

APRIL 2025 Schedule | 四月活动表



KWSC@McNair

	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
<p>KWSC @ McNair Contact details 联络号码: 6422 1311 8028 1247</p>	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 17) 抗肌少症运动 9am-10am Registered (已报名)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
	Chair Exercise 椅子运动 10am - 11am	Chair Exercise 椅子运动 10am - 11am	Chair Exercise 椅子运动 10am - 11am	BINGO 宾果游戏 10:18, 40, 53, 74 3, 23, 37, 55, 70 15, 24, 51, 62 5, 30, 43, 54, 65 1, 28, 33, 58, 67 1.30pm - 2.30pm
	NUS Student Engagement 国大学生交流活动 2.30pm - 4pm By registration (需登记)	Ukulele Class 尤克里里 2pm-3pm Registered (已报名)	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	NUS Student Engagement 国大学生交流活动 3pm - 4pm By registration (需登记)
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
Resistance Band Exercise 拉力带运动 10am-11am	Morning Walk & Breakfast (115 Challenge) 7.30am - 9am By registration (需登记)	CALM 1.0 (Week 18) 抗肌少症运动 9am-10am Registered (已报名)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Morning Walk & Breakfast (115 Challenge) 7.30am - 9am 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 By registration (需登记)	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	Chair Exercise 椅子运动 10am - 11am	Chair Exercise 椅子运动 10am - 11am	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
	Chair Exercise 椅子运动 10am - 11am	Chair Exercise 椅子运动 10am - 11am	Chair Exercise 椅子运动 10am - 11am	BINGO 宾果游戏 10:18, 40, 53, 74 3, 23, 37, 55, 70 15, 24, 51, 62 5, 30, 43, 54, 65 1, 28, 33, 58, 67 1.30pm - 2.30pm
	NUS Student Engagement 国大学生交流活动 2.30pm - 4pm By registration (需登记)	Puppetry and Me (Session 1) 3pm - 5pm Registered (已报名)	Daily Socialising Activities 每日社交活动	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm
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
Resistance Band Exercise 拉力带运动 10am-11am	Morning Walk & Breakfast (115 Challenge) 7.30am - 9am By registration (需登记)	CALM 1.0 (Week 19) 抗肌少症运动 9am-10am Registered (已报名)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	Closed on Public Holiday 公众假期休息
TTS Community Nurse Post 社区护士站 2pm - 5pm	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	SG Digital (IMDA) 数码科技 Group: 10.30am - 12pm 1-to-1: 2pm - 5pm By registration (需登记)	Chair Exercise 椅子运动 10am - 11am	
	Chair Exercise 椅子运动 10am - 11am	NUS Student Engagement 国大学生交流活动 2.30pm - 4pm By registration (需登记)	Chair Exercise 椅子运动 10am - 11am	
	Hari Raya Celebration 10.30am-12.30pm Registered (已报名)	Puppetry and Me (Session 2) 3pm - 5pm Registered (已报名)	Ukulele Class 尤克里里 2pm-3pm Registered (已报名)	
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
ICOPE Community Screening 10am-12pm, 2pm-4pm By registration (需登记)	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	CALM 1.0 (Week 20) 抗肌少症运动 9am-10am Registered (已报名)	Low Impact Aerobics (HPB) 低冲击有氧运动 10am-11am Blk 114 Pavilion By registration (需登记)	ICOPE Community Screening 10am-12pm, 2pm-4pm By registration (需登记)
	ICOPE Community Screening 10am-12pm, 2pm-4pm By registration (需登记)	ICOPE Community Screening 10am-12pm, 2pm-4pm By registration (需登记)	ICOPE Community Screening 10am-12pm, 2pm-4pm By registration (需登记)	Chair Zumba (HPB) 座椅尊巴 10am-11am Blk 114 Pavilion By registration (需登记)
	Puppetry and Me (Session 3) 3pm - 5pm Registered (已报名)	TCM Talk - Zoom(Mandarin) 网上中医讲座(中) 1.30pm - 2.30pm	Chair Yoga 椅子瑜伽 1.30pm - 2.30pm	BINGO 宾果游戏 10:18, 40, 53, 74 3, 23, 37, 55, 70 15, 24, 51, 62 5, 30, 43, 54, 65 1, 28, 33, 58, 67 1.30pm - 2.30pm
	NUS Student Engagement 国大学生交流活动 2.30pm - 4.30pm By registration (需登记)	Puppetry and Me (Session 4) 3pm - 5pm Registered (已报名)	KARAOKE 卡拉OK 3.30pm - 4pm By registration (需登记)	
Friday 星期五 28-04-2025	Tuesday 星期二 29-04-2025	Wednesday 星期三 30-04-2025	Chair exercise at centre every Tue to Fri 每星期二至星期五 椅子运动在中心 10AM - 11AM	
Resistance Band Exercise 拉力带运动 10am-11am	Fitness Exercise 健身运动 Blk 122 Pavilion 9am - 10am	Chair Exercise 椅子运动 10am - 11am	Cognitive Games at Centre every Mon to Fri: 认知游戏在中心 每星期一至星期五: 9AM - 12pm 1PM - 5.30PM	
Voice of Singapore (English) 新加坡之声 (英) 1pm - 2pm By registration (需登记)	Chair Exercise 椅子运动 10am - 11am	Share A Pot 喝糖水 1.30pm - 3.30pm		
SOTA Student Engagement 新加坡艺术学院学生交流活动 3.30pm - 4.30pm By registration (需登记)	Puppetry and Me (Session 4) 3pm - 5pm Registered (已报名)	KARAOKE 卡拉OK 3.30pm - 4pm By registration (需登记)		

All activities are held at McNair Centre unless otherwise stated
除非另有说明, 所有活动均在 McNair 中心举行

Activity registration is open 1 week in advance: Mon to Fri @9am to 5pm
本中心活动报名时间只在一个礼拜前开始: 星期一至星期五, 早上9点至 下午5点