




2025 January

 **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






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		New Year (Centre is closed)	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30am	
			Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
			CALM @ 9am	Meridian 312 @ 2:30 - 3:30pm	
				Chinese Beauty class (TBC)	
6	7	8	9	10	11
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 A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
International school VIA @ 1:30 - 3:30pm (TBC)	Services - Wellness - Massage	Chit-Chat/Tea session	CALM @ 9:30 am (Bus pick up 9am)	Meridian 312 @ 2:30 - 3:30pm	
SGH COC Health Talk - All About Benign prostate hypertrophy (Virtual) @ 2 - 3:30pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Crossfit @ 4pm (TBC)		(TBC) Lee Kong Chian Museum 2PM	
		CNY Pineapple Tart / Butter cookie / peanut butter cookie making session @ 2 - 4pm(TBC)			

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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)	Let's KTV Together (Group C) @ 2- 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Adaptive @4pm (TBC)	Let's Craft (Men only) @ 4 -5pm	Meridian 312 @ 2:30 - 3:30pm	
International school VIA (Monthly Birthday) @ 1:30 - 3:30pm (TBC)		Chit-Chat/Tea session	Let's Learn to Tech		
		CALM (Square Stepping - 1st Session @ 2 - 3pm)	CALM (Square Stepping) @ 9:30 - 10:30am		
20	21	22	23	24	25
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 A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
International school VIA @ 1:30 - 3:30pm (TBC)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Chit-Chat/Tea session	(TBC) Lee Kong Chian Museum 2PM	Meridian 312 @ 2:30 - 3:30pm	
	Let's Learn to Tech	Crossfit @4pm (TBC)	CALM (Square Stepping) @ 9:30 - 10:30am	IMDA Digital @ 1pm - 3pm (15 pax)	
27	28	29	30	31	
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 am	Chinese New Year (Centre is closed)	Chinese New Year (Centre is closed)	Steady Lah! @ 9:30am	
Rummy - O @ 2 - 4pm (Blk 59)	Centre is closed from 1pm			Services - Wellness - CHP @ 9 - 6pm	
International school VIA @ 1:30 - 3:30pm (TBC)				Meridian 312 @ 2:30 - 3:30pm	

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ntuc Health

MON Mon 星期一	TUE Tues 星期二	WED Wed 星期三	THU Thurs 星期四	FRI Fri 星期五	SAT Bulletin 布告栏
Chair Yoga 乐龄瑜伽 9am - 10am 	Low Impact Aerobics by HPB 乐龄运动 9:30am - 10:30am 	Let's Zumba/Zumba Gold/ Chair Zumba by HPB 椅子尊巴舞 10am - 11am 	Services - Wellness - TCM 众弘中医会诊 9am - 11:30am 	Steady Lah! by HPB 乐龄运动 9:30am - 10:30am 	<p style="text-align: center;">Centre Full Day Closure 中心暂休一天</p> <ol style="list-style-type: none"> 1 January 2025 (Wednesday) New Year 2025 新年2025 28 January 2025 (Tuesday) Chinese New Year Eve (Half Day) 农历新年除夕 29 January 2025 (Wednesday) Chinese New Year 农历新年初一 30 January 2025 (Thursday) Chinese New Year 农历新年初二 <p style="text-align: right;"> *Once a month ** Twice a month </p>
*Adaptive Sports 乐龄运动 10am - 11am (TBC)		*Services - Haircut services 剪头发 9am (Date TBC, registration at the start of the month)	Combat Age-related Loss of Muscle (CALM 1.0) - Square Stepping 乐龄运动 9:30am - 10:30am 	Services - Wellness - CHP 9am - 6pm	
**Current Affairs U&Me 时事新闻你和我 10am - 11am	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	*Crossfit 乐龄运动 4pm - 5pm (TBC)	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	
SGH COC Health Talk - All About Benign Prostate Hypertrophy (Virtual) 健康讲座 2pm - 3:30pm	Walking Football @ Telok Blangah CC 慢步足球 2pm - 4pm	Let's Learn to Tech	**Let's Craft (Men's only) 木匠 4pm - 5pm	*IMDA Digital Workshop 手机这个东西我们一起学 1pm - 3pm	

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