




2024 November

 **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 |
| | | | | Let's Exercise - Online AIC Video @ 10 - 11am | [3 Nov, 7:30am] Tree planting |
| | | | | Services - Wellness - CHP @ 9 - 6pm | |
| | | | | Meridian 312 @ 2:30 - 3:30pm | |
| | | | | Monthly Birthday Celebration @ 3:30 - 4:30pm | |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 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 | |
| Rummy - O @ 1 - 2pm (Blk 59) | Let's KTV Together (Group B) @ 2 - 4pm (Blk 59) | Rummy - O @ 1 - 2pm (Blk 59) | Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax) | Services - Wellness - CHP @ 9 - 6pm | |
| Haydays immersive session (Grp A) (EQUAL @2pm) | Services - Wellness - Massage | Haydays immersive session (Grp C) (EQUAL @2pm) | Happy program @ 2:45 - 3:45pm | Meridian 312 @ 2:30 - 3:30pm | |
| Haydays <u>interactive</u> session (Grp D) @2 - 4pm | Haydays immersive session (Grp B) (EQUAL @2pm) | Haydays <u>interactive</u> session (Grp F) @2 - 4pm | Let's Craft (Men only) @ 4-5pm | Pro-Bono ACP talk (Community Dispute) @ 11 - 12pm (30 pax) | |
| Current affair U&Me/ 时事新闻你和我 @ 10 - 11am | Haydays <u>interactive</u> session (Grp E) @2 - 4pm | | | | |
| | NCOS - Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax) | | | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|--|--|--|--|
| 11 | 12 | 13 | 14 | 15 | 16 |
| 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 | [17 Nov] Jurong Lake Garden @8:00 - 11:30am (Pick up @ Lengkee CC 38 pax +2 staff) |
| Rummy - O @ 1 - 2pm (Blk 59) | Let's KTV Together (Group A) @ 2 - 4pm (Blk 59) | MFS IGP @3 - 4pm | EJC VIA @ 2:30 - 4pm (Blk 59) | Pro-Bono ACP talk (Advance Legal Planning) @ 11 - 12pm | [17 Nov] Brisk Walk (Lengkee CC) to Botanical Gardens @ 7:30 - 10am (\$2 per pax) |
| Current affair U&Me/ 时事新闻你和我 @ 10 - 11am | Services - Wellness - Massage | Let's Jam with Ukulele @ 4 - 5pm | Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax) | Services - Wellness - CHP @ 9 - 6pm | |
| Haydays immersive session (Grp A) (EQUAL @2pm) | Haydays immersive session (Grp B) (EQUAL @2pm) | Let's KTV Together (Group C) cum Rummy - O @ 1- 2pm (Blk 59) | Let's Learn to Tech | Meridian 312 @ 2:30 - 3:30pm | |
| Haydays <u>interactive</u> session (Grp D) @2pm | Haydays interactive session (Grp E) @2pm | Haydays immersive session (Grp C) (EQUAL @2pm) | Happy program @ 2:45 - 3:45pm | | |
| | NCOS - Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax) | Haydays <u>interactive</u> session (Grp F) @2pm | | | |
| 18 | 19 | 20 | 21 | 22 | 23 |
| 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 | Therapeutic Horticulture Hortpark (10 pax outing) @ 9:30am |
| Rummy - O @ 1 - 2pm (Blk 59) | Let's KTV Together (Group B) @ 2 - 4pm (Blk 59) | Rummy - O @ 1 - 2pm (Blk 59) | CALM @ 9am (Bus pick up 8:30am) | Services - Wellness - CHP @ 9 - 6pm | |
| Haydays Immersive session (Grp A) (EQUAL @2pm) | Services - Wellness - Massage | Let's Learn to Tech | Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax) | Meridian 312 @ 2:30 - 3:30pm | |
| Haydays <u>interactive</u> session (Grp D) @2pm | Haydays immersive session (Grp B) (EQUAL @2pm) | ACP planning Talk @ 2 - 3pm | Let's Learn to Tech | MDA Digital @ 1pm - 3pm (TBC) - 15 pax | |
| | Haydays <u>interactive</u> session (Grp E) @2pm | Haydays immersive session (Grp C) (EQUAL @2pm) | Happy program @ 2:45 - 3:45pm | | |
| | | Haydays <u>interactive</u> session (Grp F) @2pm | Let's Craft (Men only) @ 4- 5pm | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|---|-----|
| 25 | 26 | 27 | 28 | 29 | 30 |
| Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am | Calm Exercise Video 9-10AM | Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am | Services - Wellness - TCM @ 9 - 11:30am | Let's Exercise - Online AIC Video @ 10 - 11am | |
| Rummy - O @ 1 - 2pm (Blk 59) | Let's KTV Together (Group B) @ 2 - 4pm (Blk 59) | Let's KTV Together (Group C) cum Rummy - O @ 1- 2pm (Blk 59) | CALM @ 9am | Services - Wellness - CHP @ 9 - 6pm | |
| Hair Cut (SNC) @ 10am | Services - Wellness - Massage | Let's Learn to Tech | Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax) | Meridian 312 @ 2:30 - 3:30pm | |
| Haydays immersive session(Grp A) @2pm | Haydays immersive session (Grp B) @2pm | Haydays immersive session (Grp C) @2pm | Let's Learn to Tech | | |
| Current affair U&Me/ 时事新闻你和我 @ 10 - 11am | | | Happy program @ 2:45 - 3:45pm | | |

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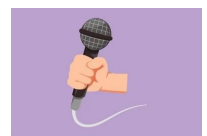
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| MON Mon 星期一 | TUE Tues 星期二 | WED Wed 星期三 | THU Thurs 星期四 | FRI Fri 星期五 | SAT Bulletin 布告栏 |
|---|--|--|---|--|---|
| Chair Yoga 乐龄瑜伽 9am - 10am  | Let's Exercise - Online AIC Video 乐龄椅子运动 10am - 11am  | Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 10am - 11am | Services - Wellness - TCM 众弘中医会诊 9am - 11:30am  | Let's Exercise - Online AIC Video 乐龄椅子运动 10am - 11am  | <p>Weekend Event:</p> <p>1. Sep, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ (\$2 per pax)</p> <p>Centre Full Day Closure 中心暂休一天</p> |
| *Services - Haircut services 剪头发 10am (25 November 2024, registration at the start of the month) | Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session | Rummy-o @2-4PM | Calm 运动 2024年11月21日 9AM | Services - Wellness - CHP 9am - 6pm | |
| Wellness - Mental health workshop by external partners (CREST) @ 2 - 3pm | NCOS FootBall 2:30-4PM | *Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 3pm - 4pm (2024) | 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 @2-4PM | Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm  | | Let's Learn to Tech 手机应用 | *Monthly Birthday Celebration 生日派对 3:30pm - 4:30pm () *Let's Craft (Men's only) 木匠 3:00pm - 4:00pm () | |

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