

2024 November

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



MON	TUE	WED	THU	FRI	SAT
				1	2
				LET'S ZUMBA GOLD 一起跳尊巴 (乐龄版) 9:00 AM – 10:00 AM @ Blk 278 OPEN PIAZZA	
4	5	6	7	8	9
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 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)	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	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 MAKAN TOGETHER- INHOUSE 一起来MAKAN - 中心内 5:00 PM – 6:00 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	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
11	12	13	14	15	16
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)	LET'S MAKAN TOGETHER- OUTDOOR 一起来MAKAN - 户外 10:00 AM – 11:00 AM @NTUC HEALTH SDC (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)	
	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)	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 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
18	19	20	21	22	23
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)	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	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 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 WALKING FOOTBALL 一起来踢球 4:00 PM - 5:30 PM @429 BEDOK (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
25	26	27	28	29	30
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	
NEA DENGUE & RECYCLING TALK 1.30 PM to 3.00 PM @NTUC HEALTH SDC (REGISTRATION REQUIRED) (需要注册)	LET'S STEEL COMBAT (MALE EXCLUSIVE) 一起做有氧搏击活动 (只限男性) 10:00 – 11:00 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	ROLLING GOOD TIMES 防跌课程 4:00 PM - 5:30 PM @NTUC HEALTH SDC (REGISTRATION CLOSED) (注册已关闭)	
	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 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				
	LET'S MAKAN TOGETHER- INHOUSE 一起来MAKAN - 中心内 4:00 PM – 5:00 PM @NTUC HEALTH SDC (REGISTRATION REQUIRED) (需要注册)				

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