



Neighbourhood Link @ 318

Weekly Activity Schedule



Day	Time	Activity	Fees Member / Non member	Duration	Person-in-charge
Monday	10.00am - 10.30am	Group Exercise	Free		Staff
	10.30am - 11.00am	Tea			
	11.00am - 1.00pm	Gym	\$5 / \$10	1 month	Staff/ Ms Seah
	11.00am - 12.30pm	Golf Putting	Free		Mr Yee/ Irene
	2.00pm - 3.30pm	Multi Ring Toss (MRT)	Free		Vol
	3.30pm - 6.00pm	Rest & Relax			
	8.00pm - 10.00pm	Choir (A)	\$15/\$20	3 months	Mr Chow Phak Chin
Tuesday	10.00am - 10.30am	Group Exercise	Free		Staff
	10.30am - 11.00am	Tea			
	11.30am - 1.30pm	Dancing Class (2)	\$15/\$20	3 months	Kim Ber
	2.00pm - 5.00pm	Karaoke	\$5 / \$10	1 month	Lucy/ Dee Khoon/ Mr Yee
	8.00pm - 10.00pm	Choir (B)	\$15/\$20	3 months	Mr Chow Phak Chin
Wednesday	10.00am - 11.00am	BOCCIA	Free		Jing Fong
	11.00am - 12.00pm	Tea			
	11.00am - 1.00pm	Handicraft			Meow Kee
	2.00pm - 4.00pm	Dancing Class (1)	\$15 / \$20	3 months	Kim Ber
		Gym	\$5 / \$10	1 month	Staff/ Jeffrey
4.00pm - 6.00pm	Rest & Relax				
Thursday	10.00am - 10.30am	Group Exercise	Free		Staff
	10.30am - 11.30pm	BINGO	Free		Dee Khoon/ Mr Yee
	11.30am - 12.00am	Tea			
	2.00pm - 4.00pm	Karaoke	\$5 / \$10	1 month	Lucy/ Dee Khoon/ Tey Chye Huat
		Rest & Relax			
	8.00pm - 10.00pm	Choir (C)	\$15/\$20	3 months	Mr Chow Phak Chin
Friday	10.00am - 10.30am	Group Exercise	Free		Staff
	10.30am - 11.00am	Tea			
	11.00am - 1.00pm	Gym	\$5 / \$10	1 month	Staff
	2.30pm - 3.30pm	Miniature Bowling	Free		Lucy/Mr Yee
	3.30pm - 6.00pm	Rest & Relax			
Saturday	9.00am - 2.00pm				

Satur	9.00am - 2.00pm (Office closed)	Rest & Relax			Mdm Leong
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