




# 2024 September

 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
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Stretch Band</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates (Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Strategize with Khakis</b> 11:00am - 3:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 1:30pm - 2:30pm	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Stay Well Series: Laugh Well (English)</b> 11:00am - 12:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 3:00pm	<b>Let's Yum Cha Together (Registration Required)</b> 1:30pm - 2:30pm	<b>Communal Dining (By Invitation Only)</b> 2:30pm - 3:30pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Do Beads Art</b> 11:00am - 1:00pm	<b>Strategise with Kakis</b> 2:00pm - 5:00pm	<b>Mid-Autumn Event with Mapletree (Registration Closed)</b> 5:30pm - 9:00pm	<b>Strategize with Khakis</b> 3:00pm - 5:00pm		
<b>Stay Well Series: Controlling Your Blood Sugar (Mandarin)</b> 2:00pm - 3:00pm	<b>Let's Do Cognitive Activity (Basic) (Registration Required)</b> 3:00pm - 4:00pm				
<b>Let's Do Recycle Art (Registration Required)</b> 3:00pm - 4:30pm					

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MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	14
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Stretch Band</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates (Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Dengue Prevention Talk by NEA (Registration Required)</b> 10:30am - 11:30am	<b>Communal Dining (By Invitation Only)</b> 10:30am - 11:30am	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Do Beads Art</b> 12:00pm - 3:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 3:00pm	<b>Let's Celebrate September Birthday (By Invitation Only)</b> 2:00pm - 3:30pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 1:30pm - 2:30pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Strategize with Khakis</b> 2:00pm - 5:00pm	<b>Strategize with Khakis</b> 2:00pm - 5:00pm	<b>Strategize with Khakis</b> 3:30pm - 5:00pm	<b>Strategize with Khakis</b> 3:30pm - 5:00pm		
<b>Let's Do Recycling Art (Registration Required)</b> 3:00pm - 4:30pm	<b>Let's Do Cognitive Activity (Basic) (Registration Required)</b> 3:00pm - 4:00pm				

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MON	TUES	WED	THUR	FRI	SAT
16	17	18	19	20	21
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Stretch Band</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Virtual Seated Workout (Boxing Inspired) By ActiveSG (Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Ngee Ann Poly ARTS CSR (Registration Required)</b> 1:30pm - 2:30pm	<b>Virtual Tour of National Museum (Registration Closed)</b> 10:30am - 11:30am	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Do Beads Art</b> 11:00am - 1:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Learn to Tech (Registration Required)</b> 2:00pm - 3:00pm	<b>Strategize with Khakis</b> 1:00pm - 3:00pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Yum Cha Together (Registration Required)</b> 11:00am - 12:00pm	<b>Strategise with Kakis</b> 2:00pm - 5:00pm	<b>Basic English Class - Lesson 1 (Registration Closed)</b> 3:30pm - 5:00pm	<b>Current Affairs You &amp; Me (Registration Required)</b> 2:00pm - 3:00pm		
<b>Stay Well Series: Nurse Talk (In-Person) (Registration required)</b> 2:00pm - 3:00pm	<b>Let's Learn to Tech (Registration Required)</b> 2:30pm - 3:30pm		<b>Mid Autumn Mooncake Communal Dining (By Invitation Only)</b> 3:00pm - 4:00pm		
<b>Strategise with Kakis</b> 3:00pm - 4:30pm	<b>Let's Do Cognitive Activity (Basic level) (Registration Required)</b> 3:00pm - 4:00pm				

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MON 23	TUES 24	WED 25	THUR 26	FRI 27	SAT 28
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Stretch Band</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Virtual Stretching Exercise by ActiveSG (Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Yum Cha Together (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Do Beads Art</b> 12:00pm - 3:00pm	<b>Free Haircut for Seniors (Registration Required)</b> 1:00pm - 3:00pm	<b>Healthier Minds, Healthier Lives! by NTU Confucius Institute (Registration Required)</b> 1:00pm - 2:00pm	<b>Current Affairs You &amp; Me (Registration Required)</b> 2:00pm - 3:00pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Do Recycle Arts (Registration Required)</b> 3:00pm - 4:30pm	<b>Let's Learn to Tech (Registration Required)</b> 2:00pm - 3:00pm	<b>Basic English Class - Lesson 2 (Registration Closed)</b> 3:30pm - 5:00pm	<b>Communal Dining (By Invitation Only)</b> 3:00pm - 4:00pm		
	<b>Strategise with Kakis</b> 2:00pm - 5:00pm	<b>Sailing Activity by DBS (Registration Closed)</b> 4:20pm - 5:00pm	<b>Strategize with Khakis</b> 3:30pm - 5:00pm		
	<b>Let's Do Cognitive Activity (Basic level) (Registration required)</b> 3:30pm - 4:30pm				

