



MON 星期一

TUE 星期二

WED 星期三

THU 星期四

FRI 星期五

					8.30am Zoom/Centre Calisthenic exercise / 混合健美操 10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 1
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am - 4pm Community Health Post 社区保健站 4	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm - 2.30pm Dance Up舞起来 5	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 9.30am Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice (Joint by SLEC residents ) 6	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109 1-2pm Happy Exercise 7	8.30am Zoom/Centre Calisthenic exercise / 混合健美操 10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 8	
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am - 4pm Community Health Post 社区保健站 11	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm - 2.30pm Dance Up舞起来 12	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 9.30am Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice 13	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109 1-2pm Happy Exercise 14	8.30am Zoom/Centre Calisthenic exercise / 混合健美操 9am -4pm L2 Chess Optom 验眼 10am-12pm Art Class 12pm - 2pm Toy group手工 2pm-4pm Chinese Painting 水墨画 15	
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am - 4pm Community Health Post 社区保健站 18	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm - 2.30pm Dance Up舞起来 19	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice (Joint by SLEC residents ) 20	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109 1-2pm Happy Exercise 21	8.30am Zoom/Centre Calisthenic exercise / 混合健美操 10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 22	
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦 9am - 4pm Community Health Post 社区保健站 25	8.30am Zoom & Centre Exercise / Qigong 气功 1.30pm - 2.30pm Dance Up舞起来 26	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带 Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice 27	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109 1-2pm Happy Exercise 28	Good Friday  29	



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 / Baduanjin Qigong 八段锦	8.30am Zoom & Centre Exercise / Qigong 气功	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109	8.30am Zoom/Centre Calisthenic exercise / 混合健美操
9am - 4pm Community Health Post 社区保健站 <b>1</b>	1.30pm - 2.30pm Dance Up舞起来 <b>2</b>	9.30am Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice (Joint by SLEC residents ) <b>3</b>	1-2pm Happy Exercise <b>4</b>	10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 <b>5</b>
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦	8.30am Zoom & Centre Exercise / Qigong 气功	<b>Hari Raya Puasa</b> 		8.30am Zoom/Centre Calisthenic exercise / 混合健美操
9am - 4pm Community Health Post 社区保健站 <b>8</b>	1.30pm - 2.30pm Dance Up舞起来 <b>9</b>			10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 <b>12</b>
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦	8.30am Zoom & Centre Exercise / Qigong 气功	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109	8.30am Zoom/Centre Calisthenic exercise / 混合健美操
9am - 4pm Community Health Post 社区保健站 <b>15</b>	1.30pm - 2.30pm Dance Up舞起来 <b>16</b>	11am Tune Up唱起来 1pm - 4pm Singing practice (Joint by SLEC residents ) <b>17</b>	1-2pm Happy Exercise <b>18</b>	10am-12pm Art class 12pm - 2pm Toy group手工 2-4pm Chinese Painting 水墨画 <b>19</b>
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦	8.30am Zoom & Centre Exercise / Qigong 气功	8.30am Zoom & Centre Exercise / Theraband Ex 伸缩带	8.30am Zoom & Centre SAP Exercise / Low Impact Aerobic @Blk109	8.30am Zoom/Centre Calisthenic exercise / 混合健美操
9am - 4pm Community Health Post 社区保健站 <b>22</b>	1.30pm - 2.30pm Dance Up舞起来 <b>23</b>	9.30am Share a Pot® 大家喝 11am Tune Up唱起来 1pm - 4pm Singing practice <b>24</b>	1-2pm Happy Exercise <b>25</b>	9am -4pm L2 Chess Optom 验眼 10am-12pm Art Class 12pm - 2pm Toy group手工 2pm-4pm Chinese Painting 水墨画 <b>26</b>
8.30am Zoom & Centre Exercise / Baduanjin Qigong 八段锦	8.30am Zoom & Centre Exercise / Qigong 气功			
9am - 4pm Community Health Post 社区保健站 <b>29</b>	1.30pm - 2.30pm Dance Up舞起来 <b>30</b>			