

# 2025 SEPTEMBER

📍 **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	4	5	6
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	Tai Chi @ B108 Hardcourt 一起打太极 @ B108 硬地球场 9:00am - 10:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 4) 一起玩乌克丽丽 (#4) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	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 (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's get together 当我们同在一起 10:00am - 12:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Gen Together with Ngee Ann Poly Students 代际交流 - 义安理工学院 10:00am - 11:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Birthday Celebration 一起来庆生 10:00am - 12:00pm	
Let's Gen Together with Ngee Ann Poly Students 代际交流 - 义安理工学院 11:00am - 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 - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele (session 5) 一起玩乌克丽丽 (#5) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	Let's Strategis with Kakis Rummy League Cup Series 游戏时间 - 拉米联盟杯系列赛 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's pick up - Conversational Malay (Conducted in English) 一起学 (马来语) 2:00pm - 3:00pm	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 Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
Line Dance 一起跳排舞 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Senior National Sports Day @ Sports Hub 9:00am - 1:00pm <b>(Registration Closed)</b> (注册已关闭)	Tai Chi @ B108 Hardcourt 一起打太极 @ B108 硬地球场 9:00am - 10:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 5) 一起玩乌克兰丽 (#5) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> (注册已关闭)	<b>Centre Closure</b> (9:00am - 6:00pm)	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> (需要报名)	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Jam with Ukulele (session 6) 一起玩乌克兰丽 (#6) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> (注册已关闭)		
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Gen Together with Ngee Ann Poly Students 代际交流 - 义安理工学院 2:00pm - 3:30pm <b>(Registration Required)</b> (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategis with Kakis Rummy League Cup Series 游戏时间 (拉米联盟杯系列赛) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> (注册已关闭)		
Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> (需要报名)			
	Let's pick up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7:30pm - 8:30pm				

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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	Tai Chi @ B108 Hardcourt 一起打太极 @ B108 硬地球场 9:00am - 10:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 6) 一起玩乌克丽丽 (#6) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	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 (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Jam with Ukulele (session 7) 一起玩乌克丽丽 (#7) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	Let's Lim Kopi (Male exclusive) 一起喝咖啡(只限男性) 10:00am - 11:00am	
Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Community Health Post 社区保健站 9:30am - 12:00pm <b>(By Appointment Only)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Strategis with Kakis Rummy League Cup <b>FINAL</b> 游戏时间 <b>(拉米联盟杯大决赛)</b> 1:30pm - 5:00pm <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	
Line Dance 一起跳排舞 3:00pm - 4:30pm	Digital Club @ NTUC Health (Connect to Cellular Network or Wifi Securely, Chinese session) (如何安全地连接到蜂窝网络或 Wifi, 中文会话) 2:00pm - 4:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm			
		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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MON

TUE

WED

THU

FRI

SAT

22	23	24	25	26	27
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	Tai Chi @ B108 Hardcourt 一起打太极 @ B108 硬地球场 9:00am - 10:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 7) 一起玩乌克丽丽 (#7) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	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 (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Makan Together 一起来makan 10:00am - 11:00am	Let's Jam with Ukulele (session 8) 一起玩乌克丽丽 (#8) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(注册已关闭)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	
Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's pick up - Conversational Malay (Conducted in English) 一起学(马来语) 2:00pm - 3:00pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间(桌游) 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 - 4:00pm	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 pick up - Conversational English (Conducted in Mandarin) 一起学(英语) 7:30pm - 8:30pm				

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MON

TUE

WED

THU

FRI

SAT

29	30				
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 Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$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 - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm				
Line Dance 一起跳排舞 3:00pm - 4:30pm	Digital Club @ NTUC Health (Connect to Cellular Network or Wifi Securely, English session) (如何安全地连接到蜂窝网络或 Wifi, 英语会话) 2:00pm - 4:00pm <b>(Registration Required)</b> <b>(需要报名)</b>				
	Let's pick up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7:30pm - 8:30pm				

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