




# 2025 April

 **Centre Name:** Active Ageing Centre (Lengkok Bahru)  
 **Centre Address:** Blk 57 Lengkok Bahru #01-491 S.151057  
 **Centre Contact:** 6473 3387 / 6473 3772 / 8163 2087






**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	HPB Low Impact Aerobics @ 9:30 - 10:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		CALM (Square Stepping) 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
7	8	9	10	11	12
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 - 10:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
Alora Preschool (Easter Day) @ 10 - 11 am	Current affair U&Me/ 时事新闻你和我 @ 10:30 - 11:30am				
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - Coping with depression (Virtual) @ 2 - 3:30pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Good Friday (Centre is closed)	[20 April] Brisk Walk (Lengkee CC) to Mandai Board Walk @ 7:30 - 10am (\$2 per pax)
文字游戏 @ 10 - 11am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm		
Rummy - O @ 2 - 4pm (Blk 59)	Lee Kong Chian Museum @ 1:30-3:30PM	My First Skool VIA @ 2:30 - 3:30pm	Square Stepping @ 2:30 - 3:30pm		
Let's Craft (Men only) @ 4 - 5pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)				
21	22	23	24	25	26
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Garden By the Bay(Tulip) 3pm (30pax) [TBC]	SGH Health Talk (Hybrid Virtual) Healthy Eating for your Golden Years @2-3pm	IMDA Digital @ 1pm - 2:30pm [TBC]	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)				
28	29	30			
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	TownHall (Centre is closed)			
文字游戏 @ 10 - 11am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)				
Rummy - O @ 2 - 4pm (Blk 59)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)				
Let's Craft (Men only) @ 4 - 5pm					

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	1	2	3	4	5
	HPB Low Impact Aerobics @ 9:30 - 10:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		CALM (Square Stepping) 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
7	8	9	10	11	12
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 - 10:30 am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
Alora Preschool (Easter Day) @ 10 - 11 am	Current affair U&Me/ 时事新闻你和我 @ 10:30 - 11:30am				
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - Coping with depression (Virtual) @ 2 - 3:30pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	

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14	15	16	17	18	19
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Good Friday (Centre is closed)	[20 April] Brisk Walk (Lengkee CC) to Mandai Board Walk @ 7:30 - 10am (\$2 per pax)
文字游戏 @ 10 - 11am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm		
Rummy - O @ 2 - 4pm (Blk 59)	Lee Kong Chian Museum @ 1:30 - 3:30pm (23 pax)	My First Skool VIA @ 2:30 - 3:30pm	Square Stepping @ 2:30 - 3:30pm		
Let's Craft (Men only) @ 4 - 5pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)				
21	22	23	24	25	26
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Steady Lah! @ 9:30 - 10:30am	
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Outing to Garden By the Bay (Tulip) @ 3pm (20 pax)	SGH Health Talk (Hybrid Virtual) Healthy Eating for your Golden Years @2-3pm	IMDA Digital @ 1pm - 2:30pm (TBC)	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Haircut (Fabulous) @ 9am (Blk 59)			

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	TownHall (Centre is closed)			
文字游戏 @ 10 - 11am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)				
Rummy - O @ 2 - 4pm (Blk 59)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)				
Let's Craft (Men only) @ 4 - 5pm					

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am	HPB Low Impact Aerobics @ 9:30 -10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am		
Rummy - O @ 2 - 4pm (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm		
Let's Craft (Men only) @ 4 - 5pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Hair Cut (Fabulous) @ 9am	Square Stepping @ 2:30 - 3:30pm		
		Student VIA (Crescent Girls) 2:30-5pm(TBC)			






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MON Mon 星期一	TUE Tues 星期二	WED Wed 星期三	THU Thurs 星期四	FRI Fri 星期五	SAT Bulletin 布告栏
Chair Yoga 乐龄瑜伽 9am - 10am 	Let's Exercise - Online AIC Video 乐龄椅子运动 10am - 11am 	Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 10am - 11am	Services - Wellness - TCM 众弘中医会诊 9am - 11:30am 	Let's Exercise - Online AIC Video 乐龄椅子运动 10am - 11am 	<b>Weekend Event:</b>  1. *20 April 2025, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @Mandai Broad Walk (\$2 per pax)  <b>Centre Full Day Closure</b> 中心暂休一天 1. 18 April 2025 (Friday) <b>Good Friday</b> 2. 30 April 2025 (Wednesday) <b>Company Event</b>   <b>*Once a month</b> <b>** Twice a month</b>
*Let's Gen Together - Kindergarten w/ Alora Preschool 与幼儿园学生们一起庆祝 10am - 11am					
**文字游戏 @ 10 - 11am	Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session	*Services - Haircut services 剪头发 9am (, registration at the start of the month)	Let's Learn to Tech 手机应用	Services - Wellness - CHP 9am - 6pm	
Garden By the Bay(Tulip) 3pm (timing TBC) (30pax)	Walking Football @ Telok Blangah CC 慢步足球 2pm - 4pm	*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 3pm - 4pm	Let's Steel Combat (\$2 per pax) 钢铁拳击 1:30pm - 2:30pm	Let's Meridian 312 经络锻炼法 2:30pm - 3:30pm	
**Let's Craft (Men's only) 木匠 4pm - 5pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	*SGH Health Talk (Hybrid Virtual) Financial Resources in Healthcare @2-3pm IMDA Digital @ 1pm - 2:30pm (15 pax) [Blk 57]	Square Stepping @ 2:30 - 3:30pm		

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