

2024 December

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 TAMPINES ST 22
 **Centre Contact:** 9457 2665



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @Blk 274	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @Blk 274	LET'S TAICHI 一起打太极 9:00 AM – 10:00 AM @BETWEEN Blk 273 & Blk 274		The Sheng Siong Show 升菘秀 7:00PM - 10:00 PM @ NTUC HEALTH SDC (REGISTRATION REQUIRED) (需要注册)
	OTAH! PROGRAMME OTAH! 节目 10:30 AM - 11:30 AM @ BLK 273, RN OFFICE (REGISTRATION REQUIRED) (需要注册)	ROLLING GOOD TIMES 防跌课程 4:00 PM - 5:30 PM @NTUC HEALTH SDC (REGISTRATION CLOSED) (注册已关闭)	STRATEGISE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @NTUC HEALTH SDC		
	LET'S DO CROCHET 一起做钩针编织 2:00 PM – 4:00 PM @NTUC HEALTH SDC	LET'S WALKING FOOTBALL 一起来踢球 4:00 PM - 5:30 PM @429 BEDOK (REGISTRATION REQUIRED) (需要注册)			
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @NTUC HEALTH SDC				

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @Blk 274	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @Blk 274	LET'S TAICHI 一起打太极 9:00 AM – 10:00 AM @BETWEEN Blk 273 & Blk 274	LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	
	LET'S STEEL COMBAT (MALE EXCLUSIVE) 一起做有氧搏击活动 (只限男性) 10 AM - 11 AM @ BLK 275	ROLLING GOOD TIMES 防跌课程 4:00 PM - 5:30 PM @NTUC HEALTH SDC (REGISTRATION CLOSED) (注册已关闭)	STRATEGISE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @NTUC HEALTH SDC	LET'S HEALTH CARNIVAL BY NA POLY SCH OF HEALTH SCIENCES 健康讲座 1.30 PM to 4.30 PM @NTUC HEALTH NH (REGISTRATION REQUIRED) (需要注册)	
LET'S DANCERCISE 一起做有氧舞蹈运动 4:00 PM – 5:00 PM @NTUC HEALTH SDC	OTAH! PROGRAMME OTAH! 节目 10:30 AM - 11:30 AM @ BLK 273, RN OFFICE (REGISTRATION REQUIRED) (需要注册)	LET'S WALKING FOOTBALL 一起来踢球 4:00 PM - 5:30 PM @429 BEDOK (REGISTRATION REQUIRED) (需要注册)		LET'S MAKAN TOGETHER- INHOUSE 一起来MAKAN - 户外 4:30 PM – 5:30 PM @NTUC HEALTH SDC (REGISTRATION REQUIRED) (需要注册)	
	LET'S DO CROCHET 一起做钩针编织 2:00 PM – 4:00 PM @NTUC HEALTH SDC			ROLLING GOOD TIMES 防跌课程 4:00 PM - 5:30 PM @NTUC HEALTH SDC (REGISTRATION CLOSED) (注册已关闭)	
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @NTUC HEALTH SDC				

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @Blk 274	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @Blk 274	LET'S TAICHI 一起打太极 9:00 AM – 10:00 AM @BETWEEN Blk 273 & Blk 274	LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	LET'S DO CHAIR EXERCISE 一起做椅子运动 8:30 AM - 9:30 AM @NTUC HEALTH SDC
LET'S DANCERCISE 一起做有氧舞蹈运动 4:00 PM – 5:00 PM @NTUC HEALTH SDC	COMMUNITY HEALTH POST 中心社区护士站 9.30 AM - 12.30 PM @NTUC HEALTH SDC (REGISTRATION REQUIRED)	LET'S WALKING FOOTBALL 一起来踢球 4:00 PM - 5:30 PM @429 BEDOK (REGISTRATION REQUIRED) (需要注册)	STRATEGISE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @NTUC HEALTH SDC		LET'S MAKAN TOGETHER- INHOUSE 一起来MAKAN - 中心内 9:30 AM – 10:30 AM @NTUC HEALTH SDC (REGISTRATION REQUIRED) (需要注册)
	OTAH! PROGRAMME OTAH! 节目 10:30 AM - 11:30 AM @ BLK 273, RN OFFICE (REGISTRATION REQUIRED) (需要注册)				
	LET'S DO CROCHET 一起做钩针编织 2:00 PM – 4:00 PM @NTUC HEALTH SDC				
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @NTUC HEALTH SDC				

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA			LET'S TAICHI 一起打太极 9:00 AM – 10:00 AM @BETWEEN Blk 273 & Blk 274	LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	
			STRATEGISE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @NTUC HEALTH SDC		

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MON

TUE

WED

THU

FRI

SAT

30	31				
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Bk 278 OPEN PIAZZA					

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