2025 March

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
3	4	5	6	7	8
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	Steady Lah (Session 2) Steady Lah! 保健操 (#2) 10:00am - 11:30am	Current Affair U&Me 时事新闻你和我 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	
F4 + Communal Dining 一起锻炼 10:00am - 12:00pm	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	HAPPY (Session 3) 推广健康老龄化计划 (#3) 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)	Let's Strategise with Kakis 游戏时间 (桌游)		Let's Strategise with Kakis 游戏时间 (桌游)	Let's Strategise with Kakis 游戏时间 (桌游)	
2:00pm - 4:30pm 10	2:00pm - 4:30pm 11	12	2:00pm - 4:30pm 13	2:00pm - 4:30pm	15
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	Steady Lah (Session 3) Steady Lah! 保健操 (#3) 10:00am - 11:30am	Current Affair U&Me 时事新闻你和我 9:00am - 10:00am	14 Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Movie Time - WONDERLAND 乐园 9:30am - 11:35pm (Registration Required) (需要报名)
F4 + Communal Dining 一起锻炼 10:00am - 12:00pm	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	HAPPY (Session 4) 推广健康老龄化计划 (#4) 10:00am - 11:00am	TikTok Workshop 抖音工作坊 10:00am - 12:00pm (Registration Required) (需要报名)	
Line Dance (Session 1) 一起跳排舞 (#1) 3:00pm - 4:30pm (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	

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TUE MON WED THU FRI SAT

17	18	19	20	21	22
Let's Yum Cha Together	Let's Brisk Walk (Fast Walk)	Steady Lah (Session 4)	Current Affair U&Me	Let's Yum Cha Together	
一起饮茶	一起快步走 (快走)	Steady Lah! 保健操 (#4)	时事新闻你和我	一起饮茶	
9:00am - 10:00am	9:00am - 10:00am	10:00am - 11:30am	9:00am - 10:00am	9:00am - 10:00am	
F4 + Communal Dining	Let's Makan Together	Let's Strategise with Kakis	HAPPY (Session 5)	Let's Strategise with Kakis	
10:00am - 12:00pm	一起来Makan	游戏时间 (桌游)	推广健康老龄化计划 (#5)	游戏时间 (桌游)	
	10:00am - 11:00am	2:00pm - 4:30pm	10:00am - 11:00am	10:00am - 12:00pm	
Line Dance (Session 2)	Let's Strategise with Kakis		Let's Strategise with Kakis	Birthday Celebration	
一起跳排舞 (#2)	游戏时间 (桌游)		游戏时间 (桌游)	一起来庆生	
3:00pm - 4:30pm	2:00pm - 4:30pm		2:00pm - 4:30pm	2:30pm - 4:30pm	
24	25	26	27	28	
24 Let's Yum Cha Together	25 Let's Brisk Walk (Slow Walk)	26 Steady Lah (Session 5)	27 Current Affair U&Me	28 Let's Yum Cha Together	
Let's Yum Cha Together	Let's Brisk Walk (Slow Walk)	Steady Lah (Session 5)	Current Affair U&Me	Let's Yum Cha Together	
Let's Yum Cha Together 一起饮茶	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走)	Steady Lah (Session 5) Steady Lah! 保健操 (#5)	Current Affair U&Me 时事新闻你和我	Let's Yum Cha Together 一起饮茶	
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	Steady Lah (Session 5) Steady Lah! 保健操 (#5) 10:00am - 11:30am	Current Affair U&Me 时事新闻你和我 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 F4 + Communal Dining	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am Let's Makan Together	Steady Lah (Session 5) Steady Lah! 保健操 (#5) 10:00am - 11:30am Let's Strategise with Kakis	Current Affair U&Me 时事新闻你和我 9:00am - 10:00am HAPPY (Session 6)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am Let's Strategise with Kakis	
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am F4 + Communal Dining	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am Let's Makan Together 一起来Makan	Steady Lah (Session 5) Steady Lah! 保健操 (#5) 10:00am - 11:30am Let's Strategise with Kakis 游戏时间 (桌游)	Current Affair U&Me 时事新闻你和我 9:00am - 10:00am HAPPY (Session 6) 推广健康老龄化计划 (#6)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am Let's Strategise with Kakis 游戏时间 (桌游)	
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am F4 + Communal Dining 10:00am - 12:00pm	Let's Brisk Walk (Slow Walk) 一起快步走 (慢走) 9:00am - 10:00am Let's Makan Together 一起来Makan 10:00am - 11:00am	Steady Lah (Session 5) Steady Lah! 保健操 (#5) 10:00am - 11:30am Let's Strategise with Kakis 游戏时间 (桌游)	Current Affair U&Me 时事新闻你和我 9:00am - 10:00am HAPPY (Session 6) 推广健康老龄化计划 (#6) 10:00am - 11:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am Let's Strategise with Kakis 游戏时间 (桌游)	

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TUE MON WED THU FRI SAT

31			
Hari Raya Puasa (Public Holiday) Center will be Closed			