

2024 September

 **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 9 - 10 AM	LET'S LINE DANCE 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 EXERCISE 8.30 AM - 9.30 AM
	LET'S STEEL COMBAT (MALE EXCLUSIVE) 10 - 11 AM @ BLK 275		LET'S AQUA AEROBICS 11 AM - 12 PM @ OUR TAMPINES HUB (REGISTRATION REQUIRED)		
	OTAH! PROGRAMME @ BLK 273, RN OFFICE 10:30 - 11:30 AM		STRATEGISE WITH KAKIS (MAHJONG & RUMMY-O) 1 PM - 4 PM		
	LET'S DO CROCHET 2 PM - 4 PM		SENSORS IN-HOME FOR ELDER WELLBEING (SINEW) STUDY BY SENGKANG HOSPITAL		
	LET'S DO ZENTANGLE 2 - 4 PM				
9	10	11	12	13	14
LET'S KPOP 9 - 10 AM	LET'S LINE DANCE 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 DANCERCISE 4 - 5 PM	OTAH! PROGRAMME @ BLK 273, RN OFFICE 10:30 - 11:30 AM		STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 1 PM - 4 PM		
	LET'S DO CROCHET 2 PM - 4 PM				
	LET'S DO ZENTANGLE 2 - 4 PM				

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
LET'S KPOP 9 - 10 AM	LET'S LINE DANCE 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	
	COMMUNITY NURSE POST AT CENTRE 9.30 AM - 12.30 PM (REGISTRATION REQUIRED)	ROLLING GOOD TIMES BY HEALTH PROMOTION BOARD 4 PM - 7 PM (REGISTRATION REQUIRED)	STRATEGISE WITH KAKIS (MAHJONG & RUMMY-O) 1 PM - 4 PM	LET'S CELEBRATE (BIRTHDAY) AND MAKAN TOGETHER 4 - 5:30 PM	
	LET'S STEEL COMBAT (MALE EXCLUSIVE) 10 - 11 AM @ BLK 275				
	OTAH! PROGRAMME 10:30 - 11:30 AM				
	LET'S DO CROCHET 2 PM - 4 PM				
	LET'S DO ZENTANGLE 2 - 4 PM				
23	24	25	26	27	28
LET'S KPOP 9 - 10 AM	LET'S LINE DANCE 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 DANCERCISE 4 - 5 PM	OTAH! PROGRAMME 10:30 - 11:30 AM		STRATEGISE WITH KAKIS (RUMMY-O & MAHJONG) 1 PM - 4 PM		
	LET'S DO CROCHET 2 PM - 4 PM				
	LET'S DO ZENTANGLE 2 - 4 PM				

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MON	TUE	WED	THU	FRI	SAT
30					
LET'S KPOP 9 - 10 AM					

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跳K-POP 9 - 10 AM	一起跳排舞 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
	一起做有氧搏击活动 (只限男性) 10 - 11 AM @ BLK 275		一起跳水上韵律操 11 AM - 12 PM @ 淡滨尼体育场 (需要注册)		
	OTAH! 节目 @ BLK 273, RN OFFICE 10:30 - 11:30 AM		游戏时间 (麻将, 拉米奥) 1 PM - 4 PM		
	一起做钩针编织 2 - 4 PM		SENSORS IN-HOME FOR ELDER WELLBEING (SINEW) STUDY BY SENGKANG HOSPITAL		
	一起做禅绕画 2 - 4 PM				
9	10	11	12	13	14
一起跳K-POP 9 - 10 AM	LET'S LINE DANCE 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	OTAH! 节目 @ BLK 273, RN OFFICE 10:30 - 11:30 AM		游戏时间 (麻将, 拉米奥) 1 PM - 4 PM		
	一起做钩针编织 2 - 4 PM				
	一起做禅绕画 2 - 4 PM				

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起跳K-POP 9 - 10 AM	一起跳排舞 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	
	中心社区护士站 9.30 AM - 12.30 PM (需要注册)	防跌课程 ROLLING GOOD TIMES 4 PM - 7 PM (需要注册)	游戏时间 (麻将, 拉米奥) 1 PM - 4 PM	一起来庆生 & MAKAN 中心内 4 - 5:30 PM	
	一起做有氧搏击活动 (只限男性) 10 - 11 AM @ BLK 275				
	OTAH! 节目 @ BLK 273, RN OFFICE 10:30 - 11:30 AM				
	一起做钩针编织 2 - 4 PM				
	一起做禅绕画 2 - 4 PM				
23	24	25	26	27	28
一起跳K-POP 9 - 10 AM	一起跳排舞 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	OTAH! 节目 @ BLK 273, RN OFFICE 10:30 - 11:30 AM		游戏时间 (麻将, 拉米奥) 1 PM - 4 PM		
	一起做钩针编织 2 - 4 PM				
	一起做禅绕画 2 - 4 PM				

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MON	TUE	WED	THU	FRI	SAT
30					
一起跳K-POP 9 - 10 AM					

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