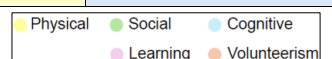
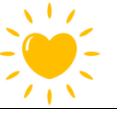


KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910			OCTOBER 2026 2026 年 10 月		KWSC @ St George 25 St George's Lane #01-01 Singapore 320025 Opening Hours: 7am - 7pm	
Venue 地點		Monday 星期一 05-10-2026	Tuesday 星期二 06-10-2026	Wednesday 星期三 07-10-2026	Thursday 星期四 01-10-2026	Friday 星期五 02-10-2026
KWSC@ Blk 25 St George's Centre					 (Pantry) (ICCP) Fruits Day 水果日 2pm - 3pm	 (ICCP) Resistance Band Stretching Exercise (DR) 拉力帶運動(Low) 9am - 10am (Virtual)
St George's					 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm
					 HPB Zumba Gold (Moderate) 尊巴運動 9am - 10am @ Blk 9 Pavilion	
Venue 地點		Monday 星期一 05-10-2026	Tuesday 星期二 06-10-2026	Wednesday 星期三 07-10-2026	Thursday 星期四 08-10-2026	Friday 星期五 09-10-2026
KWSC@ Blk 25 St George's Centre		 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (DR) NUS Student Engagement 國大學生交流活動 2pm - 5pm	 (DR) Table Tennis (High) 乒乓球活動 Afternoon ONLY 1.30pm - 5.30pm	 (ICCP) Resistance Band Stretching Exercise (DR) 拉力帶運動(Low) 9am - 10am (Virtual)
St George's	 Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	 Resistance Band Stretching Exercise 拉力帶運動(Low) 10.30am - 11.30am (Instructor) @ Blk 4C Pavilion	 KPOP Dance Fitness 韓式跳舞 9am - 10am @ Blk 24 Pavilion	 HPB Zumba Gold (Moderate) 尊巴運動 9am - 10am @ Blk 9 Pavilion	 (DR) BINGO 賓果遊戲 1.30pm - 2.30pm	
	 HPB Low Impact Aerobics 低冲击有氧操 9am - 10am @ Blk 24 Pavilion	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	 Workout & Breakfast @ Church of St Michael 運動與早餐 @ 聖米迦勒教堂 For seniors staying/ 限於居住在 St George's & St Michael estate 9am - 11am		 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	
Venue 地點		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
KWSC@ Blk 25 St George's Centre	 (DR) Table Tennis (High) 乒乓球活動 Morning Only 9.30am - 12pm	 (DR) Table Tennis (High) 乒乓球活動 Afternoon ONLY 1.30pm - 5.30pm	 (DR) NUS Student Engagement 國大學生交流活動 2pm - 5pm	 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (ICCP) Resistance Band Stretching Exercise (DR) 拉力帶運動(Low) 9am - 10am (Virtual)	
	 Safe Community Awareness Talk with MCNAIRE 2PM - 3.30PM (Eng & Chinese) (DR) (30 PAX)	 TTSH Community Nurse Post (DR) 陳瑞生醫院護士站 2pm - 5pm By registration (需登記)	 National University of Singapore	 Drone Flyers (9.30AM - 11AM) (Bus Stop - Blk 108C)	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	
St George's	 Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	 Resistance Band Stretching Exercise 拉力帶運動(Low) 10.30am - 11.30am (Instructor) @ Blk 4C Pavilion	 KPOP Dance Fitness 韓式跳舞 9am - 10am @ Blk 24 Pavilion	 HPB Zumba Gold (Moderate) 尊巴運動 9am - 10am @ Blk 9 Pavilion	 (DR) Let's Sing K 一起來唱歌 1.30pm - 4.30pm	
	 HPB Low Impact Aerobics 低冲击有氧操 9am - 10am @ Blk 24 Pavilion	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	 Workout & Breakfast @ Church of St Michael 運動與早餐 @ 聖米迦勒教堂 For seniors staying/ 限於居住在 St George's & St Michael estate 9am - 11am		 Let's Sing K 一起來唱歌 1.30pm - 4.30pm	
Venue 地點		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
