TIME	MON 星期一	TUES 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT / SUN 周末
	2	3	4	5	6	7 & 8
9AM – 10.30AM	Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	CLOSED	CLOSED
10.30AM – 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class ★ 初级英文班				
	9	10	11	12	13	14 & 15
9AM – 10.30AM	Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	3 - 5 PM 学用手机程序课程 地点: 大牌525	CLOSED
10.30AM – 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class ★ 初级英文班	Ukulele Train-the-Trainer Course			
	16	17	18	19	20	21 & 22
9AM – 10.30AM	Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	3 - 5 PM IMDA DIGITAL WORKSHOP (ENGLISH / MALAY) @ BLK 525	CLOSED
10.30AM – 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class ★ 初级英文班	Ukulele Train-the-Trainer Course			
	23	24	25	26	27	28 & 29
9AM – 10.30AM	Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	CLOSED	CLOSED
10.30AM – 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class ★ 初级英文班	Ukulele Train-the-Trainer Course			
	30				30	31
9AM – 10.30AM	Stretch Band 拉筋操				CLOSED	CLOSED
10.30AM – 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525					

NEW LIFE COMMUNITY SERVICES
SILVER CARE

Fajar

Blk 419 Fajar Road #01-449
Singapore 670419

8920 1676

silvercare@newlife.org.sg

NOVEMBER十一月2026

LEGEND 图例	Registration Required ★ 必须注册	Walk-in Accepted 不必注册	Registration CLOSED 注册已关闭	Special Programmes 特别节目	CLOSED 关闭