

4月2025年 APR 2025

KWSC @ POTONG PASIR



Tuesday 星期二 1/4/2025		Wednesday 星期三 2/4/2025		Thursday 星期四 3/4/2025		Friday 星期五 4/4/2025			
 <p>Talk on Overcome Insomnia 睡不着怎么办 10.30am to 11.30am</p> <p>119 Activities 119 活动 2pm to 4pm</p>  		<p>Majong Games 麻将 3pm to 5pm</p> 		<p>Gardens By The Bay 花园游 10am to 1pm</p> 		<p>KpopX Fitness (Moderate) 韩流健身操 10am to 11am</p>  <p>Flower Sewing 绣花班 11.30am to 1.30pm</p> 			
Monday 星期一 7/4/2025		Tuesday 星期二 8/4/2025		Wednesday 星期三 9/4/2025		Thursday 星期四 10/4/2025		Friday 星期五 11/4/2025	
<p>Chair Zumba (Low) 座椅尊巴 10am to 11am</p>  <p>Rummy-O 拉米纸牌游戏 2pm to 4pm</p> 		<p>Chair Workout (Low) 椅子运动 10.15am to 11am</p>  <p>119 Activities 119 活动 2pm to 4pm</p> 		<p>Leisure Walking (Moderate) 排排走 7.30am to 10.30am</p> 		<p>Socialisation 社交活动</p> 		<p>KpopX Fitness (Moderate) 韩流健身操 10am to 11am</p>  <p>LKC History Museum Tour 李光前博物馆游 10am to 12pm</p> 	
Monday 星期一 14/4/2025		Tuesday 星期二 15/4/2025		Wednesday 星期三 16/4/2025		Thursday 星期四 17/4/2025		Friday 星期五 18/4/2025	
<p>Chair Zumba (Low) 座椅尊巴 10am to 11am</p>  <p>Rummy-O 拉米纸牌游戏 2pm to 4pm</p> 		<p>119 Activities 119 活动 2pm to 4pm</p> 		<p>Hawker Outing 美食游 10am to 12pm</p> 		<p>Total Body Stretching (Low) 椅子伸展运动 10am - 11am</p> 		<p>GOOD FRIDAY</p> 	
Monday 星期一 21/4/2025		Tuesday 星期二 22/4/2025		Wednesday 星期三 23/4/2025		Thursday 星期四 24/4/2025		Friday 星期五 25/4/2025	
<p>Chair Zumba (Low) 座椅尊巴 10am to 11am</p>  <p>Rummy-O 拉米纸牌游戏 2pm to 4pm</p> 		<p>119 Activities 119 活动 2pm to 4pm</p> 		<p>Resistance Band Exercise (Moderate) 阻力带运动 10.15am to 11.15am</p>  <p>TCM Virtual Talk 中医讲座 1.30pm to 2.30pm</p> 		<p>Bingo Game 宾果游戏 2pm to 4pm</p> 		<p>KpopX Fitness (Moderate) 韩流健身操 10am to 11am</p>  <p>Karaoke 卡拉OK 3pm to 5pm</p> 	
Monday 星期一 28/4/2025		Tuesday 星期二 29/4/2025		Wednesday 星期三 30/4/2025					
<p>Chair Zumba (Low) 座椅尊巴 10am to 11am</p>  <p>Rummy-O 拉米纸牌游戏 2pm to 4pm</p> 		<p>119 Activities 119 活动 2pm to 4pm</p> 		<p>Movie Night 电影之夜 3pm - 5pm</p> 					