




2025 February

 **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 Lengkok Bahru RC CNY Dinner Celebration 2025 (at Lengkee CC) @ 7 - 9:30pm (\$35 per pax)
3	4	5	6	7	8
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am Alora preschool (All About Me and You) @ 10 - 11 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 B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - Healthy Mind, Healthy Lives (Virtual) @ 2 - 3:30pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		CALM (Square Stepping) @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
				Zi Yean CNY Luncheon @ 11am	
10	11	12	13	14	15
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	Bliss Garden Restaurant (Changi Expo) w/ Lengkee CC @ 10 - 2pm (80 pax)
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 (\$2 per pax)	SIT Enhancing Digital Literacy - How to stay safe from Online Scam @ 10am - 12pm (Blk 59) Cancelled	
Let's play Board Games (DBS) @ 2 - 3pm (TBC)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Student VIA & Birthday Celebration (Crescent Girls) @ 2:30 - 4:30pm	CALM (Square Stepping) 2:30 - 3:30pm	Services - Wellness - CHP @ 9 - 6pm	
				Meridian 312 @ 2:30 - 3:30pm	

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

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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 B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
Current affair U&Me/ 时事新闻你和我 @ 10 - 11am	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	My First Skool VIA @ 2:30 - 3:30pm	Let's Craft (Men only) @ 3:30 - 4:30pm	Meridian 312 @ 2:30 - 3:30pm	
Let's Learn to Tech			Dave singing session @ 1:30 - 3:30pm		
			CALM (Square Stepping) @ 2:30 - 3:30pm		
24	25	26	27	28	29
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 (\$2 per pax)	Services - Wellness - CHP @ 9 - 6pm	
	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Let's Learn to Tech	Let's Learn to Tech	Meridian 312 @ 2:30 - 3:30pm	
	Northlight Sec	North Vista @ 9:30am (10 pax)	CALM (Square Stepping) 2:30 - 3:30pm	IMDA Digital @ 1pm - 3pm (15 pax)	
				Outing to Aquarium @ 2-4PM (15 pax)	

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MON	TUE	WED	THU	FRI	SAT
Mon 星期一	Tues 星期二	Wed 星期三	Thurs 星期四	Fri 星期五	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 	<p>Weekend Event:</p> <p>1. , (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ (\$2 per pax)</p> <p>Centre Full Day Closure 中心暂休一天</p>
*Let's Gen Together - Kindergarten w/ Alora Preschool 与幼儿园学生们一起庆祝 10am - 11am		*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	
**Current Affairs U&Me 时事新闻你和我 10am - 11pm	Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session	*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	
Communal Dining (Outside AAC) @ 3 - 5pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 		*Monthly Birthday Celebration 生日派对 3:30pm - 4:30pm	*Let's Craft (Men's only) 木匠 3:30pm - 4:30pm	<p>*Once a month ** Twice a month</p>

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