

2025 APRIL

📍 **Centre Name:** Active Ageing Centre (Kampung Kembangan)
 🏠 **Centre Address:** Blk 102 #01-389 Lengkong Tiga Singapore 410102
 📞 **Centre Contact:** 6715 6758 / 8031 2807 (WhatsApp Only)



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Brisk Walk (Fast Walk) 一起快步走 (快走) 9:00am - 10:00am	F4 (Tai Chi-B0286) F4 (一起打太极 B0286) @Blk 108 Lengkong Tiga 9:00am - 11:00pm	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	
	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Steady Lah (Session 6) Steady Lah! 保健操 (#6) 10:00am - 11:30am	HAPPY (Session 7) 推广健康老龄化计划 (#7) 10:00am - 11:00am	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm		
7	8	9	10	11	12
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Tai Chi-B0286) F4 (一起打太极 B0286) @Blk 108 Lengkong Tiga 9:00am - 11:00pm	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	
Line Dance (Session 4) 一起跳排舞 (#4) 3:00pm - 4:30pm	Let's Learn to Bake 一起学烘焙 10:30am - 12:30pm (Registration Required) (需要报名)	Steady Lah (Session 7) Steady Lah! 保健操 (#7) 10:00am - 11:30am	HAPPY (Session 8) 推广健康老龄化计划 (#8) 10:00am - 11:00am	Let's Learn to Cook 一起学烹饪 11:00am - 1:00pm (Registration Required) (需要报名)	
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Talk by CPF 医疗保健讲座 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	

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。

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MON

TUE

WED

THU

FRI

SAT

14	15	16	17	18	19
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am	F4 (Tai Chi-B0286) F4 (一起打太极 B0286) @Blk 108 Lengkong Tiga 9:00am - 11:00pm	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Centre Closure (Good Friday)	
Line Dance (Session 5) 一起跳排舞 (#5) 3:00pm - 4:30pm	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Steady Lah (Session 8) Steady Lah! 保健操 (#8) 10:00am - 11:30am	HAPPY (Session 5) 推广健康老龄化计划 (#5) 10:00am - 11:00am		
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm		
21	22	23	24	25	26
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Tai Chi-B0286) F4 (一起打太极 B0286) @Blk 108 Lengkong Tiga 9:00am - 11:00pm	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	
Line Dance (Session 6) 一起跳排舞 (#6) 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Steady Lah (Session 9) Steady Lah! 保健操 (#9) 10:00am - 11:30am	HAPPY (Session 6) 推广健康老龄化计划 (#6) 10:00am - 11:00am	Let's Makan Together 一起来 Makan 10:00am - 11:00am	
		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Birthday Celebration 一起来庆生 2:30pm - 4:30pm	

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MON

TUE

WED

THU

FRI

SAT

28	29	30			
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Tai Chi-B0286) F4 (一起打太极 B0286) @Blk108 Lengkong Tiga 9:00am - 11:00pm			
Line Dance (Session 7) 一起跳排舞 (#7) 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Steady Lah (Session 10) Steady Lah! 保健操 (#10) 10:00am - 11:30am			
		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm			

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