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MON

TUES

WED

THUR

FRI

SAT

30

**SingHealth  
Community Nurse Post**  
 9:30am - 4:00pm

**Virtual No Impact Cardio Workout  
by ActiveSG**  
**(Registration Required)**  
 10:00am - 10:45am

**Let's Do Beads Art**  
 12:00pm - 3:00pm




**IMDA Workshop  
(HealthHub Set-up and Usage)**  
**(Registration Required)**  
 1:30pm - 3:30pm

**Communal Dining  
(By Invitation Only)**  
 3:30pm - 4:30pm

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# 2024 年 9 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	一起做弹力带拉筋操 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	游戏时间 11:00am - 3:00pm	一起喝咖啡(只限男性) (需要报名) 1:30pm - 2:30pm	一起跳排舞 12:30pm - 2:00pm	
线上讲座: 保持健康系列 笑得开心(英文) 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 3:00pm	一起来饮茶 (需要报名) 1:30pm - 2:30pm	一起公共用餐 (仅限邀请) 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	
一起做串珠艺术 11:00am - 1:00pm	游戏时间 2:00pm - 5:00pm	丰树集团中秋活动 (报名已停止) 5:30pm - 9:00pm	游戏时间 3:00pm - 5:00pm		
线上讲座: 保持健康系列: 控制你的血糖(华文) 2:00pm - 3:00pm	一起考考脑力(基本水平) (需要报名) 3:00pm - 4:00pm				
一起做回收艺术 (需要报名) 3:00pm - 4:30pm					

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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	一起练气功 9:30am - 10:30am	一起做弹力带拉筋操 9:30am - 10:30am	一起做弹力带拉筋操 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	NEA 骨痛热症活动 (需要报名) 10:30am - 11:30am	一起公共用餐 (仅限邀请) 10:30am - 11:30am	一起跳排舞 12:30pm - 2:00pm	
一起做串珠艺术 12:00pm - 3:00pm	一起学科技 (需要报名) 1:00pm - 3:00pm	一起来庆生 (仅限邀请) 2:00pm - 3:30pm	一起喝咖啡(只限男性) (需要报名) 1:30pm - 2:30pm	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 2:00pm - 5:00pm	游戏时间 2:00pm - 5:00pm	游戏时间 3:30pm - 5:00pm	游戏时间 3:30pm - 5:00pm		
一起做回收艺术 (需要报名) 3:00pm - 4:30pm	一起考考脑力(基本水平) (需要报名) 3:00pm - 4:00pm				

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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	一起做弹力带拉筋操 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
线上坐式锻炼 (拳击灵感) - ActiveSG (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	义安理工学院: 艺术活动 (需要报名) 1:30pm - 2:30pm	国家博物馆 线上游览 (邀请已结束) 10:30am - 11:30am	一起跳排舞 12:30pm - 2:00pm	
一起做串珠艺术 11:00am - 1:00pm	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	一起学科技 (需要报名) 2:00pm - 3:00pm	游戏时间 1:00pm - 3:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起来饮茶 (需要报名) 11:00am - 12:00pm	游戏时间 2:00pm - 5:00pm	基础英语课程 - 第 1 课 (报名截止) 3:30pm - 5:00pm	时事新闻你和我 (需要报名) 2:00pm - 3:00pm		
护士讲座 (需要报名) 2:00pm - 3:00pm	一起学科技 (需要报名) 2:30pm - 3:30pm		中秋月饼 公共用餐 (仅限邀请) 3:00pm - 4:00pm		
游戏时间 3:00pm - 4:30pm	一起考考脑力(基本水平) (需要报名) 3:00pm - 4:00pm				

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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	淋巴排毒操 9:30am - 10:30am	一起做弹力带拉筋操 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
线上伸展运动 通过 - ActiveSG (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	一起学科技 (需要报名) 1:00pm - 2:00pm	一起来饮茶 (仅限邀请) 11:00am - 12:00pm	一起跳排舞 12:30pm - 2:00pm	
一起做串珠艺术 12:00pm - 3:00pm	免费理发 (需要报名) 1:00pm - 3:00pm	南洋理工大学孔子学院讲座 - 更健康的心灵, 更健康的生活! (需要报名) 1:00pm - 2:00pm	时事新闻你和我 (一起公共用餐) (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	
一起做回收艺术 (需要报名) 3:00pm - 4:30pm	一起学科技 (需要报名) 2:00pm - 3:00pm	基础英语课程 - 第 2 课 (报名截止) 3:30pm - 5:00pm	一起公共用餐 (仅限邀请) 3:00pm - 4:00pm		
	游戏时间 2:00pm - 5:00pm	DBS帆船活动 (邀请已结束) 4:20pm - 5:00pm	游戏时间 3:30pm - 5:00pm		
	一起考考脑力(基本水平) (需要报名) 3:30pm - 4:30pm				

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星期一

星期二

星期三

星期四

星期五

星期六

30

社区护理站

9:30am - 4:00pm

线上无影响有氧运动

通过 - ActiveSG

(需要报名)

10:00am - 10:45am

一起做串珠艺术

12:00pm - 3:00pm

数码大使

(设置和使用 HealthHub)

(需要报名)

1:30pm - 3:30pm

一起公共用餐

(仅限邀请)

3:30pm - 4:30pm

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