







# 2024 APRIL

 **Centre Name:** Active Ageing Centre (Care) (Tampines)  
 **Centre Address:** 1 TAMPINES ST 22  
 **Centre Contact:** 9457 2665



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9.00 - 9.45 AM	HBP STRETCH BAND 8.30 - 9.30 AM	TAI JI 9 - 10 AM (SPCL INTEREST GRP)	HPB ZUMBA GOLD 9 - 10 AM	
	WALK IN THE PARK (BLK 161) 8.15 - 9.15 AM				
CROCHETING 2 PM - 4 PM	HPB LINE DANCE 09.30 - 10.30 AM	ART & CRAFT - ZENTANGLE 2 - 4 PM	RUMMY 0 & MAHJONG 11 AM - 4 PM	WELLNESS - WHAT IS DEMENTIA 2 - 3 PM (REGISTRATION REQUIRED)	
8	9	10	11	12	13
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM	HBP STRETCH BAND 8.30 - 9.30 AM	TAI JI 9 - 10 AM (SPCL INTEREST GRP)	HPB ZUMBA GOLD 9 - 10 AM	VALERIE EXERCISE 8.30 AM - 9.30 AM
	HPB LINE DANCE 09.30 - 10.30 AM	ART & CRAFT - ZENTANGLE 2 - 4 PM	RUMMY 0 & MAHJONG 11 AM - 4 PM		LEARN DIGITAL 10 AM - 12 PM (EXPLORE INFORMATION ON WEB) / (REGISTRATION REQUIRED)
	DIGITAL LEARNING ONE ON ONE - 2 PM - 4 PM (REGISTRATION REQUIRED)				
15	16	17	18	19	20
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM	HBP STRETCH BAND 8.30 - 9.30 AM	TAI JI 9 - 10 AM (SPCL INTEREST GRP)	HPB ZUMBA GOLD 9 - 10 AM	
CROCHETING 2 PM - 4 PM	HPB LINE DANCE 09.30 - 10.30 AM	UKELELE LESSONS 2.30 PM - 4.00 PM (REGISTRATION REQUIRED)	RUMMY 0 & MAHJONG 11 AM - 4 PM	OUTING TO SEMBAWANG HOT SPRING (\$8 PER PERSON FOR TRANSPORT) 10.30 AM - 3.00 PM (REGISTRATION REQUIRED)	
22	23	24	25	26	27
KPOPX LITE 9 - 10 AM	HPB LINE DANCE 09.30 - 10.30 AM	HBP STRETCH BAND 8.30 - 9.30 AM	TAI JI 9 - 10 AM (SPCL INTEREST GRP)	HPB ZUMBA GOLD 9 - 10 AM	LET'S GET TOGETHER, BIRTHDAY, TEA DANCE & KARAOKE - POT LUCK 10 AM TO 12.30 PM
		GARDENS BY THE BAY (\$8 PER PERSON FOR TRANSPORT ) 10.15 AM - 3.00 PM (REGISTRATION REQUIRED)	RUMMY 0 & MAHJONG 11 AM - 4 PM	UKELELE VOLUNTEERS PERFORMANCE FOR SENIOR DAY CARE - 10.30 AM	
29	30				
KPOPX LITE 9 - 10 AM	HPB LINE DANCE 09.30 - 10.30 AM				
CROCHETING 2 PM - 4 PM					

# 2024 APRIL

 **Centre Name:** Active Ageing Centre (Care) (Pasir Ris Central)  
 **Centre Address:** 1 TAMPINES ST 22  
 **Centre Contact:** 9457 2665



MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM	HBP 弹力带 8.30 - 9.30 AM	太极拳 上午 9 点至 10 点	HPB 尊巴舞黄金赛 上午 9 点至 10 点	
	公园散步(第 161 街区)上午 8.15 - 9.15				
钩编下午 2 点至下午 4 点	HPB 排舞 09.30 - 10.30 AM	艺术与手工艺 - ZENTANGLE 下午 2 点至 4 点	拉米纸牌 0 和麻将 上午 11 点至下午 4 点	健康 - 什么是痴呆症 下午 2 - 3 点 (需要注册)	
8	9	10	11	12	13
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM	HBP 弹力带 8.30 - 9.30 AM	太极拳 上午 9 点至 10 点	HPB 尊巴舞黄金赛 上午 9 点至 10 点	瓦莱丽锻炼 8.30 AM - 9.30 AM
	HPB 排舞 09.30 - 10.30 AM	艺术与手工艺 - ZENTANGLE 下午 2 点至 4 点	拉米纸牌 0 和麻将 上午 11 点至下午 4 点		上午 10 点至下午 12 点学习手机数字 (探索网络信息) / (需要注册)
	一对一数字移动学习 - 下午 2 点 - 下午 4 点 (需要注册)				
15	16	17	18	19	20
HPB KPOPX LITE 9 - 10 AM	MORNING WALK WITH NURSING HOME SENIORS (WHEELCHAIR) 9 - 9.45 AM	HBP 弹力带 8.30 - 9.30 AM	太极拳 上午 9 点至 10 点	HPB 尊巴舞黄金赛 上午 9 点至 10 点	
钩编下午 2 点至下午 4 点	HPB 排舞 09.30 - 10.30 AM	UKELELE 课程 2.30 PM - 4.00 PM (需要注册)	拉米纸牌 0 和麻将 上午 11 点至下午 4 点	游览三巴旺温泉 (每人 8 新加坡币交通费) 上午 10.15 至下午 3.00 (需要登记)	
22	23	24	25	26	27
KPOPX LITE 9 - 10 AM	HPB 排舞 09.30 - 10.30 AM	HBP 弹力带 8.30 - 9.30 AM	太极拳 上午 9 点至 10 点	HPB 尊巴舞黄金赛 上午 9 点至 10 点	生日庆祝活动/茶舞 + 卡拉 OK 上午 10 点 - 中午 12.30 (POT LUCK)
		滨海湾花园 (每人 8 新加坡币交通费) 上午 10.15 至下午 3.00 需要登记	拉米纸牌 0 和麻将 上午 11 点至下午 4 点	UKELELE VOLUNTEERS PERFORMANCE FOR SENIOR DAY CARE - 10.30 AM	
29	30				
KPOPX LITE 9 - 10 AM	HPB 排舞 09.30 - 10.30 AM				
钩编下午 2 点至下午 4 点					