


2024 July

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
LET'S KPOP 9 - 10 AM	VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)	LET'S STRETCH BAND 8:30 - 9:30 AM	LET'S TAICHI 9 - 10 AM	LET'S ZUMBA GOLD 9 - 10 AM	LET'S EXERCISE 8.30 AM - 9.30 AM
	LET'S LINE DANCE (IL) 9:30 - 10:30 AM		LET'S GET TOGETHER - NDP FUN PACK AT NTUC NURSING HOME 8 AM - 12 PM		
LET'S GO KAI KAI - A KIND OF HUSH AT ESPLANADE @ 3PM	LET'S STEEL COMBAT (MALE EXCLUSIVE) 10 - 11:00 AM AT BLK 275	LET'S DO NAGOMI AND ZETANGLE 2 - 4 PM	LET'S AQUA AEROBICS 11 AM - 12 PM AT OUR TAMPINES HUB (REGISTRATION REQUIRED)	IN HOUSE MOVIE 3 PM WITH SENIOR DAY CARE	LET'S GET TOGETHER 10 AM - 1 PM (BDAY, POT LUCK + KAROKE)
			STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 11 AM - 4 PM		
8	9	10	11	12	13
LET'S KPOP 9 - 10 AM	VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)	LET'S STRETCH BAND 8:30 - 9:30 AM	LET'S TAICHI 9 - 10 AM	LET'S ZUMBA GOLD 9 - 10 AM	
LET'S DO CROCHET 2 PM - 4 PM	LET'S LINE DANCE (IL) 9:30 - 10:30 AM	LET'S DO NAGOMI AND ZETANGLE 2 - 4 PM	LET'S AQUA AEROBICS 11 AM - 12 PM AT OUR TAMPINES HUB (REGISTRATION REQUIRED)	IN HOUSE MOVIE 3 PM WITH SENIOR DAY CARE	
	LET'S JAM WITH UKULELE 10 - 11.30 AM AT RN OFFICE, BLK 273		STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 11 AM - 4 PM		
	DIGITAL LEARNING ONE-ON-ONE 2 PM - 4 PM (REGISTRATION REQUIRED)				

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

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
LET'S KPOP 9 - 10 AM	VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)	LET'S STRETCH BAND 8:30 - 9:30 AM	LET'S TAICHI 9 - 10 AM	LET'S ZUMBA GOLD 9 - 10 AM	
	LET'S LINE DANCE (IL) 9:30 - 10:30 AM	LET'S DO NAGOMI AND ZETANGLE 2 - 4 PM	LET'S AQUA AEROBICS 11 AM - 12 PM AT OUR TAMPINES HUB (REGISTRATION REQUIRED)	IN HOUSE MOVIE 3 PM WITH SENIOR DAY CARE	
	COMMUNITY NURSE POST AT CENTRE 9.30 AM - 12.30 PM (REGISTRATION REQUIRED)				
	LET'S STEEL COMBAT (MALE EXCLUSIVE) 10 - 11:00 AM AT BLK 275		STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 11 AM - 4 PM		
22	23	24	25	26	27
LET'S KPOP 9 - 10 AM	LET'S LINE DANCE (IL) 9:30 - 10:30 AM	LET'S STRETCH BAND 8:30 - 9:30 AM	LET'S TAICHI 9 - 10 AM	LET'S ZUMBA GOLD 9 - 10 AM	
LET'S DO CROCHET 2 PM - 4 PM	LET'S JAM WITH UKULELE 10 - 11.30 AM AT RN OFFICE, BLK 273	LET'S DO NAGOMI AND ZETANGLE 2 - 4 PM	LET'S AQUA AEROBICS 11 AM - 12 PM AT OUR TAMPINES HUB (REGISTRATION REQUIRED)	IN HOUSE MOVIE 3 PM WITH SENIOR DAY CARE	
			STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 11 AM - 4 PM		
29	30	31			
LET'S KPOP 9 - 10 AM	LET'S LINE DANCE (IL) 9:30 - 10:30 AM	LET'S STRETCH BAND 8:30 - 9:30 AM			
		LET'S DO NAGOMI AND ZETANGLE 2 - 4 PM			

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MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
一起跳K-POP 9 - 10 AM	一起跳排舞 (IL) 9:30 - 10:30 AM	一起做弹力带拉筋操 8:30 - 9:30 AM	一起打太极 9 - 10 AM	一起跳尊巴 (乐龄版) 9 - 10 AM	一起做运动 8.30 AM - 9.30 AM
一起和 (社团/机构名称) 去 Gai Gai	一起做有氧搏击活动 (只限男性) 10 - 11 AM, BLK 275	一起做日本和谐粉彩和禅绕画 2 - 4 PM	游戏时间拉米纸牌 O 和麻将 11 AM - 4 PM	下午 3 点室内电影	当我们同在一起 10 AM - 1 PM (生日、聚餐和卡拉 OK)
			一起跳水上韵律操 11 AM - 12 PM 淡滨尼体育场 (需要注册)		
8	9	10	11	12	13
一起跳K-POP 9 - 10 AM	一起跳排舞 (IL) 9:30 - 10:30 AM	一起做弹力带拉筋操 8:30 - 9:30 AM	一起打太极 9 - 10 AM	一起跳尊巴 (乐龄版) 9 - 10 AM	
一起做钩针编织 2 - 4 PM	一起玩乌克丽丽 10 - 11:30 AM, RN OFFICE, BLK 273	一起做日本和谐粉彩和禅绕画 2 - 4 PM	游戏时间拉米纸牌 O 和麻将 11 AM - 4 PM	下午 3 点室内电影	
	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台 2 - 4 PM (需要注册)		一起跳水上韵律操 11 AM - 12 PM 淡滨尼体育场 (需要注册)		

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一起跳K-POP 9 - 10 AM	一起跳排舞 (IL) 9:30 - 10:30 AM	一起做弹力带拉筋操 8:30 - 9:30 AM	一起打太极 9 - 10 AM	一起跳尊巴 (乐龄版) 9 - 10 AM	
	一起做有氧搏击活动 (只限男性) 10 - 11 AM, BLK 275	一起做日本和谐粉彩和禅绕画 2 - 4 PM	游戏时间拉米纸牌 O 和麻将 11 AM - 4 PM	下午 3 点室内电影	
	中心社区护士站上午 9.30 至下午 12.30 (需要注册)		一起跳水上韵律操 11 AM - 12 PM 淡滨尼体育场 (需要注册)		
22	23	24	25	26	27
一起跳K-POP 9 - 10 AM	一起跳排舞 (IL) 9:30 - 10:30 AM	一起做弹力带拉筋操 8:30 - 9:30 AM	一起打太极 9 - 10 AM	一起跳尊巴 (乐龄版) 9 - 10 AM	
一起做钩针编织 2 - 4 PM	一起玩乌克兰丽丽 10 - 11:30 AM, RN OFFICE, BLK 273	一起做日本和谐粉彩和禅绕画 2 - 4 PM	游戏时间拉米纸牌 O 和麻将 11 AM - 4 PM	下午 3 点室内电影	
			一起跳水上韵律操 11 AM - 12 PM 淡滨尼体育场 (需要注册)		
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一起跳K-POP 9 - 10 AM	一起跳排舞 (IL) 9:30 - 10:30 AM	一起做弹力带拉筋操 8:30 - 9:30 AM			
		一起做日本和谐粉彩和禅绕画 2 - 4 PM			

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