OCTOBER

DATE	TIME	EVENT
1, 8, 15,22,29	9.00am - 10.00am	Drumfit
2, 9, 16, 23, 30	9.00am - 10.00am	Zumba Gold by HPB
2, 9, 16, 23, 30	10.00am - 11.30am	Floor Curling
2	2.00pm - 4.00pm	Care and Share
5, 12, 19, 26	9.00am - 10.00am	Hui Chun
5, 12, 19, 26	10.00am - 11.00am	Line Dance
5, 19	10.00am - 11.00am	Soilless Farming
5, 12, 19, 26	2.00pm - 5.00pm	Karaoke
6, 13, 20, 27	9.00am - 10.00am	Resistant Band by HPB
6, 13, 20, 27	2.00pm - 4.00pm	Recycle Art
6, 20	2.00pm - 5.00pm	Community Health Post by NHG (CHP)
7, 14, 21, 28	9.00am - 9.45am	Chair Exercise
7	10.45am - 11.30am	SparkleTots
7,14,21,28	2.00pm - 3.00pm	Piano
13,27	9.00am - 12.00pm	Community Health Post by NHG (CHP)
16	10.30am - 11.30am	Joyfull Happiness with Annie
21	2.00pm - 4.00pm	Yakult Factory
Daily	9:00am - 12:00pm	Mail Assistance/Basic Handphone Assistance
	9.00am - 12.00pm	Newspaper Reading
	2.00pm - 5.00pm	Mail Assistance/Basic Handphone Assistance
	2.00pm - 5.00pm	Newspaper Reading
	10.00am - 12.00pm	Mahjong / Rummy O

NOVEMBER

DATE	TIME	EVENT
2,16, 23	9.00am - 10.00am	Hui Chun
2,16, 23	10.00am - 11.00am	Line Dance
2,16, 23	2.00pm - 3.30pm	Zentangle(Beginner)
16, 23	2.00pm - 5.00pm	Karaoke
2, 16	10.00am - 11.00am	Soiless Farming
2, 4	2.00pm - 5.00pm	SIT Psysiotherapy research
3,10,17,24	9.00am - 10.00am	Resistant Band by HPB
10,24	9.00am - 12.00pm	Community Nurse Post by NHG (CHP)
3, 17	2.00pm - 5.00pm	Community Health Post by NHG (CHP)
3,10,17,24	2.00pm - 4.00pm	Recycle Art
3,10,17,24	2.00pm - 3.30pm	Crochet
4,11,18,25	9.00am - 9.45am	Chair Exercise
4,11,18,25	2.00pm - 3.00pm	Piano
18	3.00pm - 4.30pm	Increase Physical Activity & Enhance your Mobility Workshop(English)
25	10.00am - 11.30am	IMDA Digital Life Workshop (Mandarin)
5,12,19,26	9.00m - 10.00am	Drumfit (Frail Seniors)
5,12,19,26	10.30am-11.30am	Drumfit (Robust Seniors)
12	3.00pm - 4.30pm	Increase Physical Activity & Enhance your Mobility Workshop(Mandarin)
6,13,20,27	9.00am - 10.00am	Zumba Gold by HPB
6,13,20,27	10.00am - 11.30am	Floor Curling
6,13,20,27	2.00pm-3.30pm	Ukulele
6	2.00pm - 4.00pm	Calligraphy
6,13,20, 27	10.00am - 12pm	Digital for Life 1-1 (IMDA)
27	10.30am - 12.00pm	Community Gathering
Daily	9:00am - 12:00pm	Mail Assistance/Basic Handphone Assistance
	9.00am - 12.00pm	Newspaper Reading
	2.00pm - 5.00pm	Mail Assistance/Basic Handphone Assistance
	2.00pm - 5.00pm	Newspaper Reading
	10.00am - 12.00pm	Mahjong / Rummy O

Date of Revision:	20/10/2026
Revised by:	Elizabeth Teo