




2024 December

 **Centre Name:** Active Ageing Centre (Telok Blangah)
 **Centre Address:** Blk 41 Telok Blangah Rise #01-373 S.090041
 **Centre Contact:** 6273 3297






MON	TUES	WED	THUR	FRI	SAT
2	3	4	5	6	7
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Let's Chair Zumba 9:30am - 10:30am	Let's Zumba Gold 9:30am - 10:30am	Christmas Celebration CSR with Golden Agri (By Invitation Only) 9:30am - 11:30am
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am	Let's Yum Cha Together (Registration Required) 10:30am - 11:30am	Stay Well Series (Virtual): Learn About Parkinson Disease (Chinese) (Registration Required) 1:00pm - 2:00pm	Cognitive Stimulation Activity (CSA - 3) (By Invitation Only) 10:00am - 11:00am	
Let's Do Beads Art 11:00am - 3:00pm	Communal Dining (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech 1:00pm - 2:00pm	Games (Rummy-O and Mahjong) 2:00pm - 5:00pm	Centre Closure 11:30am - 6:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Games (Rummy-O and Mahjong) 1:00pm - 3:00pm	Let's Lim Kopi (For Men only) (Registration Required) 3:00pm - 4:00pm		
Stay Well Series: Identify Early Signs of Dementia (English/Mandarin) (Registration Required) 2:00pm - 3:00pm	Games (Rummy-O and Mahjong) 2:00pm - 5:00pm	Let's Do X'mas Paper Art (Registration Required) 3:00pm - 4:30pm			
Games (Rummy-O and Mahjong) 3:00pm - 5:00pm					

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MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	14
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Ngee Ann Polytechnic Health Carnival (Registration Required) 9:00am - 12:00pm	Let's Zumba Gold 9:30am - 10:30am	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Qigong 9:30am - 10:30am	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Lim Kopi (For Men Only) (Registration Required) 1:00pm - 2:00pm	Cognitive Stimulation Activity (CSA - 4) (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	SP's Student Development Activity (Registration Required) 2:00pm - 4:00pm	Games (Rummy-O and Mahjong) 2:00pm - 5:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Celebrate December Birthday (By Invitation Only) 2:00pm - 3:30pm	Games (Rummy-O and Mahjong) 2:00pm - 5:00pm	Communal Dining (Registration Required) 2:30pm - 3:30pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Let's Do Paper Flowers (Registration Required) 3:00pm - 4:30pm					

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MON	TUES	WED	THUR	FRI	SAT
16	17	18	19	20	21
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Let's Chair Zumba 9:30am - 10:30am	Let's Zumba Gold 9:30am - 10:30am	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am	Digital Talk GenAI Part 1 from IMDA (Registration Required) 10:00am - 12:00pm	Current Affairs You & Me (Registration Required) 1:00pm - 2:00pm	Cognitive Stimulation Activity (CSA - 5) (By Invitation Only) 10:00am - 11:00am	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Learn Digital: Google Lens (Part 1 of GaiGai Outing) (Registration Required) 3:00pm - 4:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Communal Dining (Registration Required) 2:00pm - 3:00pm	Christmas Celebration CSR with Andaz Hotel Group (Registration Required) 2:00pm - 5:00pm		Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
CHP Physical Talk: Understanding Stroke (Registration Required) 2:00pm - 3:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 3:00pm - 4:00pm				
Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm				

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MON	TUES	WED	THUR	FRI	SAT
23	24	25	26	27	28
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Merry Christmas 2024! Centre Closure	Let's Chair Zumba 9:30am - 10:30am	Let's Zumba Gold 9:30am - 10:30am	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am		Let's Lim Kopi (For Men Only) (Registration Required) 1:00pm - 2:00pm	Cognitive Stimulation Activity (CSA - 5) (By Invitation Only) 10:00am - 11:00am	
Let's Do Beads Art 11:00pm - 3:00pm	Christmas Eve's Centre Closure 1:00pm - 6:00pm		Communal Dining (Registration Required) 2:30pm - 3:30pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm			Games (Rummy-O and Mahjong) 2:00pm - 5:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Learn Digital & Go Gai Gai Outing (Registration Required) 1:00pm - 5:00pm			Games (Rummy-O and Mahjong) 2:00pm - 5:00pm		
Stay Well Series (Virtual): Stop & Reverse Prediabetics (English) (Registration Required) 3:00pm - 4:00pm					

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MON	TUES	WED	THUR	FRI	SAT
30	31	1			
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Happy New Year 2025! Centre Closure			
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am				
Let's Do Beads Art 11:00am - 3:00pm	New Year Eve's Centre Closure 1:00pm - 6:00pm				
Let's Play Chinese Chess 11:00am - 12:00pm					
Communal Dining (Registration Required) 3:00pm - 4:00pm					

