WELLNESS KAMPUNG @ 115 CHONG PANG

# FEBRUARY 2024 二月

| MON 星期一 | TUE 星期二 | WED 星期三 | THU 星期四 | FRI 星期五 |
|---|---|---|---|---|
| | | | 8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109<br>1-2pm Happy Exercise<br>1 | 8.30am Zoom/Centre Calisthenic exercise / 混合健美操<br>9am -4pm L2 Chess Optom 验眼<br>10am-12pm Art Class<br>12pm – 2pm Toy group手工<br>2pm-4pm Chinese Painting 水墨画<br>2 |
| 8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦<br>9am – 4pm Community Health Post 社区保健站<br>5 | 8.30am Zoom & Centre Exercise / Qigong 气功<br>6 | 8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带<br>Share a Pot® 大家喝<br>11am Tune Up唱起来<br>1pm – 4pm Singing practice (Joint by SLEC residents )<br>7 | 8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109<br>1-2pm Happy Exercise<br>8 | 8.30am Zoom/Centre Calisthenic exercise / 混合健美操<br>10am-12pm Art class<br>12pm – 2pm Toy group手工<br>2-4pm Chinese Painting 水墨画<br>9 |
| 新年进步 CNY Holiday<br>12 | 8.30am Zoom & Centre Exercise / Qigong 气功<br>13 | 8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带<br>Share a Pot® 大家喝<br>11am Tune Up唱起来<br>1pm – 4pm Singing practice<br>14 | 8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109<br>1-2pm Happy Exercise<br>15 | 8.30am Zoom/Centre Calisthenic exercise / 混合健美操<br>10am-12pm Art class<br>12pm – 2pm Toy group手工<br>2-4pm Chinese Painting 水墨画<br>16 |
| 8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦<br>9am – 4pm Community Health Post 社区保健站<br>19 | 8.30am Zoom & Centre Exercise / Qigong 气功<br>1.30pm – 2.30pm Dance Up舞起来<br>20 | 8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带<br>Share a Pot® 大家喝<br>11am Tune Up唱起来<br>1pm – 4pm Singing practice (Joint by SLEC residents )<br>21 | 8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109<br>1-2pm Happy Exercise<br>22 | 8.30am Zoom/Centre Calisthenic exercise / 混合健美操<br>10am-12pm Art class<br>12pm – 2pm Toy group手工<br>2-4pm Chinese Painting 水墨画<br>23 |
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