

MONDAY | 星期一

早餐俱乐部

BREAKFAST CLUB

8.30AM - 11.00AM



社区保健站

COMMUNITY HEALTH POST

By Appt Only
提前预约



椅子尊巴舞

CHAIR ZUMBA EXERCISE

9.00AM - 10.00AM



拉米游戏

RUMMY-O

2.00PM - 3.30PM



TUESDAY | 星期二

有氧运动

MORNING WORKOUT

8.30AM - 9.30AM



低冲击运动

CLASSIC EXERCISE (FRAIL)

9.45AM - 10.45AM



早餐俱乐部

BREAKFAST CLUB

10.00AM - 11.00AM



拉米游戏

RUMMY-O

2.00PM - 3.30PM



WEDNESDAY | 星期三

早餐俱乐部

BREAKFAST CLUB

8.30AM - 11.00AM



自由活动

FREE & EASY

9.00AM - 11.30AM



椅子尊巴舞

CHAIR ZUMBA EXERCISE

9.00AM - 10.00AM



拉米游戏

RUMMY-O

2.00PM - 3.30PM



THURSDAY | 星期四

社区保健站

COMMUNITY HEALTH POST

By Appt Only
提前预约



尊巴运动

ZUMBA GOLD

9.00AM - 10.00AM

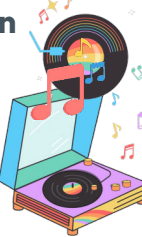


Grooving Down

Memory Lane

回忆往事

2.00PM - 3.00PM



拉米游戏

RUMMY-O

2.00PM - 3.30PM



FRIDAY | 星期五

早餐俱乐部

BREAKFAST CLUB

8.30AM - 11.00AM



自由活动

FREE & EASY

9AM - 11.30AM
2PM - 4.30PM



低冲击有氧运动

LOW IMPACT AEROBICS

9.00AM - 10.00AM



拉米游戏

RUMMY-O

2.00PM - 3.30PM



FOLLOWING AD-HOC EVENTS (AFTERNOON) 以下特别指定项目 (下午)

Look out for announcement 敬请留意通告

ANGKLUNG - 摇竹练习
FUN DANCE - 欢乐舞蹈

MAN_GO
BINGO - Monday/Wed 星期一/星期三

- Pre-registration required for all activities and ad-hoc events.
- Activities may be subjected to changes.
- The centre reserves the rights and discretion in the allocation of activity vacancies.
- 所有活动需预先报名。
- 活动可因需要而被更动。
- 本中心保留分配活动名额的权利和决定权。