


2025 MAY

 **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	2	3
			Centre Closure (Labour Day)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	
				Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	
5	6	7	8	9	10
Centre Closure (Public Holiday)	Let's Brisk Walk (Fast Walk) 一起快步走 (快走) 9:00am - 10:00am	F4 (Tai Chi) @108 F4 (一起打太极) @108 9:00am - 11:00am	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	
	Let's Makan Together 一起来Makan 10:00am - 11:00am	Steady Lah (Session 11) Steady Lah! 保健操 (#11) 10:00am - 11:30am	HAPPY (Session 11) 推广健康老龄化计划 (#11) 10:00am - 11:00am	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)	Mother's Day Special Cooking Demo 母亲节特别烹饪演示 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 celebrate Mother's Day 一起来庆祝母亲节 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			

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职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Centre Closure (Vesak Day)	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Tai Chi) @108 F4 (一起打太极) @108 9:00am - 11:00am	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	
	Digital Club Workshop (Stay Safe & Smart in the Age of Generative A.I.) 人工智能 2pm - 4pm (Registration Required) (需要报名)	Steady Lah (Final Assessment) Steady Lah! 保健操 (最终评估) 10:00am - 11:30am	HAPPY (Final Assessment) 推广健康老龄化计划 (最终评估) 10:00am - 11:00am	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	Let's KTV Together 一起来K歌 2:00pm - 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 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			
19	20	21	22	23	24
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	F4 (Tai Chi) @108 F4 (一起打太极) @108 9:00am - 11:00am	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	
Line Dance (Session 8) 一起跳排舞 (#8) 3:00pm - 4:30pm	Let's Makan Together 一起来Makan 10:00am - 11:00am	Let's KTV Together 一起来K歌 2:00pm - 4:00pm (Registration Required) (需要报名)	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)	Gardens By the Bay 滨海湾花园一日游 1:00pm - 5:00pm (Registration Required) (需要报名)	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	Let's pick up - Conversational Malay Class 一起学 (马来语) 初级 2pm - 3pm (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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MON	TUE	WED	THU	FRI	SAT
26	27	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 9:00am - 11:00am	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	
Line Dance (Session 9) 一起跳排舞 (#9) 3:00pm - 4:30pm	Digital Club Workshop (How to Use Common Gen AI Tools) 如何使用生成式人工智能 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's KTV Together 一起来K歌 2:00pm - 4:00pm (Registration Required) (需要报名)	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)	Birthday Celebration 一起来庆生 2:30pm - 4:30pm	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:30pm	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	

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