




2025 January

 **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
		1 New Year Centre Closure	2 Let's Chair Zumba 9:30am - 10:30am Stay Well Series (Virtual): Health talk on depression (Mandarin) (Registration Required) 11:00am - 12:00pm Movietime (Mandarin) (Registration Required) 2:00pm - 4:00pm Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	3 Let's Zumba Gold 9:30am - 10:30am Let's Line Dance 12:30pm - 2:00pm Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	4 Trolley Distribution (For Block 29 and 41) (Registration Required) 12:00pm - 1:00pm
6	7	8	9	10	11
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	Let's Chair Zumba (Registration Required) 9:30am - 10:30am	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	Jenny & Friends (Registration Required) 9:30am - 12:30pm	Let's Lim Kopi (For Men Only) (Registration Required) 2:00pm - 3:00pm	HAPPY Programme (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	Let's Learn to Tech (Registration Required) 2:00pm - 3:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Makan Together (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha (For Women Only) (Registration Required) 3:00pm - 4:00pm	Cognitive Activity (Basic level) (Registration Required) 3:00pm - 4:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Let's Do CNY Lantern Making (Registration Required) 3:00pm - 4:30pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm			

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13	14	15	16	17	18
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 Gen Together - Tertiary NJC: CNY Decorations 10:00am - 12:00pm	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) 10:30am - 11:30am	CNY Shopping trip with DBS (Registration Required) 1:00pm - 4:00pm	Let's Gen Together - Tertiary NJC: Outdoor Walk 9:00am - 11:00am	
Let's Do Beads Art 11:00am - 3:00pm	Art Project at Singapore Art Museum (S.A.M) (Registration Required) 1:30pm - 4:00pm	Leave Well Series - Legacy Planning Workshop Advanced Care Planning (Registration Required) 10:00am - 5:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Movietime (Mandarin) (Registration Required) 2:00pm - 4:00pm	Let's Learn to Tech (Registration Required) 2:00pm - 3:00pm		Let's Line Dance 12:30pm - 2:00pm	
Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Haircut (Registration Required) 2:00pm - 4:00pm			Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	

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MON	TUES	WED	THUR	FRI	SAT
20	21	22	23	24	25
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	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Stay Well Series (Virtual): Health talk on Early Signs of Dementia (English/Mandarin) (Registration Required) 11:00am - 12:00pm	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00pm - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha (For Women Only) (Registration Required) 2:00pm - 3:00pm	Current Affairs You & Me (Registration Required) 2:00pm - 3:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Digital - IMDA Go-Digital - Workshop "Transact Online > Online Banking (Registration Required) 2:00pm - 3:00pm	Cognitive Activity (Basic level) (Registration Required) 3:00pm - 4:00pm	Let's Makan Together (Registration Required) 2:00pm - 3:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Stay Well Series (Virtual): Health talk On Eye Care For The Elderly (English) (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		
	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm				

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MON	TUES	WED	THUR	FRI	SAT
27	28	29	30	31	
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Lunar New Year Centre Closure	Lunar New Year Centre Closure	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			HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00am - 3:00pm	Lunar New Year Eve's Centre Closure 1:00pm - 6:00pm			Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm				Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Let's Makan Together (Registration Required) 3:00pm - 4:00pm					

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MON	TUES	WED	THUR	FRI	SAT
		新年中心关	一起做坐式尊巴 9:30am - 10:30am 保持健康系列: 犹豫 (线上, 中文) (需要报名) 11:00am - 12:00pm 电影时间 -(小孩不笨) (需要报名) 2:00pm - 4:00pm 一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm	一起跳尊巴 (乐龄版) 9:30am - 10:30am 一起跳排舞 12:30pm - 2:00pm 一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	手推车配送 (大牌29和41座) (需要报名) 12:00pm - 1:00pm
6	7	8	9	10	11
社区护理站 9:30am - 4:00pm 一起做椅子普拉提 (需要报名) 10:00am - 10:45am 一起做串珠艺术 11:00am - 3:00pm 一起来下象棋 11:00am - 12:00pm 一起做农历灯笼 (需要报名) 3:00pm - 4:30pm	中医问诊 9:00am - 11:30am 一起练气功 9:30am - 10:30am 一起学科技 (需要报名) 12:30pm - 1:30pm 一起公共用餐 (需要报名) 2:00pm - 3:00pm 一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm	淋巴排毒操 9:30am - 10:30am 珍妮活动 (需要报名) 9:30am - 12:30pm 一起学科技 (需要报名) 2:00pm - 3:00pm 一起来饮茶 (只限女性) (需要报名) 3:00pm - 4:00pm 一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm	一起做坐式尊巴 9:30am - 10:30am 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	一起跳尊巴 (乐龄版) 9:30am - 10:30am 推广健康老龄化计划 (需要报名) 10:00am - 11:30am 一起跳排舞 12:30pm - 2:00pm 一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	

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2025 年 1 月

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MON	TUES	WED	THUR	FRI	SAT
13	14	15	16	17	18
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	代际交流 - 大专学府 国家初级学院: 农历新年装饰 (需要报名) 10:00am - 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	一起喝咖啡(只限男性) (需要报名) 10:30am - 11:30am	星展银行农历新年购物之旅 (需要报名) 1:00pm - 4:00pm	代际交流 - 大专学府 国家初级学院: 户外散步 (需要报名) 9:00am - 11:00am	
一起做串珠艺术 11:00am - 3:00pm	新加坡美术馆艺术项目 (需要报名) 1:30pm - 4:00pm	走得自在系列 - 遗产与遗嘱规划 - 预先护理计划 (需要报名) 10:00am - 5:00pm	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm	推广健康老龄化计划 (需要报名) 10:00am - 11:30am	
一起来下象棋 11:00am - 12:00pm	电影时间 (小孩不笨二) (需要报名) 2:00pm - 4:00pm	一起学科技 (需要报名) 2:00pm - 3:00pm		一起跳排舞 12:30pm - 2:00pm	
一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm	服务 - 理发 (需要报名) 2:00pm - 4:00pm			一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	

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20	21	22	23	24	25
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	一起做坐式尊巴 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	一起练气功 9:30am - 10:30am	一起学科技 (需要报名) 1:00pm - 2:00pm	保持健康系列:失智症的早期迹象 (线上, 英文/中文) (需要报名) 11:00am - 12:00pm	推广健康老龄化计划 (需要报名) 10:00am - 11:30am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起来饮茶(只限女性) (需要报名) 2:00pm - 3:00pm	时事新闻你和我 (需要报名) 2:00pm - 3:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	数码乐龄计划 - 培训课程 网上交易 (需要报名) 2:00pm - 3:00pm	一起考脑力: 简单 (需要报名) 3:00pm - 4:00pm	一起来makan - 中心内 (需要报名) 2:00pm - 3:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
保持健康系列:长者护眼健康讲座 (线上, 英文) (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		
	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm				

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27	28	29	30	31	
社区护理站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	农历新年中心关 1:00pm - 6:00pm	农历新年中心关 1:00pm - 6:00pm	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			推广健康老龄化计划 (需要报名) 10:00am - 11:30am	
一起做串珠艺术 11:00am - 3:00pm	农历新年中心关 1:00pm - 6:00pm			一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm				一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起来makan - 中心内 (需要报名) 3:00pm - 4:00pm					

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