




2024 July

 **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	5	6
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	Let's Exercise - Online AIC Video @ 10 - 11am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Let's Exercise - Online AIC Video @ 10 - 11am	OTAH! Programme @ 9 - 1pm
Strategise with Kakis @ 2 - 4pm (Blk 59)	Services - Wellness - Massage	Strategise with Kakis @ 2 - 4pm (Blk 59)	Steel Combat (\$2 per pax) @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Let's Learn to Tech	Let's Learn to Tech	Let's Meridian @ 2:30 - 3:30pm	
				Let's Celebrate (Birthday) @ 3:30 - 4:30pm	
8	9	10	11	12	13
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	Let's Exercise - Online AIC Video @ 10 - 11am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Functional Screening @ 9 - 1pm	
Let's Gen Together - Kindergarten w/ Alora Preschool @ 10 - 11am	Services - Wellness - Massage	Current affair U&Me/ 时事新闻你和我 @ 10 - 11am	Steel Combat (\$2 per pax) @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Strategise with Kakis @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Let's Jam with Ukulele @ 4 - 5pm	Let's Learn to Tech	Let's Meridian @ 2:30 - 3:30pm	
		Let's KTV Together (Group C) @ 2- 4pm (Blk 59)			

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	Let's Exercise - Online AIC Video @ 10 - 11am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Let's Exercise - Online AIC Video @ 10 - 11am	OTAH! Programme @ 9 - 1pm
Singing session (Dave Lee) @ 1:30 - 3pm	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Strategise with Kakis @ 2 - 4pm (Blk 59)	Steel Combat (\$2 per pax) @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Services - Wellness - Massage	Let's Gen Together - Kindergarten - MFS IGP @ 3 - 4pm	Let's Learn to Tech	Let's Meridian @ 2:30 - 3:30pm	
			Let's Craft (Men only) @ 3:30 - 4:30pm		
22	23	24	25	26	27
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	Let's Exercise - Online AIC Video @ 10 - 11am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Let's Exercise - Online AIC Video @ 10 - 11am	
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Steel Combat (\$2 per pax) @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Strategise with Kakis @ 2 - 4pm (Blk 59)	Services - Wellness - Massage	Let's Jam with Ukulele @ 4 - 5pm	Let's Learn to Tech	Let's Meridian @ 2:30 - 3:30pm	
29	30	31			
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	Let's Exercise - Online AIC Video @ 10 - 11am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am			
Services - Haircut services (SNC) @ 10am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Strategise with Kakis @ 2 - 4pm (Blk 59)			
	Services - Wellness - Massage	Let's Learn to Tech			

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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
<p>Inhouse Facilitator-Led: Exercise - Yoga by Amanda 乐龄瑜伽 9am - 10am</p> 	<p>Let's Exercise - Online AIC Video 乐龄椅子运动 10am - 11am</p> 	<p>Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 10am - 11am</p> 	<p>Services - Wellness - TCM @ 众弘中医会诊 9am - 11:30am</p> 	<p>Let's Exercise - Online AIC Video @ 10 - 11am 乐龄椅子运动 10am - 11am</p> 	<p>Weekend Event:</p> <ol style="list-style-type: none"> 21 Jul 2024, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ (\$2 per pax) <p>*Once a month ** Twice a month</p>
<p>*Let's Gen Together - Kindergarten w/ Alora Preschool 与幼儿园学生们一起互动 10am - 11am (Once a month)</p>			<p>Let's Learn to Tech 手机应用</p>	<p>Functional Screening 体检 9am - 1pm</p>	
<p>**Current Affairs U&Me 时事新闻你和我 10am - 11pm</p>				<p>Community Nursing post 社区护士站 9am - 6pm</p>	
<p>*Services - Haircut services 剪头发 10am (29 Jul 2024, registration at the start of the month)</p>					
	<p>Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session</p>	<p>*Let's Gen Together - Kindergarten w/ My First Skool 与幼儿园学生们一起互动 3pm - 4pm (17 Jul 2024)</p>	<p>Steel Combat (\$2 per pax) 钢铁拳击 1:30pm - 2:30pm</p>	<p>Let's Meridian 312 经络锻炼法 2:30pm - 3:30pm</p>	
<p>*Potluck session 聚餐会 3pm - 5pm</p>	<p>Let's KTV Together - Group A/B (Blk 59) 卡拉OK 2pm - 4pm</p> 	<p>**Let's Jam with Ukulele 尤克莱利琴 4pm - 5pm (10 & 24 Jul 2024)</p> 		<p>*Monthly Birthday Celebration 生日派对 3:30pm - 4:30pm (Once a month)</p>	
		<p>**Let's KTV Together - Group C (Blk 59) 卡拉OK 2pm - 4pm</p>		<p>*Let's Craft (Men only) 木匠 3:30pm - 4:30pm</p>	

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