

Venue 地点		Tuesday 星期二 01-04-2025	Wednesday 星期三 02-04-2025	Thursday 星期四 03-04-2025	Friday 星期五 04-04-2025
	KWSC@ Blk 25 St George's Centre	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	SG Digital Pop Up (IMDA) "How to operate software/hardware" "如何操作软件/硬件" Group: 10am - 12pm 1-to-1: 1pm - 5.30pm 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am 	Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am 
	Bendemeer	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm By registration (需登记) 	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记) 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	Snack & Let's Sing K 一起来嗨歌 2pm - 4pm 
	St George's	TTSH Community Nurse Post 陈穹生社区保健 2pm - 5pm By registration (需登记) 	Aerobics Walking (Moderate) 9am - 10am Blk 4C pavillion 	HPB Resistance Band Exercise (Low) 拉力带运动 9am - 10am @Blk 39 Pavillion 	NUS Student Engagement 国大学生交流活动 10am - 11.30am @Blk 38 RN 
Venue 地点	Monday 星期一 07-04-2025	Tuesday 星期二 08-04-2025	Wednesday 星期三 09-04-2025	Thursday 星期四 10-04-2025	Friday 星期五 11-04-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记) 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am 	Resistance Band Stretching Exercise 拉力带运动 10.30am-11.30am 
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm By registration (需登记)		Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	NHG Health Talk Diabetes Health Talk (Eng) 了解糖尿病 (英) 2pm - 4pm 
Bendemeer	SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm	Bendemeer Secondary Student Engagement 2-4pm-4.30pm			
St George's	Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am Blk 2 St George Pavillion 	Aerobics Walking+ Stretching 快走运动+拉筋 10am - 11am @Blk 47A Pavillion 	Hari Raya Celebration @Blk 47A Pavillion 	HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion 	NUS Student Engagement 国大学生交流活动 10am - 11.30am @Blk 38 RN 
		Kwong Wai Shiu Hospital's 115th anniversary! PUSH Your Limits 115 challenge 7.30am - 9am KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion 	Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 For seniors staying/ 限于居住在 St George's & St Michael estate 9am - 11am By registration (需登记) 	Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavillion 	Kwong Wai Shiu Hospital's 115th anniversary! PUSH Your Limits 115 challenge 7.30am - 9am
Venue 地点	Monday 星期一 14-04-2025	Tuesday 星期二 15-04-2025	Wednesday 星期三 16-04-2025	Thursday 星期四 17-04-2025	Friday 星期五 18-04-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	NUS Student Engagement 国大学生交流活动 2.30pm - 5pm By registration (需登记) 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am 	PUBLIC HOLIDAY GOOD FRIDAY 
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm By registration (需登记)		Dessert Demo - "ChengTeng" 甜点示范 - "清汤" 10am - 11am 	
Bendemeer	SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm	TTSH Community Nurse Post TTSH 社区保健 2pm-5pm By registration (需登记) 		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion	
St George's	Cognitive Games 智力游戏 9.30am - 11.30am Blk 38A @ RN Center	Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion		Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am Blk 9 St George Pavillion 	
	Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am Blk 2 St George Pavillion 	Kwong Wai Shiu Hospital's 115th anniversary! PUSH Your Limits 115 challenge 7.30am - 9am KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion 			
Venue 地点	Monday 星期一 21-04-2025	Tuesday 星期二 22-04-2025	Wednesday 星期三 23-04-2025	Thursday 星期四 24-04-2025	Friday 星期五 25-04-2025
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	TCM Talk - Zoom (Mandarin) 网上中医讲座 (中) 1.30pm - 2.30pm 	HPB Zumba Gold (Moderate) 尊巴运动 8am - 9am 	Resistance Band Stretching Exercise (Low) 拉力带运动 10.30am-11.30am 
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm By registration (需登记)	Memory Clinic 记忆诊所 (by SUSS) 10am - 12pm & 2pm - 4pm By registration (需登记) 	Memory Clinic 记忆诊所 (by SUSS) 10am - 12pm & 2pm - 4pm By registration (需登记) 	Memory Clinic 记忆诊所 (by SUSS) 10am - 12pm & 2pm - 4pm By registration (需登记) 
Bendemeer		Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion		HPB Resistance Band Exercise (Low) 拉力带运动 9am-10am @Blk 39 Pavillion	NUS Student Engagement 国大学生交流活动 10am - 11.30am @Blk 38 RN
St George's	Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am @Blk 2 St George Pavillion 	Kwong Wai Shiu Hospital's 115th anniversary! PUSH Your Limits 115 challenge 10am - 11.30am KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion 	SG Digital Pop Up (IMDA) - Staying Safe & Smart in the Age of Generative AI II 电话课程 - 在生成式人工 智能时代保持安全与智能 II Group: 10am - 12pm 1-to-1: 1pm - 5.30pm Workout & Breakfast @Church of St Michael 运动与早餐 @圣米迦勒教堂 For seniors staying/ 限于居住在 St George's & St Michael estate 9am - 11am By registration (需登记) 	Roving Silver Gym (Low) 年长哑铃运 9.30am - 10.30am @Blk 9 St George Pavillion 	
Venue 地点	Monday 星期一 28-04-2025	Tuesday 星期二 29-04-2025	Wednesday 星期三 30-04-2025	2025 APRIL programme 4月份节目表  KWONG WAI SHIU HOSPITAL 廣惠肇留醫院 Since 1910	
KWSC@ Blk 25 St George's Centre	HPB Chair Zumba (Low) 座椅尊巴 8am-9am 	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	 Share a pot & Let's Sing K 一起来嗨歌 2pm - 4pm		
	Table Tennis (High) 乒乓球活动 9.30am - 5.30pm 	SKH Health Talk via zoom "Parkinson Disease" 盛港综合医院线上健康讲座 "帕金森疾病" 10.15am-11.15am CALM 1.0 Frailty Prevention Programme Maintenance phase 防止虚弱计划 - 维护阶段 2.30pm - 3.30pm By registration (需登记)			
Bendemeer	Voice of Singapore (Mandarin) 新加坡之声 (中) 10.30am-11.30am By registration (需登记) SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm 	Seated Exercise with weights 坐式运动 10am - 11am @Blk 47A Pavillion			
St George's	Roving Silver Gym (Low) 年长哑铃运 9.30am-10.30am & 11am-12am @Blk 2 St George Pavillion 	Kwong Wai Shiu Hospital's 115th anniversary! PUSH Your Limits 115 challenge 10am - 11.30am KPOP Dance fitness 韩式跳舞 9.30-10.30am @Blk 9 Pavillion 			

2025

APRIL programme

4月份节目表



KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910

6422 1333 | 80281307

25 St. George's Lane, Singapore 320025

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