

May 2024

2024年5月

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



MON		TUE		WED		THU		FRI		SAT	
				1 Labour Day Holiday 劳动节假日		2 9:30am - 10:30am Resistance Stretching Exercise 阻力伸展运动 11:00am - 12:00pm Communal Dining 社区聚餐 12:00pm - 4:00pm Beads Making Session 珠子制作课程 2:30pm - 3:30pm Current Affair You and Me 时事新闻你和我		3 9:30am - 10:30am Zumba Gold 尊巴 12:30pm - 2:00pm Line Dance 排舞 2:30pm - 4:30pm Karaoke Session 卡拉OK			
6 9:30am - 4:00pm SingHealth Community Nurse Post 社区护士岗 10:00am - 10:45am Chair Pilates Workout 椅子普拉提锻炼 3:00pm - 4:00pm Zentangle Art Session 禅绕画		7 9:30am - 10:30am Qigong Session 气功 9:30am - 11:30am Mobile TCM Clinic 流动中医诊所 1:00pm - 3:00pm Digital Clinic 数码诊所		8 9:30am - 10:30am 365 Lymphatic Detox Exercise 365 淋巴排毒运动 10:30am - 11:30am Communal Dining 社区聚餐 2:00pm - 4:00pm Fun Games 大家一起玩游戏		9 9:30am - 10:30am Resistance Stretching Exercise 阻力伸展运动 1:00pm - 5:00pm Outdoor Community Bake Event 户外社区烘焙活动		10 9:30am - 10:30am Zumba Gold 尊巴 12:30pm - 2:00pm Line Dance 排舞 2:30pm - 4:30pm Cummins Power CSR Event 义工活动 (Cummins Power 集团)		11	
13 9:30am - 4:00pm SingHealth Community Nurse Post 社区护士岗 10:00am - 10:45am Chair Pilates Workout 椅子普拉提锻炼 10:00am - 4:00pm Healthier SG Enrolment Station 健康SG活动 3:00pm - 4:00pm Zentangle Art Session 禅绕画		14 9:30am - 10:30am Qigong Session 气功 9:30am - 11:30am Mobile TCM Clinic 流动中医诊所 10:00am - 4:00pm Healthier SG Enrolment Station 健康SG活动 2:00pm - 4:00pm May Birthday Celebration 五月生日庆典		15 9:30am - 10:30am 365 Lymphatic Detox Exercise 365 淋巴排毒运动 10:00am - 4:00pm Healthier SG Enrolment Station 健康SG活动 2:00pm - 4:00pm Fun Games 大家一起玩游戏		16 9:30am - 10:30am Resistance Stretching Exercise 阻力伸展运动 10:00am - 4:00pm Healthier SG Enrolment Station 健康SG活动 12:00pm - 4:00pm Beads Making Session 珠子制作课程 2:30pm - 3:30pm Art and Craft 艺术与手工品 3:00pm - 4:00pm Communal Dining 社区聚餐		17 Centre Closure 中心休息		18	
20 9:30am - 4:00pm SingHealth Community Nurse Post 社区护士岗 10:00am - 10:45am Chair Pilates Workout 椅子普拉提锻炼 3:00pm - 4:00pm Zentangle Art Session 禅绕画		21 9:30am - 10:30am Qigong Session 气功 9:30am - 11:30am Mobile TCM Clinic 流动中医诊所 1:00pm - 3:00pm Digital Clinic 数码诊所 2:00pm - 3:00pm Fun Time with Music 与音乐共度欢乐时光		22 Vesak Day Holiday 卫塞节假日		23 9:30am - 10:30am Resistance Stretching Exercise 阻力伸展运动 3:30pm - 4:30pm Start Small Dream Big by M.Y World 开始小梦想 (我的世界幼儿园)		24 9:30am - 10:30am Zumba Gold 尊巴 10:30am - 11:30am Communal Dining 社区聚餐 12:30pm - 2:00pm Line Dance 排舞 2:30pm - 4:30pm Karaoke Session 卡拉OK		25	
27 9:30am - 4:00pm SingHealth Community Nurse Post 社区护士岗 10:00am - 10:45am Chair Pilates Workout 椅子普拉提锻炼 3:00pm - 4:00pm Zentangle Art Session 禅绕画		28 9:30am - 10:30am Qigong Session 气功 9:30am - 11:30am Mobile TCM Clinic 流动中医诊所 11:00am - 12:30pm Senior Volunteer Event 义工活动 1:00pm - 3:00pm Free Haircut for Seniors 免费理发		29 9:30am - 10:30am 365 Lymphatic Detox Exercise 365 淋巴排毒运动 2:00pm - 4:00pm Fun Games 大家一起玩游戏		30 9:30am - 10:30am Resistance Stretching Exercise 阻力伸展运动 2:00pm - 4:00pm Andaz Group CSR Event 义工活动 (Andaz集团) 4:00pm - 5:00pm Current Affair You and Me 时事新闻你和我		31 9:30am - 10:30am Zumba Gold 尊巴 12:30pm - 2:00pm Line Dance 排舞 2:30pm - 4:30pm Karaoke Session 卡拉OK			

*Programmes and activities may be changed or adjusted without prior notice. Please call for more details, or to register with us. / 活动可能会更改或调整。请致电了解更多详情, 或向我们注册。