

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			1/10/2026	2/10/2026
			BINGO Games 冰果游戏 10am - 11.30am Blk 119 Pavilion <i>*Registration Required</i>	Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network
			VitaHealth Health Talk VitaHealth 健康讲座 2pm - 4pm Blk 119 Pavilion <i>*Registration Required</i>	HPB KPOP Lite 10am - 11am Blk 119 Pavilion
				Food Fair Expo 美食展 10.30am - 1.30pm KWSH 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
5/10/2026	6/10/2026	7/10/2026	8/10/2026	9/10/2026
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion	Senior Street Dance 低强度舞蹈运动 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>		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network
Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>		Seated Chair Workout 椅子健身体操 10.15am - 11am Blk 119 Pavilion	Peranakan Museum Outing 土生文化馆 9.30am - 12.15pm KWSH Level 1 <i>*Registration Required</i>	HPB KPOP Lite 10am - 11am Blk 119 Pavilion
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion	119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion	Karaoke 卡拉OK 2pm - 5pm KWSH Level 1 <i>*Registration Required</i>		Chinese Tea Workshop 中国茶艺赏析 2pm - 4pm KWSH 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
12/10/2026	13/10/2026	14/10/2026	15/10/2026	16/10/2026
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion	Senior Street Dance 低强度舞蹈运动 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>		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network
Tablet Gaming Fun! 平板游戏欢乐时光 11am - 12pm KWSH Potong Pasir Level 8 <i>*Registration Required</i>	119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion	Volunteer Gathering Session 志愿者聚会 11am - 1pm KWSH Level 1 <i>*Registration Required</i>	Total Body Stretching 椅子伸展运动 9.30am - 10.30am Blk 119 Pavilion	HPB KPOP Lite 10am - 11am Blk 119 Pavilion
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion	Bone Health Talk 骨骼健康讲座 2pm - 4pm KWSH Level 8 <i>*Registration Required</i>			Adaptive Badminton Game 适应性羽毛球 2pm - 4pm Blk 119 Pavilion <i>*Registration Required</i>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
19/10/2026	20/10/2026	21/10/2026	22/10/2026	23/10/2026
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion	Stridy Clean Up 波东巴西清理活动 9.30am - 11am KWSH Level 1 <i>*Registration Required</i>	Morning Walk 晨间漫步 8.30am - 9.30am KWSH Potong Pasir Level 1 <i>*Registration Required</i>		Terrarium Workshop 生态瓶制作工坊 9am - 12pm KWSH Level 8 <i>*Registration Required</i>
		Resistance Band 阻力带运动 10.15am - 11am Blk 119 Pavilion	Hawker Outing 熟食中心之旅 10am - 1pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>	HPB KPOP Lite 10am - 11am Blk 119 Pavilion
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion	119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion	Floor Curling 地板冰壶 2pm - 4pm Blk 119 Pavilion <i>*Registration Required</i>		Handicraft by Volunteer 手工艺品 10am - 12pm Blk 113 Resident's Network
				Adaptive Badminton Game 适应性羽毛球 2pm - 4pm Blk 119 Pavilion <i>*Registration Required</i>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
26/10/2026	27/10/2026	28/10/2026	29/10/2026	30/10/2026
HPB Chair Zumba 椅子尊巴舞 10am - 11am Blk 119 Pavilion	Senior Street Dance 低强度舞蹈运动 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>	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
		NHG Prostate Health Talk NHG 前列腺健康讲座 3pm - 5pm KWSH Level 8 <i>*Registration Required</i>	Karaoke 卡拉OK 2pm - 5pm KWSH Potong Pasir Level 1 <i>*Registration Required</i>	HPB KPOP Lite 10am - 11am Blk 119 Pavilion
Rummy-O 拉米纸牌 2pm - 4pm Blk 119 Pavilion	119 Activities 119 活动 2pm - 4pm Blk 119 Pavilion			Adaptive Badminton Game 适应性羽毛球 2pm - 4pm Blk 119 Pavilion <i>*Registration Required</i>

LEGEND		
Physical	Cognitive	Volunteerism
Social	Learning	
CONTACT US 联系我们		
6856 0063		