



WELLNESS KAMPUNG @ 765 NEE SOON CENTRAL

March 2024三月

MON 星期一

TUE 星期二

WED 星期三

THU 星期四

FRI 星期五



MON 星期一		TUE 星期二		WED 星期三		THU 星期四		FRI 星期五	
								9am - 10am	Morning Exercise 早操 Morning Walk晨走
								9am - 4pm	Community Health Post 社区护理站
								1pm - 4pm	Repair Kaki 修理工作坊
									1
9am - 10am	Morning Exercise 早操 (Stretch Band Exercise-Sit)	8.30-9.30am	Morning Exercise 拍打操 (Paida)	9am -10am	Morning Exercise 早操	9am - 10am	Morning Exercise 早操	9am - 10am	Morning Exercise 早操 Morning Walk晨走
10.15-11.15am	Morning Exercise 早操 (Stretch Band Exercise-Stand)	9am - 5pm	ACP (Advance Care Plan-Mandarin) 预先护理计划-華語	9am - 12nn	Share a Pot 来喝汤	10.30-11.30am	Malay class 马来语班	9am - 4pm	Community Health Post 社区护理站
11am -12nn	English Tune-up 唱起来(英语)	10-11.15am	Han-Yu-Pin-Yin漢語拼音課	1pm - 3pm	Card Games (Rummi-O) 卡牌游戏	1pm - 3pm	Card Games (Rummi-O) 卡牌游戏	1pm - 4pm	Repair Kaki 修理工作坊
1pm - 3pm	Social dance 社交舞班	11.30-1pm	English-Class英语课	2pm - 4pm	Handicraft 手工班				
2pm - 5pm	ACP Clinic (English-by Appointment) 预先护理计划-英语	2pm - 3pm	Dance up 舞起来						8
	4		5		6		7		
9am - 10am	Morning Exercise 早操 (Stretch Band Exercise-Sit)	8.30-9.30am	Morning Exercise 拍打操 (Paida)	9am -10am	Morning Exercise 早操	9am - 10am	Morning Exercise 早操	9am - 10am	Morning Exercise 早操 Morning Walk晨走
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	11		12		13		14		
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	18		19		20		21		
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	25		26		27		28		