




2024 November

 **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	2
				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	5	6	7	8	9
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	SGH Health Talk on Controlling your blood sugar (English/Mandarin) 10:30am - 11:30pm	Let's Lim Kopi (For Men Only) (Registration Required) 11:00am - 1:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Strategize with Khakis 12:00pm - 3:00pm	November Birthday Celebration (By Invitation Only) 1:00pm - 2:30pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Stay Well Series: Healthy Living - Body & Mind (English/Mandarin) 2:00pm - 3:00pm	Strategize with Khakis 1:00pm - 3:00pm	Let's Yum Cha Together (Registration Required) 1:00pm - 2:00pm	Strategize with Khakis 3:00pm - 5:00pm	Let's Learn to Tech (Registration Required) 3:00pm - 4:00pm	
Communal Dining (Registration Required) 3:00pm - 4:00pm	Upcycling Arts & Craft (Registration Required) 3:00pm - 4:30pm	Basic English Class - Lesson 8 (Registration Closed) 3:30pm - 5:00pm			
Strategize with Kakis 3:00pm - 5:00pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 November

 **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
11	12	13	14	15	16
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	Centre Closure	
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) 11:00am - 12:00pm	Current Affairs You & Me (Registration Required) 11:00am - 12:00pm		
Let's Do Beads Art 11:00am - 3:00pm	8x8 International CSR Event (Registration Required) 9:00am - 12:00pm	Strategize with Khakis 1:00pm - 3:00pm	Lasting Power of Attorney & Advance Care Planning Workshop by My Legacy (Mandarin) (Registration Required) 2:00pm - 4:00pm		
SGH Health Talk on Becoming Smarter in Making Healthy Habits (English) (Registration Required) 2:00pm - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Basic English Class - Lesson 9 (Registration Closed) 3:30pm - 5:00pm	Cognitive Activity (Basic) (Registration Required) 4:00pm - 5:00pm		
Strategize with Kakis 3:00pm - 5:00pm	Upcycling Arts & Craft (Registration Required) 3:00pm - 4:30pm		Strategize with Khakis 4:00pm - 5:00pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 November

 **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
18	19	20	21	22	23
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	SGH Health Talk on Controlling your blood sugar (bilingual) (Registration Required) 10:00am - 11:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 11:00am - 12:00pm	CSA Event 1 (By Invitation Only) 10:00am - 11:00am	
Let's Do Beads Art 12:00pm - 3:00pm	Communal Dining (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha Together (Registration Required) 11:00am - 12:00pm	Dave Lee & Friends (Registration Required) 1:30pm - 3:30pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Go Gai Gai Together! (Registration Required) 1:00pm - 4:00pm	Let's Learn to Tech (Registration Required) 2:00pm - 3:00pm	Strategize with Khakis 1:00pm - 3:00pm	Cognitive Activity (Basic) (Registration Required) 4:00pm - 5:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Strategise with Kakis 3:00pm - 5:00pm	Upcycling Arts & Craft (Registration Required) 3:00pm - 4:30pm	Basic English Class - Lesson 10 (Registration Closed) 3:30pm - 5:00pm	Strategise with Kakis 4:00pm - 5:00pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 November

 **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
25	26	27	28	29	30
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 Go Gai Gai Together! (Registration Required) 9:00am - 12:00pm	Stay Healthy Today, Enjoy More Tomorrow Health Talk by HPB (Registration Required) 1:30pm - 2:30pm	CSA Event 2 (By Invitation Only) 10:00am - 11:00am	
Let's Do Beads Art 12:00pm - 3:00pm	Stay Well Series: SGH Dietetics Talk 11:00am - 12:00pm	Decorate Your Own Pot and Plants by Ngee Ann Poly (Registration Required) 2:00pm - 4:00pm	Strategize with Khakis 3:00pm - 5:00pm	Let's Line Dance 12:30pm - 2:00pm	
Strategise with Kakis 2:00pm - 5:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 12:00pm - 12:50pm	Strategize with Khakis 4:00pm - 5:30pm	Cognitive Activity (Basic) (Registration Required) 4:00pm - 5:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Communal Dining (Registration Required) 3:00pm - 4:00pm	Free Haircut for Seniors (Registration Required) 1:00pm - 3:00pm			Let's Learn to Tech (Registration Required) 3:00pm - 4:00pm	
	Strategise with Kakis 3:00pm - 5:00pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 年 11 月

