

2025 JUNE

📍 **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
2	3	4	5	6	7
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Brisk Walk (Fast Walk) 一起快步走 (快走) 9:00am - 10:00am	H365 (Tai Chi) @108 H365 (一起打太极) @108 9:00am - 10:00am	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	
Fall Risk Screening SingHealth - CGH 健康检查 9:30am - 12:30pm (Registration Required) (需要报名)	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Let's level up - Conversational English Class 一起学 (英语会话) 初中级 10:00am - 11:00am (Registration Required) (需要报名)	Let's Gen Together, Part 1 代际交流 - 理工学院 (1) 10:00am - 12:00pm	
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 (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	Let's Gen Together, Part 2 代际交流 - 理工学院 (2) 2:00pm - 4:00pm	
Guinea Pig Interaction 豚鼠互动 (Bay B) 3:00pm - 4:00pm (Registration Required) (需要报名)	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 (Registration Required) (需要报名)		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	
Line Dance (Session 10) 一起跳排舞 (#10) 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closure 中心关闭	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	H365 (Tai Chi) @108 H365 (一起打太极) @108 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Learn to Cook 一起学烹饪 10:00am - 12:00pm (Registration Required) (需要报名)	
	Digital Club @ NTUC Health IMDA Workshop 资讯通信媒体发展局 数码乐龄培训课程 2:00pm - 4:00pm	Let's Makan Together 一起来Makan 10:00am - 11:00am	Let's level up - Conversational English Class 一起学(英语会话) 初中级 10:00am - 11:00am (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	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 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
16	17	18	19	20	21
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Piloxing (Lite) 皮拉提思结合拳击 (初级) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	H365 (Tai Chi) @108 H365 (一起打太极) @108 9:00am - 10:00am	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	
Community Health Post by CGH 社区保健站 - 樟宜综合医院 9:30am - 12:30pm	Let's pick up - Conversational Malay 一起学 (马来语) 初级 2:00pm - 3:00pm (Registration Required) (需要报名)	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Let's level up - Conversational English Class 一起学 (英语会话) 初中级 10:00am - 11:00am (Registration Required) (需要报名)	Let's Piloxing 皮拉提思结合拳击 (\$5 per session) 10:00am - 11:00am (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	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 (Session 11) 一起跳排舞 (#11) 3:00pm - 4:30pm		Let's KTV Together 一起来 K 歌 2:00pm - 5:00pm (Registration Required) (需要报名)		Birthday Celebration 一起来庆生 2:30pm - 4:30pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Sports Carnival @ Fengshan CC 1:30pm - 3:30pm (Registration Required) (需要报名)	Let's Piloxing (Lite) 皮拉提思结合拳击 (初级) (\$5 per session) 10:00am - 11:00am (Registration Required) (需要报名)	H365 (Tai Chi) @108 H365 (一起打太极) @108 9:00am - 10:00am	NielsonIQ SG60 CSR Celebration 9:30am - 12:30pm	Centre Closure 中心关闭	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Digital Club @ NTUC Health IMDA Workshop 资讯通信媒体发展局 数码乐龄培训课程 2:00pm - 4:00pm	Let's Makan Together 一起来 Makan 10:00am - 11:00am	Let's level up - Conversational English Class 一起学 (英语会话) 初中级 10:00am - 11:00am (Registration Required) (需要报名)		
Line Dance (Session 12) 一起跳排舞 (#12) 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 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 (Registration Required) (需要报名)			

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MON

TUE

WED

THU

FRI

SAT

30

Let's Learn to Bake
 一起学烘焙
 10am - 12pm
(Registration Required)
(需要报名)

Let's Strategise with Kakis
 游戏时间 (桌游)
 2:00pm - 4:30pm

Line Dance (Session 13)
 一起跳排舞 (#13)
 3:00pm - 4:30pm

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