am 	Japanese Interval Walk 间歌步行训练 (兴趣小组) 9.00am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Table Tennis 乒乓球 9am - 11.30am 	
Karaoke 卡拉OK 1pm - 4.30pm 	Karaoke 卡拉OK 9am - 11.30am 	Table Tennis 乒乓球 9am - 11.30am 	Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck)  需登记 Registration Required	Karaoke 卡拉OK 1pm - 4.30pm 	
Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion) 	Strength, Balance & Flexibility 力量、平衡与柔性运动 1.30pm - 2.30pm 		Saturday 星期六 10 Oct 2026	
	Community Health Coach 社区健康站服务 9am - 12pm 需登记 Registration Required 			Bake & Bond 烘焙同乐 9am - 12pm 满 FULL	
Monday 星期一 12 Oct 2026	Tuesday 星期二 13 Oct 2026	Wednesday 星期三 14 Oct 2026	Thursday 星期四 15 Oct 2026	Friday 星期五 16 Oct 2026	
Japanese Interval Walk 间歌步行训练 (兴趣小组) 9.00am - 9.45am 	Table Tennis 乒乓球 Karaoke 卡拉OK 9am - 11.30am  	Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Table Tennis 乒乓球 9am - 11.30am 	
Karaoke 卡拉OK 1pm - 4.30pm 	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am 	Table Tennis 乒乓球 9am - 11.30am 	Frail Senior Exercise 体弱乐龄运动 3pm - 4.30pm (Blk 65 Void Deck)  需登记 Registration Required	Karaoke 卡拉OK 1pm - 4.30pm 	
Community Nurse Post 社区护士 2.00pm - 5.00pm 需登记 Registration Required 	Fort Canning & River Cruise 福康宁山公园与新加坡河游船 10.30am - 2.30pm 需登记 Registration Required 	Strength, Balance & Flexibility 力量、平衡与柔性运动 1.30pm - 2.30pm 			
	Clay Art Workshop 陶艺工艺 1pm - 3pm (Blk 65 RN) 需登记 Registration Required 				
Monday 星期一 19 Oct 2026	Tuesday 星期二 20 Oct 2026	Wednesday 星期三 21 Oct 2026	Thursday 星期四 22 Oct 2026	Friday 星期五 23 Oct 2026	
Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am 	Table Tennis 乒乓球 9am - 11.30am 	Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Table Tennis 乒乓球 9am - 11.30am 	
Karaoke 卡拉OK 1pm - 4.30pm 	Karaoke 卡拉OK 9am - 11.30am 	Table Tennis 乒乓球 9am - 11.30am 	Seated Pilates Exercise 坐姿普拉提运动 3pm - 4.30pm (Blk 65 Void Deck)  需登记 Registration Required	Karaoke 卡拉OK 1pm - 4.30pm 	
	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion) 				Strength, Balance & Flexibility 力量、平衡与柔性运动 1.30pm - 2.30pm 
	Clay Art Workshop 陶艺工艺 1pm - 3pm (Blk 65 RN) 需登记 Registration Required 				
Monday 星期一 26 Oct 2026	Tuesday 星期二 27 Oct 2026	Wednesday 星期三 28 Oct 2026	Thursday 星期四 29 Oct 2026	Friday 星期五 30 Oct 2026	
Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am 	Table Tennis 乒乓球 9am - 11.30am 	Kopi & Kawan 乐龄茶话会 8.30am - 9.30am (80 Circuit Rd 熟食中心) 需登记 	HPB Resistance Band (Low) 拉筋运动 (低) 9.30am - 10.30am (Blk 65 Void Deck) 	Table Tennis 乒乓球 9am - 11.30am 	
Karaoke 卡拉OK 1pm - 4.30pm 	Karaoke 卡拉OK 9am - 11.30am 	Japanese Interval Walk 间歌步行训练 (兴趣小组) 9am - 9.45am 	Seated Pilate Exercise 坐姿普拉提运动 3.00pm - 4.30pm (Blk 65 Void Deck) 	Karaoke 卡拉OK 1pm - 4.30pm 	
	HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion) 	Table Tennis 乒乓球 9am - 11.30am 	Functional Screening / Be Fit, Not Frail Screening 视力, 听力, 口腔, 或健康不虚弱 检查 9am - 1pm 需登记 Registration Required 		
		Strength, Balance & Flexibility 力量、平衡与柔性运动 1.30pm - 2.30pm 			