

Programme Schedule

<p><u>MONDAY</u> 9.30am – 10.30am Morning Exercise (DVD) 2:30pm – 4:30pm Board Games **</p>	<p><u>FEBRUARY 2019 HIGHLIGHTS</u> <u>2019 年 2 月活动亮点</u></p> <p>Making Nian Gao Demonstration with Tor Ah Moi (Xiao Qing) 1st Feb (Fri) 11am – 1pm</p> <p>Closed for Chinese New Year 5th and 6th (Tues – Wed)</p> <p>Positive Vibes with Kathy Wu* 13th Feb (Wed) 2.30pm – 4.00pm</p> <p>Chinese Painting with Tang Yip Seng* 21st and 28th (Thu) 2.30pm – 4.00pm</p> <p>Communal Dining (By Invitation Only) 11th, 18th and 25th (Mon) 10.30am – 12.00pm</p> <p>Healthy Cooking Demonstration Ondeh-Ondeh & Pumpkin Pasta with Prawn & Almond Flakes 22nd Feb (Fri) 11.30am – 12.30pm</p> <p>Reading with Book Club Volunteers 11th, 18th and 25th Feb (Mon) 1pm – 2pm</p>
<p><u>TUESDAY</u> 9.30am – 10.30am Morning Exercise (DVD) 10.30am – 12pm Reading ** 2.30pm – 3.30pm Well & Wise Programme (See back page for details)</p>	
<p><u>WEDNESDAY</u> 2.30pm – 4.30pm Games & Social Activities/ Men's Group **</p>	
<p><u>THURSDAY</u> 9.30am – 10.30am Qi Gong 10.45am – 11.45am Tai Chi 2.30pm – 4pm Hobbies & Workshop **</p>	
<p><u>FRIDAY</u> 9.30am – 10.30am Low Impact Aerobics 11.00am – 12.30pm Wii Games/ Recipe Sharing By Seniors ** 2.00pm – 4.00pm Days of Our Lives Movie & Discussion (See back page for details)</p>	

* Conducted in Mandarin only

** Seniors are welcomed to lead activities and games

If you are interested or have any enquiries, please contact Foong Ming, Weedy or Bryan at 6817 4187.

Well & Wise Programme with Ng Teng Fong Hospital (Need to register)

<p>12th Feb (Tuesday), 3pm – 4pm Wise & Well (Session 1) – Group Session</p>	<p>Topic: Lifestyle Management Learn more about health-promoting habits and routines for a healthier lifestyle. Different activities can make a difference!</p>
<p>9th Feb (Tuesday), 3pm – 4pm Wise & Well (Session 2) – Individual Session</p>	<p>Topic: Goal Setting and Smoking Cessation (Where applicable) Making a lifestyle change begins with setting healthy goals. Let us guide you through the process in achieving them.</p>
<p>26th Feb (Tuesday), 3pm – 4pm Wise & Well (Session 3) – Group Session</p>	<p>Topic: Healthy Eating, Choosing Wisely at the Hawker Centre A healthy lifestyle begins with making right dietary choices. Learn about the 'Healthier Plate' and other tips on healthy eating, and making your meal at the hawker centre healthier.</p>

Days of Our Lives : Movie & Discussion (Need to register)

<p>8th Feb (Friday), 2pm – 4.30pm</p> 	<p>Movie: The Kid From The Big Apple (120 mins)</p> <p>An endearing story about Sarah, an 11 year old girl who has lived all her life in New York, USA, suddenly having to move to Malaysia to live with a grandfather she has never met. See how they communicate and adapt to each other's culture and lifestyle. Find out what happens when it is time for Sarah to return to New York.</p>
<p>15th Feb (Friday), 2pm – 4.30pm</p> 	<p>Movie: The Kid From The Big Apple 2 : Before We Forget (115 mins)</p> <p>American-born teenager Sarah is back in Malaysia to visit her grandfather. She is worried when she realized he is showing the first signs of dementia. How will he remember her as his illness progresses, and what can she do about it...</p>
<p>22nd Feb (Friday), 2.30pm – 3.30pm</p> 	<p>Tuesday Report (Documentary): Water Polo Aunties! (22 mins)</p> <p>Meet a group of women in their 70s who have formed their own water polo team, and what they got out of the experience.</p>