

# 2024 April

 **Centre Name:** ACC-LB  
 **Centre Address:** Blk 57 Lengkok Bahru #01-491 Spore 150057  
 **Centre Contact:** 6473 3387











MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
Yoga by Amanda @ 9:15 - 10:15 am		Exercise with Razak - Water Bottles		Chair Zumba by HPB @ 10 - 11am		TCM by Cheng Hong @ 9 - 11:30am		Exercise with Razak - Chairobics/Youtube @ 10 - 11am			
Rummy-O @ 2 - 4pm (Blk 59)		Karaoke @ 2 - 4pm (Blk 59)		Ukulele @ 4 - 5pm		Steel Combat (\$2) @1:30 - 2:30pm		Rummy-O @ 2 - 4pm			
Queenstown GRC Halal Dinner @6pm (25 pax)		DIY Feet Massage		Paya Lebar Methodist Girls' Secondary School VIA @2 - 4pm (+ Birthday Celebration)		Digital by Staff		SGH Health Talk (Understanding high blood pressure) in English @ 2 - 3pm (TBC)			
				Rummy-O @ 2 - 4pm				Meridian 312 @ 2:30 - 3:30PM			
								Community Nurse Post			
8		9		10		11		12		13	
Yoga by Amanda @ 9:15 - 10:15 am		Exercise with Razak - Water Bottles				TCM by Cheng Hong @ 9 - 11:30am		Exercise with Razak - Chairobics/Youtube @ 10 - 11am		OTAH Companions Home Visit - 9-1pm	
Rummy-O @ 2 - 4pm (Blk 59)		Karaoke @ 2 - 4pm (Blk 59)		Hari Raya Puasa		Steel Combat (\$2) @1:30 - 2:30pm		Community Nurse Post			
TBC (Chicken Soup w/ Apple & Red Dates)		DIY Feet Massage				Digital by Staff		Meridian 312 @ 2:30 - 3:30PM			
								Rummy-O @ 2 - 4pm			
15		16		17		18		19		20	
Yoga by Amanda @ 9:15 - 10:15 am		Exercise with Razak - Water Bottle		Chair Zumba by HPB @ 10 - 11am		TCM by Cheng Hong @ 9 - 11:30am		Exercise with Razak - Chairobics/Youtube @ 10 - 11am			
Rummy-O @ 2 - 4pm (Blk 59)		Karaoke @ 2 - 4pm (Blk 59)		Ukulele @ 4 - 5pm		Steel Combat (\$2) @1:30 - 2:30pm		Community Nurse Post			
		DIY Feet Massage		Current affairs U&Me @11 - 12pm		Digital by Staff		Meridian 312 @ 2:30 - 3:30PM			
				MFS IGP @3 - 4pm		Paya Lebar Methodist Girls' Secondary School VIA @2 - 4pm		Rummy-O @ 2 - 4pm			
22		23		24		25		26		27	
Yoga by Amanda @ 9:15 - 10:15 am		Exercise with Razak - Water Bottles		Chair Zumba by HPB @ 10 - 11am		TCM by Cheng Hong @ 9 - 11:30am		Exercise with Razak - Chairobics/Youtube @ 10 - 11am		OTAH Companions Home Visit - 9-1pm	
Rummy-O @ 2 - 4pm (Blk 59)		Karaoke @ 2 - 4pm (Blk 59)		Crescent Girls VIA (+ Current affairs U&Me) @ 2 - 4pm		Steel Combat (\$2) @1:30 - 2:30pm		Community Nurse Post			
		DIY Feet Massage		Hair Cut (Fabulous) @ 9am		Digital by Staff		Meridian 312 @ 2:30 - 3:30PM			
								Rummy-O @ 2 - 4pm			
29		30									
Yoga by Amanda @ 9:15 - 10:15 am		Exercise with Razak - Water Bottles									
Movie Screening (IP Man 2 & Live to 100: Greece) @ 2 - 4pm		Karaoke @ 2 - 4pm (Blk 59)									
		DIY Feet Massage									

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Mon 星期一	Tues 星期二	Wed 星期三	Thurs 星期四	Fri 星期五	Sat 星期六
Chair Yoga 乐龄瑜伽 9:15am - 10:15am 	Exercise with Razak (w/ Water Bottles) 乐龄椅子运动 10am - 11am 	Chair Zumba by HPB 椅子尊巴舞 10am - 11am  *Current Affairs U&Me 时事新闻你和我 11am - 12pm (17 April 2024) *Hair Cut 剪头发 10am (24 April 2024, registration at the start of the month)	TCM by Cheng Hong 众弘中医会诊 9am - 11:30am  Digital Session by Staff 手机应用	Exercise with Razak (w/ Chairobics) 乐龄椅子运动 10am - 11am  SGH Community Nurse Post 社区护士站 9am - 6pm	
Movie Screening 看电影 2pm - 4pm (29 April 2024) 	DIY Foot Massage / Body Massage Chair 脚底足疗 / 全身按摩椅 15 minutes per session	*InterGen Program w/ My First Skool 与幼儿园学生们一起庆祝 3pm - 4pm (17 April 2024)	Steel Combat (\$2) 钢铁拳击 1:30pm - 2:30pm 	SGH Health Talk (Understanding high blood pressure) in English 健康讲座 2pm - 3pm	
*Rummy O / Board Games (Blk 59) 棋盘游戏 2pm - 4pm 	Karaoke (Group A/B) 卡拉OK 2pm - 4pm 	*Ukulele 尤克莱利琴 4pm - 5pm (3 & 17 April 2024) 	Paya Lebar Methodist Girls' Secondary School VIA 与学生们一起玩游戏! 2pm - 4pm (3 & 18 April 2024)	312 Meridian 312 经络锻炼法 2:30pm - 3:30pm 	
		Crescent Girls VIA 与学生们一起玩游戏! 2pm - 4pm (24 April 2024)	*Rummy O / Board Games (Blk 59) 棋盘游戏 2pm - 4pm	*Rummy O / Board Games (Blk 59) 棋盘游戏 2pm - 4pm	