

# 2024 MAY

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



MON	TUE	WED	THU	FRI	SAT
		1 LABOUR DAY	2 TAI JI 9 - 10 AM (SPCL INTEREST GRP)	3 HPB ZUMBA GOLD 9 - 10 AM	4 SCAM TALK BY POLICE 10 AM - 11 AM (REGISTRATION REQUIRED)
			RUMMY 0 & MAHJONG 11 AM - 4 PM	OUTING - SAILING 3 - 6 PM	
6 HPB KPOPX LITE 9 - 10 AM	7 VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)	8 HPB STRETCH BAND 8.30 - 9.30 AM	9 TAI JI 9 - 10 AM (SPCL INTEREST GRP)	10 HPB ZUMBA GOLD 9 - 10 AM	11 LET'S GET TOGETHER 10 AM TO 1 PM (CHINESE ORCHESTRA, BDAY, POT LUCK + KARAOKE) 10 AM TO 1 PM
HEALTH TALK (INTERNAL) - PRESSURE SORE 1045	HPB LINE DANCE 09.30 - 10.30 AM	ART & CRAFT ZETANGLE 2 - 4 PM	RUMMY 0 & MAHJONG 11 AM - 4 PM	IN HOUSE MOVIE 3 PM	
	STEEL COMBAT LITE 10 - 11.00 AM AT BLK 274				
	UKELELE LESSONS 10 - 11.30 AM AT RN OFFICE, BLK 273				
	HWA CHONG VIA 3 PM - 5 PM WITH AAC(C) ENGAGEMENTS				
13 HPB KPOPX LITE 9 - 10 AM	14 VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)	15 HPB STRETCH BAND 8.30 - 9.30 AM	16 TAI JI 9 - 10 AM (SPCL INTEREST GRP)	17 HPB ZUMBA GOLD 9 - 10 AM	18 VALERIE EXERCISE 8.30 AM - 9.30 AM
CROCHETING 2 PM - 4 PM	HPB LINE DANCE 09.30 - 10.30 AM	ART & CRAFT ZETANGLE 2 - 4 PM	RUMMY 0 & MAHJONG 11 AM - 4 PM	NO ACTIVITIES	
	DIGITAL LEARNING ONE ON ONE - 2 PM - 4 PM (REGISTRATION REQUIRED)				LEARN DIGITAL 10 AM - 12 PM / (REGISTRATION REQUIRED)
20 HPB KPOPX LITE 9 - 10 AM	21 HPB LINE DANCE 09.30 - 10.30 AM	22 VESAK DAY	23 TAI JI 9 - 10 AM (SPCL INTEREST GRP)	24 HPB ZUMBA GOLD 9 - 10 AM	
HEALTH TALK (INTERNAL) - WHAT IS DEMENTIA 2 PM - 3 PM (REGISTRATION REQUIRED)	VOLUNTEERS AT NH 9 - 9.45 AM (MORNING WALK)		RUMMY 0 & MAHJONG 11 AM - 4 PM	UKELELE VOLUNTEERS PERFORMANCE FOR SENIOR DAY CARE - 10.30 AM	
	STEEL COMBAT LITE 10 - 11.00 AM AT BLK 274			IN HOUSE MOVIE 3 PM	
	UKELELE LESSONS 10 - 11.30 AM AT RN OFFICE, BLK 273				
	CGH HEALTH TALK 'FALL RISK' 3.30 PM - 4.30 PM			OUTING (TO BE CONFIRMED)	
27 HPB KPOPX LITE 9 - 10 AM	28 HPB LINE DANCE 09.30 - 10.30 AM	29 HPB STRETCH BAND 8.30 - 9.30 AM	30 TAI JI 9 - 10 AM (SPCL INTEREST GRP)	31 HPB ZUMBA GOLD 9 - 10 AM	
CROCHETING 2 PM - 4 PM	KETUPAT WEAVING 2 PM - 4 PM	ART & CRAFT ZETANGLE 2 - 4 PM	RUMMY 0 & MAHJONG 11 AM - 4 PM	IN HOUSE MOVIE 3 PM	

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		LABOUR DAY	太极拳 上午9点至10点	HPB 尊巴舞黄金赛 上午9点至10点 下午3点室内电影	SPF 上午10点进行诈骗谈话(需要注册)
			拉米纸牌0和麻将 上午11点至下午4点		
6	7	8	9	10	11
HPB KPOPX LITE 9 - 10 AM 健康讲座(内部)-压疮 1045	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM HPB 排舞 09.30 - 10.30 AM 钢战斗灯 10 - 11.30 AM BLK 274 UKELELE 课程 10 - 上午 11.30 在 RN 办公室 , BLK 273 华中学生下午3点至下午5点参加 AAC(C) 活动	HBP 弹力带 8.30 - 9.30 AM 艺术与手工艺 - ZENTANGLE 下午 2 - 4 PM	太极拳 上午9点至10点 拉米纸牌0和麻将 上午11点至下午4点	HPB 尊巴舞黄金赛 上午9点至10点 下午3点室内电影	让我们欢聚一堂(中乐团表演、生日+卡拉OK) 10 AM - 1 PM
13	14	15	16	17	18
HPB KPOPX LITE 9 - 10 AM 钩编下午2点至下午4点	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM HPB 排舞 09.30 - 10.30 AM 一对一数字移动学习 - 下午2点 - 下午4点(需要注册)	HBP 弹力带 8.30 - 9.30 AM 艺术与手工艺 - ZENTANGLE 下午 2 - 4 PM	太极拳 上午9点至10点 拉米纸牌0和麻将 上午11点至下午4点	HPB 尊巴舞黄金赛 上午9点至10点 没有活动	瓦莱丽锻炼 8.30 AM - 9.30 AM 上午10点至下午12点学习手机数字(探索网络信息)/(需要注册)
20	21	22	23	24	25
HPB KPOPX LITE 9 - 10 AM 健康讲座(内部) - 什么是痴呆症 下午2点 - 下午3点	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM HPB 排舞 09.30 - 10.30 AM 钢战斗灯 10 - 11.30 AM BLK 274 UKELELE 课程 10 - 上午 11.30 在 RN 办公室 , BLK 273	VESAK DAY	太极拳 上午9点至10点 拉米纸牌0和麻将 上午11点至下午4点	HPB 尊巴舞黄金赛 上午9点至10点 UKELELE 老年人日间护理中心的志愿者表现 - 10.30 AM 下午3点室内电影	
27	28	29	30	31	
HPB KPOPX LITE 9 - 10 AM 钩编下午2点至下午4点	HPB 排舞 09.30 - 10.30 AM 学习 - KETUPAT 编织 下午2点至下午4点(需要注册)	HBP 弹力带 8.30 - 9.30 AM 艺术与手工艺 - ZENTANGLE 下午 2 - 4 PM	太极拳 上午9点至10点 拉米纸牌0和麻将 上午11点至下午4点	HPB 尊巴舞黄金赛 上午9点至10点 下午3点室内电影	