

# 2025 JULY

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



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	(F4) Tai Chi @108 (F4) 一起打太极 @108 + Communal Dining 9:00am - 11:00am <b>(Register via H365)</b>	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 <b>(Registration Required)</b> <b>(需要报名)</b>	
	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Racial Harmony Celebration 一起来庆祝种族和谐日 9.30am - 12.30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
	Let's pick up - Conversational Malay 一起学 (马来语) 初级 2:00pm - 3:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>		Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) <b>(Registration Required)</b> <b>(需要报名)</b> 2:00pm - 4:00pm	
	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			

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MON	TUE	WED	THU	FRI	SAT
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 @108 (F4) 一起打太极 @108 + Communal Dining 9:00am - 11:00am <b>(Register via H365)</b>	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 <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Green Fingers: Growing your-own edibles & DIY self-watering planters 园艺课程 2:00pm - 3:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's Gen Together - Secondary 代际交流 - 中学 3.30pm - 5.30pm	Let's Learn to Cook 一起学烹饪 10:00am - 12:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	
		Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>		Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) <b>(Registration Required)</b> <b>(需要报名)</b> 2:00pm - 4:00pm	

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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 Yum Cha Together 一起饮茶 9:00am - 10:00am	(F4) Tai Chi @108 (F4) 一起打太极 @108 + Communal Dining 9:00am - 11:00am <b>(Register via H365)</b>	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 <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's go Gai Gai Series - Jewel @ Changi (pre-walk briefing) 一起去Gai Gai 步行前简报 10.00am-11.00am	Let's Piloxing (Lite) 一起做皮拉提拳击(精简版) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Gen Together - Secondary 代际交流 - 中学 9:30am - 12:00pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:30pm	Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:30pm	Let's pick up - Conversational Malay 一起学(马来语)初级 2:00pm - 3:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Green Fingers: Guide to Gardening & DIY enzyme solutions 园艺课程 2:00pm - 3:30pm <b>(Registration Required)</b> <b>(需要报名)</b>		Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) <b>(Registration Required)</b> <b>(需要报名)</b> 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 - 4:30pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>			
		Current Affairs U&Me by SPH 时事新闻你和我 3:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
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 @108 (F4) 一起打太极 @108 + Communal Dining 9:00am - 11:00am <b>(Register via H365)</b>	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 <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's go Gai Gai Series - Jewel @ Changi (outing) 一起去Gai Gai 10.00am-2.00pm	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Green Impressions: Nature-inspired terracotta pot painting 园艺课程 2:00pm - 3:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Wellness Talk : How to slow down brain power decline 一起来谈如何延缓脑力的衰退 10:00am - 11:30am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing 一起做皮拉提拳击 (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
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	Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) <b>(Registration Required)</b> <b>(需要报名)</b> 2:00pm - 4:00pm	
Line Dance 一起跳排舞 3:00pm - 4:30pm		Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Gen Together - Secondary 代际交流 - 中学 3.30pm - 5.30pm		

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MON

TUE

WED

THU

FRI

SAT

28	29	30	31		
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 @108 (F4) 一起打太极 @108 + Communal Dining 9:00am - 11:00am <b>(Register via H365)</b>	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am		
Let's Learn to Bake 一起学烘焙 10:00am - 12:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Lite) 一起做皮拉提拳击 (精简版) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Green Reverie: Sensory-garden voyage for textures & tastes @ EGC Queenstown Farm-60 Jalan Penjara 园艺课程 10:00am - 12:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	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			
Line Dance 一起跳排舞 3:00pm - 4:30pm	Birthday Celebration 一起来庆生 2:30pm - 4:30pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>			

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