


2025 August

 **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
				Online Exercise from AIC @ 9.30-10.30am	
				Services - Wellness - CHP @ 9 - 6pm	
				Meridian 312 @ 2:30 - 3:30pm	
				Rummy - O @ 2 - 5pm (Blk 59)	
4	5	6	7	8	9
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11am	HPB Low Impact Aerobics @ 9:30 - 10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 9:30 - 10:30am	Services - Wellness - TCM @ 9 - 11:30am	Online Exercise from AIC @ 9.30-10.30am	National Day
Alora Preschool (National Day) @ 11 - 12 pm					
Rummy - O @ 2 - 5pm (Blk 59)	文字游戏 @ 10:30 - 11:30am	Rummy - O @ 2 - 5pm	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - 4 simple tips for Healthy Eating (Virtual) @ 2 - 3:30pm	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Rummy - O @ 2:30 - 5pm	Meridian 312 @ 2:30 - 3:30pm	
Birthday Celebration @ 4 - 5pm	Rummy - O @ 2 - 5pm			Rummy - O @ 2 - 5pm (Blk 59)	
11	12	13	14	15	16
National Day -Off In Lieu- (Centre is closed)	HPB Low Impact Aerobics @ 9:30 - 10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 9:30 - 10:30am	Services - Wellness - TCM @ 9 - 11:30am	Online Exercise from AIC @ 9.30-10.30am	
	Current affair U&Me/ 时事新闻 你和我 @ 10 - 11am (TBC)	Rummy - O @ 2 - 5pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Company event (Centre will be closed from 12pm onwards)	
	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)		Rummy - O @ 2:30 - 5pm		
	HPB Senior Health Curriculum @ 2:30 - 3:30pm				
	Rummy - O @ 3:30 - 5pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。

2025 August

 **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
18	19	20	21	22	23
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11am	HPB Low Impact Aerobics @ 9:30 - 10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 9:30 - 10:30am	Services - Wellness - TCM @ 9 - 11:30am	Online Exercise from AIC @ 9.30-10.30am	
Rummy - O @ 2 - 5pm (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 3:30 - 5pm	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
SGH Health Talk (Hybrid Virtual) Living Well & Healthy in the Community @ 2 - 3pm	Rummy - O @ 2 - 5pm	My First Skool Intergeren @ 2:30 - 3:30pm	Rummy - O @ 2:30 - 5pm	Meridian 312 @ 2:30 - 3:30pm	
		Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)		Rummy - O @ 2 - 5pm (Blk 59)	
25	26	27	28	29	30
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11am	HPB Low Impact Aerobics @ 9:30 - 10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 9:30 - 10:30am	Services - Wellness - TCM @ 9 - 11:30am	Online Exercise from AIC @ 9.30-10.30am	
Rummy - O @ 2 - 5pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2:30 - 5pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am (TBC)	Rummy - O @ 2 - 5pm	Digital Talk - Know & Deal with False Info & Inappropriate Content @ 1pm - 2:30pm	Hair Cut (Fabulous) @ 9am	Meridian 312 @ 2:30 - 3:30pm	
			Rummy - O @ 2:30 - 5pm	Rummy - O @ 2 - 5pm (Blk 59)	
31					
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11am					
Rummy - O @ 2 - 5pm (Blk 59)					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。

2025 August

 **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 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 10am - 11am 	HPB Low Impact Aerobics 乐龄运动 9:30am - 10:30am 	Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 9:30am - 10:30am 	Services - Wellness - TCM 众弘中医会诊 9am - 11:30am 	Online Exercise from AIC @ 乐龄椅子运动 9:30am - 10:30am 	Weekend Event: 1. 17 Aug 25, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk (\$2 per pax) Centre Half Day Closure 中心暂休半天 1. 15 Aug 2025 (Friday) Company Event *Once a month ** Twice a month
*Current Affairs U&Me 时事新闻你和我 10am - 11pm	**Fun! Word Game 文字游戏 10:30am - 11:30am 	IMDA Digital Talk - Know & Deal with False Info & Inappropriate Content 防诈骗讲座 1pm - 2:30pm			
*Services - Haircut services 剪头发 9am (28/08/25, registration at the start of the month)					
Rummy - O 拉米纸牌游戏 2pm - 5pm	*HPB Senior Health Curriculum 积极保健在今天, 乐享 美好在明天 2:30pm - 3:30pm	*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 3pm - 4pm	Let's Steel Combat 钢铁拳击 1:30pm - 2:30pm	Let's Meridian 312 经络锻炼法 2:30pm - 3:30pm	
Health Talk (4 simple tips for Healthy Eating) 健康讲座 2pm - 3:30pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	**Let's KTV Together (Group C) 卡拉OK 2pm - 4pm 	Rummy - O 拉米纸牌游戏 2pm - 5pm	Rummy - O 拉米纸牌游戏 2pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。