KWSC@ Blk 25 St George's Centre	 (DR) Table Tennis (High) 乒乓球活動 Afternoon Only 1.30pm - 5.30pm	 TCM Wellness Programme (DR) Talk (9am - 9.30am) (30 PAX) (L2) Acupuncture (9.30am - 12pm) (4 PAX) (Nursing / Multi-Purpose Room)	 (DR) NUS Student Engagement 國大學生交流活動 2pm - 5pm	 (DR) Table Tennis (High) 乒乓球活動 Morning Only 9.30am - 12pm	 (ICCP) Resistance Band Stretching Exercise (DR) 拉力帶運動(Low) 9am - 10am (Virtual)	
	 NHG Functional Screening & Be Fit Not Frail Programme (9am - 1pm)	 TTSH Community Nurse Post (DR) 陳瑞生醫院護士站 2pm - 5pm By registration (需登記)	 National University of Singapore	 (DR) Let's Sing K 一起來唱歌 1.30pm - 4.30pm	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	
St George's	 Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	 Resistance Band Stretching Exercise 拉力帶運動(Low) 10.30am - 11.30am (Instructor) @ Blk 4C Pavilion	 KPOP Dance Fitness 韓式跳舞 9am - 10am @ Blk 24 Pavilion	 HPB Zumba Gold (Moderate) 尊巴運動 9am - 10am @ Blk 9 Pavilion		
	 HPB Low Impact Aerobics 低冲击有氧操 9am - 10am @ Blk 24 Pavilion	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	 Workout & Breakfast @ Church of St Michael 運動與早餐 @ 聖米迦勒教堂 For seniors staying/ 限於居住在 St George's & St Michael estate 9am - 11am	 Cannan Church Mid-Week Gathering 9.30am to 12pm		
Venue 地點		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
KWSC@ Blk 25 St George's Centre	 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (DR) NUS Student Engagement 國大學生交流活動 2pm - 5pm	 (DR) Table Tennis (High) 乒乓球活動 9.30am - 5.30pm	 (ICCP) Resistance Band Stretching Exercise (DR) 拉力帶運動(Low) 9am - 10am (Virtual)	
	 Chair Zumba (Low) 座椅尊巴 8am-9am @ Blk 24 Pavilion	 Resistance Band Stretching Exercise 拉力帶運動(Low) 10.30am - 11.30am (Instructor) @ Blk 4C Pavilion	 KPOP Dance Fitness 韓式跳舞 9am - 10am @ Blk 24 Pavilion	 HPB Zumba Gold (Moderate) 尊巴運動 9am - 10am @ Blk 9 Pavilion	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	
St George's	 HPB Low Impact Aerobics 低冲击有氧操 9am - 10am @ Blk 24 Pavilion	 (Pantry) Kopi O' Clock 咖啡時光 9.30am - 10.30am 2.30pm - 3.30pm	 Workout & Breakfast @ Church of St Michael 運動與早餐 @ 聖米迦勒教堂 For seniors staying/ 限於居住在 St George's & St Michael estate 9am - 11am		 (DR) BINGO 賓果遊戲 1.30pm - 2.30pm	

Contact us at 6422 1333



 KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910 	(All Bookings, pls call) 8126 3872 For Blks 38A-D, Blk 39A, Blks 43-48 Bendemeer Rd & Blk 49 Whampoa South	OCTOBER 2026 2026 年 10 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
			01-10-2026	02-10-2026
			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 
			Let's Sing K 一起来嗨歌 1.30pm - 3:30pm @ Blk 38A RN Centre 	
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
05-10-2026	06-10-2026	07-10-2026	08-10-2026	09-10-2026
	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 
	TTSH Community Nurse Post TTSH 社区保健 2pm - 5pm @ Blk 38A RN Centre BY REGISTRATION (需登记) 			
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
	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 	
			Let's Sing K 一起来嗨歌 1.30pm - 3:30pm @ Blk 38A RN Centre 	
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
	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 	
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
	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 	

Contact us at 6422 1333

 Physical	 Social	 Cognitive
 Learning	 Volunteerism	