NOVEMBER 十一月 2026

TIME	MON 星期一	TUES 星期二	WED 星期三	THU 星期四	FRI 星期五
	2	3	4	5	6
9AM - 10AM	CLOSED 关闭	HPB Chair Zumba 健康365 坐式尊巴 ★	Wellness in Movement 运动之健康	NO 312 Meridian Exercise	CLOSED 关闭
10AM - 12NN		Art Jamming 艺术创作兴趣小组	Rummy-O 数字麻将	Silver Sports @ ACE the Place CC 高龄健康体育操（联络所） Ukulele Jamming 尤克里里练习	
	9	10	11	12	13
9AM - 10AM	CLOSED 关闭	HPB Chair Zumba 健康365 坐式尊巴 ★	Wellness in Movement 运动之健康	8 - 9 AM @ CEFC 312 Meridian Exercise	Silverband Practice 银色乐队排练
10AM - 12NN		Art Jamming 艺术创作兴趣小组	Rummy-O 数字麻将 Birthday Celebration	Silver Sports @ ACE the Place CC 高龄健康体育操（联络所） Ukulele Jamming 尤克里里练习	
	16	17	18	19	20
9AM - 10AM	CLOSED 关闭	HPB Chair Zumba 健康365 坐式尊巴 ★	10:30AM - 12:00 NN Volunteers Appreciation Day 志愿者感恩聚会	8 - 9 AM @ CEFC 312 Meridian Exercise	CLOSED 关闭
10AM - 12NN		Art Jamming 艺术创作兴趣小组		Outing Changi JEWEL 星耀樟宜半日游 Ukulele Jamming 尤克里里练习	
	23	24	25	26	27
9AM - 10AM	CLOSED 关闭	HPB Chair Zumba 健康365 坐式尊巴 ★	CLOSED 关闭	8 - 9 AM @ CEFC 312 Meridian Exercise	Silverband Practice 银色乐队排练
10AM - 12NN		Art Jamming 艺术创作兴趣小组		Silver Sports @ ACE the Place CC 高龄健康体育操（联络所） Ukulele Jamming 尤克里里练习	
	30				
9AM - 10AM	CLOSED 关闭				
10AM - 12NN					

NEW LIFE COMMUNITY SERVICES
SILVER CARE

Woodlands

Blk 540 Woodlands Drive 16
Singapore 730540

silvercare@newlife.org.sg

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