

2025 AUGUST

 **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)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
				1	
				Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
				Let's Strategis with Kakis Rummy League Cup Series 游戏时间 - 拉米联盟杯系列赛 2:00pm - 4:00pm (Registration Required) (需要报名)	

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	Tai Chi @108 一起打太极 @108 9:00am - 10:00am (Register via H365)	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing (Standing) 一起做皮拉提拳击 (站立) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击 (坐式) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Lim Kopi (Male exclusive) 一起喝咖啡 (只限男性) 10:00am - 11:00am	Let's Celebrate National Day 一起来庆祝国庆日 10:00am - 12:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's pick up - Conversational Malay (Conducted in English) 一起学 (马来语) 2:00pm - 3:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克兰丽 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) (Registration Required) (需要报名) 2:00pm - 4:00pm	
Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's go Gai Gai (Heritage Outing) 一起去Gai Gai 2:00pm-5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
		Let's KTV Together 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)			

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closure (9:00am - 6:00pm)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Tai Chi @108 一起打太极 @108 9:00am - 10:00am (Register via H365)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Makan Together 一起来 makan 10:00am - 11:00am	Let's Bowl (paid program) 一起打保龄球 (需要付费) 10:00am - 1:00pm (Registration Required) (需要报名)	Centre Closure (12:00pm - 6:00pm)	
	Digital Club @ NTUC Health (How to setup and use smart device) (如何设置和使用智能设备) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克丽丽 2:00pm - 4:00pm (Registration Required) (需要报名)		
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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	Tai Chi @108 一起打太极 @108 9:00am - 10:00am (Register via H365)	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Lim Kopi (Male exclusive) 一起喝咖啡 (只限男性) 10:00am - 11:00am	Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) (Registration Required) (需要报名) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's pick up - Conversational Malay (Conducted in English) 一起学 (马来语) 2:00pm - 3:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克丽丽 2:00pm - 4:00pm (Registration Required) (需要报名)		
Line Dance 一起跳排舞 3:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	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	Tai Chi @108 一起打太极 @108 9:00am - 10:00am (Register via H365)	Functional Screening 健康检查 9:00am - 1:00pm	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Jam with Ukulele 一起玩乌克丽丽 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) (Registration Required) (需要报名) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Digital Club @ NTUC Health (How to setup and use smart device) (English Session) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
Birthday Celebration 一起来庆生 2:30pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)			
Line Dance 一起跳排舞 3:00pm - 4:30pm					

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