




2024 December

 **Centre Name:** Active Ageing Centre (Lengkok Bahru)
 **Centre Address:** Blk 57 Lengkok Bahru #01-491 S.151057
 **Centre Contact:** 6473 3387 / 6473 3772 / 8163 2087






ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Team building (Centre is closed)	The Singapore Buddhist Lodge (250 pax)
Rummy - O @ 3:30 - 4pm (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	CALM @ 9am		Garden By the Bay (Lengkee CC) @ 9am - 2pm (25pax inclusive of staff) (TBC)
Haydays immersive session (Grp A) (EQUAL @2pm)	Haydays immersive session (Grp B) (EQUAL @2pm)	Haydays immersive session (Grp C) (EQUAL @2pm)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)		
SGH COC Health Talk - Identifying Early Signs of Dementia (Virtual) @2 - 3:30pm (Blk 59)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Adaptive @4pm (TBC)	Rummy - O @ 2 - 4pm (Blk 59)		
Chit-Chat/Tea session	Let's Learn to Tech		Let's Learn to Tech		
9	10	11	12	13	14
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact aerobics @ 9:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Let's Exercise - Online AIC Video @ 10 - 11am	Sheng Siong Show (Lengkee CC) @ 6:30 - 10pm (36 + 4 staff)
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	CALM @ 9am	Services - Wellness - CHP @ 9 - 6pm	[15 Dec] Brisk Walk (Lengkee CC) to Bedok Reservoir Park @ 7:30 - 10am (\$2 per pax)
Moderna X'mas @ 10 - 12pm (30 pax) Held at AAC Redhill instead	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Haydays immersive session (Grp C) @ 2pm	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Meridian 312 @ 2:30 - 3:30pm	Chit chat Session + Nippon Koi Farm Tour (Lengkee CC) @ 9am - 2pm
CPF talk & Terrarium @ 2 - 5pm (25 pax)	Let's Learn to Tech	Chit-Chat/Tea session	Rummy - O @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am (TBC)		Crossfit @ 4pm (TBC)	Health Carnival by Ngee Ann Poly @ 9 - 12pm (min. 20 pax)	Monthly Birthday Celebration (Outing at MACS) (TBC) @ 4 - 5pm	
			Let's Craft (Men only) @ 4 - 5pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact aerobics @ 9:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30am	
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	CALM @ 9am	Services - Wellness - CHP @ 9 - 6pm	
Current affair U&Me/ 时事新闻 你和我 @ 10 - 11am	Haydays immersive session (Grp B) (TBC @2pm)	Let's KTV Together (Group C) @ 2-4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Meridian 312 @ 2:30 - 3:30pm	
CREST Mental Health - Caregiver stress @ 2 - 3:30pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	LPA & ACP Workshop (20-30 pax) 2 - 4PM	Rummy - O @ 2 - 4pm (Blk 59)	AAC - End Year Party (Fishball, senior cook) - invite amanda/Jing hui/fabulous/SNC (TBC)	
Haydays immersive session (Grp A) (TBC @2pm)		Chit-Chat/Tea session	Let's Learn to Tech	Rummy - O @ 2 - 4pm (Blk 59)	
Chit-Chat/Tea session		Adaptive @4pm (TBC)			
23	24	25	26	27	28
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact aerobics @ 9:30 am	Christmas (Centre is closed)	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30am	
Rummy - O @ 2 - 4pm (Blk 59)	Let's Learn to Tech		CALM @ 9am	Services - Wellness - CHP @ 9 - 6pm	
X'mas (TBC)			Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Meridian 312 @ 2:30 - 3:30pm	
Chit-Chat/Tea session	Christmas Eve (Centre is closed from 1pm)		Hair cut (Fabulous) @ 9am (Blk 59)	IMDA Digital @ 1pm - 3pm (15 pax)	
			Let's Craft (Men only) @ 4 - 5pm	Rummy - O @ 2 - 4pm (Blk 59)	

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MON	TUE	WED	THU	FRI	SAT
30	31				
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact aerobics @ 9:30 am				
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)				
Chit-Chat/Tea session	New Year's Eve (Centre is closed from 1pm)				

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Mon 星期一	Tues 星期二	Wed 星期三	Thurs 星期四	Fri 星期五	Bulletin 布告栏
Chair Yoga 乐龄瑜伽 9am - 10am 	Low Impact Aerobics (HPB) 乐龄运动 10am - 11am 	Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 10am - 11am 	Services - Wellness - TCM 众弘中医会诊 9am - 11:30am 	Steady Lah! (HPB) 乐龄运动 10am - 11am 	<p align="center">Weekend Event:</p> <ol style="list-style-type: none"> 7 December 2024 (Saturday) Garden By the Bay @ 9am - 2pm (25 pax inclusive of staff) 14 December 2024 (Saturday) Sheng Siong Show (Lengkee CC) @ 6:30pm - 10pm (36 pax + 4 staff) 15 December 2024 (Sunday) Brisk Walk (Bus leaves Lengkee CC, \$2 per pax) @7:30am <p align="center">Centre Half/Full Day Closure 中心暂休半/一天</p> <ol style="list-style-type: none"> 6 December 2024 (Friday) Company event (Full day) 公司活动 24 December 2024 (Tuesday) Christmas Eve (Half day) 圣诞节 25 December 2024 (Wednesday) Christmas (Full day) 圣诞节 31 December 2024 (Tuesday) New Year (Half day) 新年 <p align="right"> *Once a month ** Twice a month </p>
**Current Affairs U&Me 时事新闻你和我 10am - 11am	Walking Football @ Telok Blangah Community Club 步行足球 2:30pm - 4pm	**Let's KTV Together (Group C) 卡拉OK 2pm - 4pm	Let's Steel Combat (\$2 per pax) 钢铁拳击 1:30pm - 2:30pm	Services - Wellness - CHP 9am - 6pm	
CREST Mental Health - Caregiver stress 健康讲座 2pm - 3:30pm	CPF Talk & Terrarium 公积金讲座 2pm - 5pm	**Crossfit 4pm - 5pm	Let's Steel Combat (\$2 per pax) 钢铁拳击 1:30pm - 2:30pm	Let's Meridian 312 经络锻炼法 2:30pm - 3:30pm	
Rummy-O 拉米牌游戏 2pm - 4pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	Rummy-O 拉米牌游戏 2pm - 4pm	**Let's Craft (Men's only) 木匠 3:30pm - 4:30pm	*IMDA Digital Workshop 手机这个东西我们一起学 1pm - 3pm	
			*Services - Haircut services 剪头发 9am - 12pm (registration at the start of the month)	Rummy-O 拉米牌游戏 2pm - 4pm	

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