




2025 March

 **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)



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) 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	
10	11	12	13	14	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	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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 NTUC Health

MON

TUE

WED

THU

FRI




SAT

17	18	19	20	21	22
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 4) Steady Lah! 保健操 (#4) 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 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 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) 10:00am - 12:00pm	
Line Dance (Session 2) 一起跳排舞 (#2) 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	Birthday Celebration 一起来庆生 2:30pm - 4:30pm	
24	25	26	27	28	
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	
F4 + Communal Dining 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 6) 推广健康老龄化计划 (#6) 10:00am - 11:00am	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	
Line Dance (Session 3) 一起跳排舞 (#3) 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		

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MON

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SAT

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

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