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2024 年 12 月

Centre Name: Active Ageing Centre (Telok Blangah)
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星期一	星期二	星期三	星期四	星期五	星期六
2	3	4	5	6	7
社区护理站 9:30am - 4:00pm	一起练气功 9:30am - 10:30am	淋巴排毒操 9:30am - 10:30am	一起尊巴 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	圣诞庆祝活动 (仅限邀请) 9:30am - 11:30am
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	一起来饮茶 (需要报名) 10:30am - 11:30am	保持健康系列: 了解帕金森病(英语/中文) (需要报名) 1:00pm - 2:00pm	CSA - 认知刺激活动 #3 (仅限邀请) 10:00am - 11:00am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起公共用餐 (需要报名) 2:30pm - 3:30pm	中心关闭 11:30am - 6:00pm	
一起来下象棋 (需要报名) 11:00am - 12:00pm	一起玩游戏(拉密牌和麻将) 2:00pm - 5:00pm	一起玩游戏(拉密牌和麻将) 1:00pm - 3:00pm	一起玩游戏(拉密牌和麻将) 2:00pm - 5:00pm		
保持健康系列: 识别早期痴呆症迹象 (英语/中文) (需要报名) 2:00pm - 3:00pm	一起喝咖啡(只限男性) (需要报名) 3:00pm - 4:00pm	一起做圣诞纸艺 (需要报名) 3:00pm - 4:30pm			
一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm					

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星期一 9	星期二 10	星期三 11	星期四 12	星期五 13	星期六 14
社区护理站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	义安理工健康嘉年华 (需要报名) 9:00am - 12:00pm	一起跳尊巴(乐龄版) 9:30am - 10:30am	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	一起练气功 9:30am - 10:30am	一起学科技 (需要报名) 12:30pm - 1:30pm	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	CSA - 认知刺激活动 #4 (仅限邀请) 10:00am - 11:30am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	新加坡理工学院学生发展活动 (需要报名) 2:00pm - 4:00pm	一起玩游戏(拉密牌和麻将) 2:00pm - 5:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起来庆生 (仅限邀请) 2:00pm - 3:30pm	一起玩游戏(拉密牌和麻将) 2:00pm - 5:00pm	一起公共用餐 (需要报名) 2:30pm - 3:30pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起做纸花 (需要报名) 3:00pm - 4:30pm					

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星期一 16	星期二 17	星期三 18	星期四 19	星期五 20	星期六 21
社区护理站 9:30am - 4:00pm	一起练气功 9:30am - 10:30am	淋巴排毒操 9:30am - 10:30am	一起尊巴 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	IMDA 数字讲座: GenAI 第一部分 (需要报名) 10:00am - 12:00pm	时事新闻你和我 (需要报名) 1:00pm - 2:00pm	CSA - 认知刺激活动 #5 (仅限邀请) 10:00am - 11:00am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起去Gai Gai! - 第一部分 (学科技: Google Lens) (需要报名) 3:00pm - 4:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起公共用餐 (需要报名) 2:00pm - 3:00pm	一起庆祝圣诞节 (与安达仕酒店集团) (需要报名) 2:00pm - 5:00pm		一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
CHP 身体健康讲座: 了解中风 (需要报名) 2:00pm - 3:00pm	一起喝咖啡(只限男性) (需要报名) 3:00pm - 4:00pm				
一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm				

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星期一 23	星期二 24	星期三 25	星期四 26	星期五 27	星期六 28
社区护理站 9:30am - 4:00pm	一起练气功 9:30am - 10:30am	圣诞快乐！ 中心关闭	一起尊巴 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am		一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	CSA - 认知刺激活动 #6 (仅限邀请) 10:00am - 11:00am	
一起做串珠艺术 11:00pm - 3:00pm	圣诞前夕中心关闭 1:00pm - 6:00pm		一起公共用餐 (需要报名) 2:30pm - 3:30pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm			一起玩游戏(拉密牌和麻将) 2:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起去Gai Gai! - 第二部分 (需要报名) 1:00pm - 5:00pm					
保持健康系列: 停止与逆转糖尿病前期(英语) (需要报名) 3:00pm - 4:00pm					

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30	31	1			
社区护理站 9:30am - 4:00pm	一起练气功 9:30am - 10:30am	新年快乐2025! 中心关闭			
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am				
一起做串珠艺术 11:00am - 3:00pm	新年快乐2025中心关闭 1:00pm - 6:00pm				
一起来下象棋 (需要报名) 11:00am - 12:00pm					
一起公共用餐 (需要报名) 3:00pm - 4:00pm					

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