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



星期一	星期二	星期三	星期四	星期五	星期六
				1	2
				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	
4	5	6	7	8	9
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	SGH健康讲座 控制血糖 (英语/中文) 10:30am - 11:30am	一起喝咖啡(只限男性) (需要报名) 11:00am - 1:00pm	一起跳排舞 12:30pm - 2:00pm	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	游戏时间 12:00pm - 3:00pm	一起来庆生 (仅限邀请) 1:00pm - 2:30pm	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: 健康生活 - 身心(英语/中文) 2:00pm - 3:00pm	游戏时间 1:00pm - 3:00pm	一起来饮茶 (需要报名) 1:00pm - 2:00pm	游戏时间 3:00pm - 5:00pm	一起学科技 (需要报名) 3:00pm - 4:00pm	
一起公共用餐 (需要报名) 3:00pm - 4:00pm	升级再造艺术与手工 (需要报名) 3:00pm - 4:30pm	基础英语课程 - 第8课 (报名截止) 3:30pm - 5:00pm			
游戏时间 3:00pm - 5:00pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2024年11月




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



星期一	星期二	星期三	星期四	星期五	星期六
11	12	13	14	15	16
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	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	一起喝咖啡(只限男性) (需要报名) 11:00am - 12:00pm	时事新闻你和我 (需要报名) 11:00am - 12:00pm		
一起做串珠艺术 11:00am - 3:00pm	8x8 International 义工活动 (需要报名) 9:00am - 12:00pm	游戏时间 1:00pm - 3:00pm	持久授权书 (LPA) 和 预先护理计划 (ACP)讲座 (需要报名) 2:00pm - 4:00pm		
SGH健康讲座 提升健康习惯的智慧(英语) (需要报名) 2:00pm - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	基础英语课程 - 第9课 (报名截止) 3:30pm - 5:00pm	一起考考脑力(基本水平) (需要报名) 4:00pm - 5:00pm		
游戏时间 3:00pm - 5:00pm	升级再造艺术与手工 (需要报名) 3:00pm - 4:30pm		游戏时间 4:00pm - 5:00pm		
18	19	20	21	22	23
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	SGH健康讲座 控制你的血糖(英语/华语) (需要报名) 10:00am - 11:00am	一起喝咖啡(只限男性) (需要报名) 11:00am - 12:00pm	CSA 活动 #1 (仅限邀请) 10:00am - 11:00am	
一起做串珠艺术 12:00pm - 3:00pm	一起公共用餐 (需要报名) 1:00pm - 2:00pm	一起来饮茶 (需要报名) 11:00am - 12:00pm	Dave Lee & Friends义工活动 (需要报名) 1:30pm - 3:30pm	一起跳排舞 12:30pm - 2:00pm	
一起学科技的Gai Gai! (需要报名) 1:00pm - 4:00pm	一起学科技 (需要报名) 2:00pm - 3:00pm	游戏时间 1:00pm - 3:00pm	一起考考脑力(基本水平) (需要报名) 4:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
游戏时间 3:00pm - 5:00pm	升级再造艺术与手工 (需要报名) 3:00pm - 4:30pm	基础英语课程 - 第10课 (报名截止) 3:30pm - 5:00pm	游戏时间 4:00pm - 5:00pm		

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2024 年 11 月

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



星期一	星期二	星期三	星期四	星期五	星期六
25	26	27	28	29	30
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	一起去Gai Gai ! (需要报名) 9:00am - 12:00pm	HPB 健康讲座 (需要报名) 1:30pm - 2:30pm	CSA 活动 #2 (仅限邀请) 10:00am - 11:00am	
一起做串珠艺术 12:00pm - 3:00pm	SGH 保持健康系列 11:00am - 12:00pm	新加坡南洋理工学院 装饰你的花盆和植物 (需要报名) 2:00pm - 4:00pm	游戏时间 3:00pm - 5:00pm	一起跳排舞 12:30pm - 2:00pm	
游戏时间 3:00pm - 5:00pm	一起喝咖啡(只限男性) (需要报名) 12:00pm - 12:50pm	游戏时间 4:00pm - 5:30pm	一起考考脑力(基本水平) (需要报名) 4:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起公共用餐 (需要报名) 3:00pm - 4:00pm	免费理发 (需要报名) 1:00pm - 3:00pm			一起学科技 (需要报名) 3:00pm - 4:00pm	
	游戏时间 3:00pm - 5:00pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。