

					Thursday 星期四 01/10/2026	Friday 星期五 02/10/2026
					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)
					Kopi O Clock 咖啡时光 2.30pm - 3.30pm	BINGO 宾果游戏 1.30pm - 2.30pm
					Fire Safety by Northlight School 消防安全 3pm - 4.15pm	NUS Student Engagement 国大学生交流活动 2.45pm - 4.15pm By registration (需登记)
Monday 星期一 05/10/2027	Tuesday 星期二 06/10/2027	Wednesday 星期三 07/09/2027	Thursday 星期四 08/09/2027	Friday 星期五 09/10/2027		
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 (Indoor) 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		
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 2.45pm - 4.15pm By registration (需登记)		
Monday 星期一 12/10/2026	Tuesday 星期二 13/10/2026	Wednesday 星期三 14/10/2026	Thursday 星期四 15/10/2026	Friday 星期五 16/10/2026		
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)		
Daily Socialising Activities 每日社交活动	Chair Yoga (Indoor) 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		
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)	KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记)	Kopi O Clock 咖啡时光 2.30pm - 3.30pm	Health Talk (中文) 提倡慢性疾病预防的良好习惯 - 糖尿病 (中文) 2pm - 4pm		
				NUS Student Engagement 国大学生交流活动 2.45pm - 4.15pm By registration (需登记)		
Monday 星期一 19/10/2026	Tuesday 星期二 20/10/2026	Wednesday 星期三 21/10/2026	Thursday 星期四 22/10/2026	Friday 星期五 23/10/2026		
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 (Indoor) 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		
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	Birthday King & Queen 国王王后的生日 2.30pm - 4pm By Invitation (受邀参加)	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 2.45pm - 4.15pm By registration (需登记)		
Monday 星期一 26/10/2026	Tuesday 星期二 27/10/2026	Wednesday 星期三 28/10/2026	Thursday 星期四 29/10/2026	Friday 星期五 30/10/2026		
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)		
Daily Socialising Activities 每日社交活动	Chair Yoga (Indoor) 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		
Kopi O Clock 咖啡时光 2.30pm - 3.30pm	Flower Arrangement 花艺课 (插花) 2pm - 4pm By registration (需登记)	Share A Pot 喝糖水 2.30pm - 3.30pm	Kopi O Clock 咖啡时光 2.30pm - 3.30pm	Daily Socialising Activities 每日社交活动		
KARAOKE 卡拉OK 3.30pm - 5pm By registration (需登记)	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	Daily Socialising Activities 每日社交活动	NUS Student Engagement 国大学生交流活动 2.45pm - 4.15pm By registration (需登记)		

CONTACT US 联系我们 64221311

Physical Social Cognitive Learning Volunteerism