




2024 October

 **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
	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	Booth @ 6 - 9pm (MOH x SINDA)
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Let's KTV Together (Group C) cum Rummy - O @ 2- 4pm (Blk 59)	Steel Combat (\$2 per pax) @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Services - Wellness - Massage		Let's Learn to Tech	Meridian 312 @ 2:30 - 3:30pm	
	Haydays - 6 ponies coming in the noon		Happy program @ 2:45 - 3:45pm	SGH Health Talk - Stress management for older adults @ 3:30 - 4:30pm	
7	8	9	10	11	12
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am Yoga cancelled	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	
Alora Preschool @ 10 - 11am	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	
Singapore Poly VIA (AEC -L) @ 1 - 2pm	Services - Wellness - Massage	Haydays immersive session (Grp C) @ 2pm	Happy program @ 2:45 - 3:45pm	Meridian 312 @ 2:30 - 3:30pm	
Haydays immersive session (Grp A) @ 2pm	Haydays immersive session (Grp B) @ 2pm	Let's Craft (Men only) @ 3PM-4PM	Singapore Poly VIA (AEC-L) @ 1 - 2pm (At Blk 59)	Monthly Birthday Celebration @ 3:30 - 4:30pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 October

 **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
14	15	16	17	18	19
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	[20 Oct 2024] Brisk Walk (Lengkee CC) to {Bidadari Park} @ 7:30 - 10am
Rummy - O @ 1 - 2pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	MFS IGP @3 - 4pm	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	Services - Wellness - Massage	Let's Jam with Ukulele @ 4 - 5pm	Happy program @ 2:45 - 3:45pm	Meridian 312 @ 2:30 - 3:30pm	
Haydays immersive session (Grp A) @2pm	Haydays immersive session (Grp B) @2pm	Let's KTV Together (Group C) cum Rummy - O @ 1- 2pm (Blk 59)	Adaptive Sports @ 3:45 - 4:45pm	Blk 49 RN 1for1 @3pm	
Let's Learn to Tech	Time of Your Life (TOYL) Celebration @2 - 5pm (Zoom, 10-15pax)	Haydays immersive session session (Grp C) @2pm	Healthier Sg (10 pax)		
			NCOS - Walking Football @9 - 12pm (5 pax)		
21	22	23	24	25	26
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	
CREST Fei Yue Mental Health Talk (Self-care) @ 2 - 3:30pm	Services - Wellness - Massage	Let's Learn to Tech	Let's Learn to Tech	Meridian 312 @ 2:30 - 3:30pm	
Haydays immersive session (Grp A) @2pm	Haydays immersive session (Grp B) @2pm	Health Talk - Healthier Mind for Healthier Life by NTU @ 4 - 5pm (15 pax)	Happy program @ 2:45 - 3:45pm	Blk 49 RN 1for1 @3pm	
		Haydays immersive session (Grp C) @2pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 October

 **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
28	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 - Wellness - TCM @ 9 - 11:30am		
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)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)		
Haydays immersive session (Grp A) (EQUAL @2pm)	Services - Wellness - Massage	Let's Craft (Men only) @ 3PM - 4PM	Let's Learn to Tech		
Haydays <u>interactive</u> session (Grp D) @2pm	Haydays immersive session (Grp B) (EQUAL @2pm)	Hair Cut (Fabulous) @ 10am	Happy program @ 2:45 - 3:45pm		
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am	Haydays <u>interactive</u> session (Grp E) @2pm	Haydays immersive session (Grp C) (EQUAL @2pm)			
		Haydays <u>interactive</u> session (Grp F) @2pm			
		EQUAL's launch (Press conference @ Blk 57) @ 11:30 - 4pm (Main event: 1:30 - 3pm, 3 senior profile)			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 October

📍 **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 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 	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> <ol style="list-style-type: none"> 5 October 2024, MOH x Sinda Booth @ 20 October 2024, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ (\$2 per pax) <p>Centre Full Day Closure 中心暂休一天</p>
*Let's Gen Together - Kindergarten w/ Alora Preschool 与幼儿园学生们一起庆祝 10am - 11am		*Services - Haircut services 剪头发 10am (30 October 2024, registration at the start of the month)	Let's Learn to Tech 手机应用	Services - Wellness - CHP 9am - 6pm	
**Current Affairs U&Me 时事新闻你和我 10am - 11pm (14 & 28 October 2024)					
Wellness - Mental health workshop by external partners (CREST) @ 2 - 3:30pm (21 October 2024)	Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session	*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 3pm - 4pm (16 Oct 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	<p>*Once a month ** Twice a month</p>
Singapore Poly VIA 与学生们一起互动 1pm - 2pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	*Let's Craft (Men's only) 木匠 3:30pm - 4:30pm (19 Sep 2024) 	Singapore Poly VIA 与学生们一起互动 1pm - 2pm	*Monthly Birthday Celebration 生日派对 3:30pm - 4:30pm (11 October 2024)	