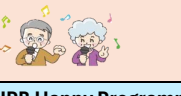
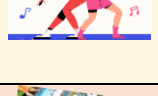
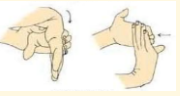
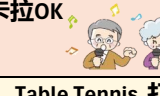
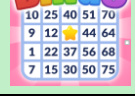
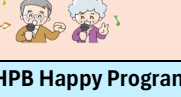


Booking for all KARAOKE session starts from 28th March @ 10am. 3月28日早上10点开始, 才可以预定卡拉OK时段。 To register, please Call 预约请致电: 6422 1335 Each individual member is entitled for two karaoke sessions per month 每位会员每月可享用两场卡拉OK时段		We are closed for lunch from 12pm - 1pm 午餐时间关闭 中午 12 点至下午 1 点		Booking for Gym, Mahjong, Billiard and Table Tennis are available only ONE WEEK in advance @10am. 健身, 麻将, 桌球和乒乓, 只能提前 一周预约, 从10点开始。 To register, please Call 预约请致电 : 6422 1335		Socialisation / Rummy O / Massage Chair 社交活动 / 拉米O游戏 / 按摩椅 Monday to Friday 星期一到星期五 9am - 11am & 1.00pm - 5.00pm 早上九点到十一点 及 下午一点到五点			
 KWONG WAI SHIU CARE @ MacPherson 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital  Block 82 Circuit Road #01-02 Singapore 370082 6422 1335 / 96365013		Tuesday 星期二 01 Apr 2025 Table Tennis 打乒乓 9am - 11.30am  Karaoke Session 卡拉OK 9.30am - 5pm  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		Wednesday 星期三 02 Apr 2025 Socialisation 社交活动 9am - 5pm  Dessert: Almond Jelly 甜品: 杏仁豆腐 3-4pm 		Thursday 星期四 03 Apr 2025 Karaoke Session 卡拉OK 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Friday 星期五 04 Apr 2025 Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场) SOTA Student Engagement 艺术学校学生交流活动 2.45pm-4.25pm 	
Monday 星期一 07 Apr 2025		Tuesday 星期二 08 Apr 2025		Wednesday 星期三 09 Apr 2025		Thursday 星期四 10 Apr 2025		Friday 星期五 11 Apr 2025	
Socialisation 社交活动 9am - 5pm 		Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm HPB Happy Programme (Low) - Assessment 健康乐龄推广计划 (低) - 评估 2pm - 3pm  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场) Socialisation 社交活动 9am - 5pm 		Karaoke Session 卡拉OK 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场) Chinese Calligraphy IG 书法兴趣小组 1pm - 2pm  Fruits Day 水果日 2.30pm - 3.30pm 	
Monday 星期一 14 Apr 2025		Tuesday 星期二 15 Apr 2025		Wednesday 星期三 16 Apr 2025		Thursday 星期四 17 Apr 2025		Friday 星期五 18 Apr 2025	
 Hari Raya Celebration 10am - 11am (Games) 11am - 12.30pm (Lunch) BY REGISTRATION ONLY NO daily activities from 9am to 12pm 早上9点至下午12点期间没有日常活动 Community Nurse Post 社区护士 2pm - 5pm 		Table Tennis 打乒乓 9am - 11.30am  Karaoke Session 卡拉OK 9.30am - 5pm  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场) Socialisation 社交活动 9am - 5pm 		Karaoke Session 卡拉OK 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		PUBLIC HOLIDAY (Closed) 公共假期 (关闭) 	
Monday 星期一 21 Apr 2025		Tuesday 星期二 22 Apr 2025		Wednesday 星期三 23 Apr 2025		Thursday 星期四 24 Apr 2025		Friday 星期五 25 Apr 2025	
Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am 		Table Tennis 打乒乓 9am - 11.30am  Karaoke Session 卡拉OK 9.30am - 5pm Yakult Factory Tour 仅限报名 1pm - 4.30pm BY REGISTRATION ONLY  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场) TCM Talks (Chinese) - TCM Management of Hyperlipidaemia 中医讲座 (中文) - 高血脂的中医调护 1.30pm - 2.30pm 		Karaoke Session 卡拉OK 9.30am - 5pm  Table Tennis 打乒乓 1.30pm - 4pm  Bingo Game 宾果游戏 1.30pm - 2.30pm  Zumba Gold 尊巴金 9.15am - 10.30am (Blk 65 Void Deck) 		Line Dance 排舞 10am - 11am (Blk 75 Pavillion 广场) Chinese Calligraphy IG 书法兴趣小组 1pm - 2pm 	
Monday 星期一 28 Apr 2025		Tuesday 星期二 29 Apr 2025		Wednesday 星期三 30 Apr 2025					
Motion Hand Exercise (Low) 手指操 (低) 10am - 10.45am 		Table Tennis 打乒乓 9am - 11.30am  卡拉OK Karaoke 9.30am - 5pm HPB Happy Programme (Low) 健康乐龄推广计划 (低) 2pm - 3pm  HPB Chair Zumba (Low) 座椅尊巴 (低) 10am - 11am (Blk 75 Pavillion 广场) 		KpopX Lite 韩国流行音乐精简版健身 9.30am - 10.30am (Blk 75 Pavillion 广场) Movie 电影 1.30pm - 3.15pm Come Back Home 搜救  Share-A-Pot : Coconut & Sago with Sweet Potato 椰香蕃薯西米糖水 3.30pm - 4.30pm 					
 KWONG WAI SHIU CARE @ MacPherson 廣惠肇社區關懷中心 Kwong Wai Shiu Hospital  Block 82 Circuit Road #01-02 Singapore 370082 6422 1335 / 96365013									