Wellness kampung

WELLNESS KAMPUNG @ 115 CHONG PANG

JUNE 2023 六月

MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
			8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Arobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 1	Vesak Day 2
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 5	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 6	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice (SLEC residents) 7	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Arobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 8	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 10am Art class 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 9
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 12	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 13	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice 14	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Arobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 15	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 9am – 4pm Eye Screening 验眼 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 16
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 19 2 -3.30pm ACP consultation	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 20	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice (SLEC residents) 21	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Arobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 22	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 10am Art class 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 23
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 26	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 27	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice 28	Hari Raya Haji 29	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 30

Wellness kampung

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MAY 2023 五月

MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
Labour Day 1	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 2	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice (Perform @SLEC) 3	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Aerobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 4	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 9am-4pm L2 Chess Optom 验眼 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 5
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 10am-11am 中医讲座 1pm – 3pm Patch work 百纳被 8	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 9	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice 10	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Aerobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 11	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 12
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 15	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 16	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice (Perform @SLEC) 17	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Aerobic @Blk109 10am – 12pm Social Dance 1-2pm Happy Exercise 18	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 19
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work 百纳被 22	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 23	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice 24	8.30am Zoom & Centre Exercise / SAP Exercise 8.30am Low impact Aerobic @Blk109 10.00am Social Dance 9am–4pm L2 Chess Optom 验眼 1-2pm Happy Exercise 25	8.30am Zoom & Centre Exercise / Calisthenics exercise / 混合健美操 12.30pm – 2pm Toy group手工 2-4pm Chinese Painting 水墨画 26
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am – 4pm Face to face CHP 护理咨询 1pm – 3pm Patch work百纳被 29	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm – 2.30pm Dance Up 30	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up 1pm – 4pm Singing practice 31		