




2025 January

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665





MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		<p>NEW YEAR'S DAY</p>	<p>LET'S TAICHI 一起打太极 9:00 AM – 10:00 AM @ BETWEEN Blk 273 & Blk 274</p>	<p>LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA</p>	
			<p>STRATEGIZE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @ NTUC HEALTH SDC</p>		

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。

2025 January

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665




MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @ Blk 274 VOID DECK	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @ Blk 274 VOID DECK	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 PLAZA	
	LET'S STEEL COMBAT (MALE EXCLUSIVE) 一起做有氧搏击活动 (只限男性) 10:00 AM - 11:00 AM @ BLK 275 VOID DECK	LET'S WALKING FOOTBALL 一起来踢球 4:00 PM - 5:30 PM @ Blk 429 BEDOK (REGISTRATION REQUIRED) (需要报名)	STRATEGIZE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @ NTUC HEALTH SDC	INTERGEN PROGRAM WITH SPRINGFIELD SECONDARY SCHOOL 跟随学生边学边玩 2.30 PM - 3.30 PM @ NTUC NH, Level 2	
	LET'S DO CROCHET 一起做钩针编织 2:00 PM – 4:00 PM @ NTUC HEALTH SDC			COMMUNAL DINING 下午茶时间 3.30PM - 4.30PM @ NTUC NH, Level 2 (REGISTRATION REQUIRED) (需要报名)	
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @ NTUC HEALTH SDC				

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。

2025 January

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665





MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @ Blk 274 VOID DECK	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @ Blk 274 VOID DECK	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 PLAZA	
	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 @ Blk 429 BEDOK (REGISTRATION REQUIRED) (需要报名)	STRATEGIZE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @ NTUC HEALTH SDC	CNY SHOPPING TOUR 新年购物之旅 1:00 PM - 4:00 PM @ WOODLANDS (REGISTRATION REQUIRED) (需要报名)	
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @ NTUC HEALTH SDC				

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。

2025 January

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665



MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA	LET'S LINE DANCE 一起跳排舞 9:30 AM - 10:30 AM @ Blk 274 VOID DECK	LET'S STRETCH BAND 一起做弹力带拉筋操 8:30 AM - 9:30 AM @ Blk 274 VOID DECK	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 PLAZA	
	LET'S DO CROCHET 一起做钩针编织 2:00 PM – 4:00 PM @ NTUC HEALTH SDC		STRATEGIZE WITH KAKIS (RUMMY-O) 游戏时间 (拉米奥) 1:00 PM – 4:00 PM @ NTUC HEALTH SDC	Birthday Celebrations 生日庆祝活动 3.00PM - 4.00PM @ NTUC NH, LEVEL 2 (REGISTRATION REQUIRED) (需要报名)	
	LET'S DO ZENTANGLE 一起做禅绕画 2:00 PM – 4:00 PM @ NTUC HEALTH SDC		COMMUNITY HEALTH POST 9.30AM - 12PM @ NTUC HEALTH SDC		
27	28	29	30	31	
LET'S KPOP 一起跳K-POP 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA		CHINESE NEW YEAR'S DAY	2ND DAY OF CHINESE NEW YEAR	LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PLAZA	

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。