




2025 July

 **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








MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	Happy Program @ 9:30 - 10:30am	
	文字游戏 @ 10:30 - 11:30am	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Let's KTV Together (Group A) @ 2 - 4pm (Blk 57)	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Dave singing session @ 1:30 - 3:30pm (Blk 59)	Meridian 312 @ 2:30 - 3:30pm	
			Square Stepping @ 2:30 - 3:30pm	Rummy - O @ 2 - 5pm (Blk 59)	
			Rummy - O @ 3:30 - 5pm		
7	8	9	10	11	12
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11 am	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	Happy Program @ 9:30 - 10:30am	
Rummy - O @ 3:30 - 5pm (Blk 59)	Current affair U&Me/ 时事新闻你和我 @ 10:30 - 11:30am	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - Oral Hygiene & Dental care for seniors (Virtual) @ 2 - 3:30pm	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Outing to Peranakan Museum @ 1 - 4pm (20 pax)	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
Resistance Band @ 3:30 - 4.30pm (TBC)	HPB Senior Health Curriculum @ 2:30 - 3:30pm (TBC)	Makan session @ 2 - 4pm (Blk 59) (TBC)	Rummy - O @ 3:30 - 5pm	Rummy - O @ 2 - 5pm (Blk 59)	
	Rummy - O @ 3:30 - 5pm	NICA @ 9 - 1pm (12 pax)		Let's Chess @ 4 - 5pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11 am	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	Happy Program @ 9:30 - 10:30am	Sheng Siong Live Show @ 6:30pm - 11pm (40pax)
Rummy - O @ 2 - 5pm (Blk 59)	文字游戏 @ 10:30 - 11:30am	My First Skool IGP @ 2:30 - 3:30pm	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	[20 Jul] Brisk Walk (Lengkee CC) to Ang M @ 7:30 - 10am (\$2 per pax)
Resistance Band @ 3:30 - 4.30pm (TBC)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
	Rummy - O @ 2 - 5pm	Rummy - O @ 3:30 - 5pm	Rummy - O @ 3:30 - 5pm	Rummy - O @ 2 - 5pm (Blk 59)	
				Let's Chess @ 4 - 5pm	
21	22	23	24	25	26
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11 am	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	Happy Program @ 9:30 - 10:30am	
Hair Cut (SNC) @ 10am (Blk 59)	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Rummy - O @ 2 - 5pm (Blk 59)	Northlight Sec (TBC)	Digital Talk - Protect Data Privacy @ 1 - 2:30pm IMDA Staff down for another event, so our talk will be cancelled	Square Stepping @ 2:30 - 3:30pm	NUHS Health Talk - Advance Care Planning: Start the Conversation Today (English & Mandarin) @ 1 - 2:30pm	
SGH Health Talk (Hybrid Virtual) Sleeping Well In Our Golden Years 黄金年华之安睡无忧 @ 2 - 3pm	Rummy - O @ 2 - 5pm	Makan session @ 2 - 4pm (Blk 59) (TBC)	Rummy - O @ 3:30 - 5pm	Meridian 312 @ 2:30 - 3:30pm	
Resistance Band @ 3:30 - 4.40pm (TBC)		Birthday Celebration (TBC)		Rummy - O @ 2 - 5pm (Blk 59)	
28	29	30	31		
Interest Group: Exercise - Chair Yoga by Amanda @ 10 - 11 am	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		
Rummy - O @ 2 - 5pm (Blk 59)	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm		
Resistance Band @ 3:30 - 4.30pm (TBC)	Rummy - O @ 2 - 5pm	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Square Stepping @ 2:30 - 3:30pm		
			River Valley Primary VIA @ 1:30 - 3:30pm (Blk 59)		
			Rummy - O @ 3:30 - 5pm		

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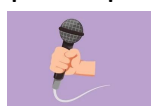
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MON Mon 星期一	TUE Tues 星期二	WED Wed 星期三	THU Thurs 星期四	FRI Fri 星期五	SAT Bulletin 布告栏
Chair Yoga 乐龄瑜伽 10am - 11am 	HPB Low Impact Aerobics 乐龄运动 9:30am - 10:30am 	Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 9:30am - 10:30am 	Services - Wellness - TCM 众弘中医会诊 9am - 11:30am 	Happy Program 乐龄椅子运动 9:30am - 10:30am 	Weekend Event: 1. 19 Jul 25 Sheng Siong Live Show @ 6:30pm 2. 20 Jul 25, (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk (\$2 per pax) Centre Full Day Closure 中心暂休一天
*Current Affairs U&Me 时事新闻你和我 10am - 11pm (08/07/2025)	**Fun! Word Game 文字游戏 10:30am - 11:30am (1/07/2025 & 15/07/2025) 				
*Services - Haircut services 剪头发 9am (21/07/25, registration at the start of the month)					
Resistance Band 拉力带运动 3:30pm - 4:30pm (TBC)	*HPB Senior Health Curriculum 积极保健在今天, 乐享 美好在明天 2:30pm - 3:30pm (08/07/2025)	*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 3pm - 4pm (16/07/2025)	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 健康讲座 2pm - 3:30pm (07/07/2025 & 21/07/2025)	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm 	**Let's KTV Together (Group C) 卡拉OK 2pm - 4pm 	*Dave singing session 歌唱活动 1:30pm - 3:30pm (03/07/2025)	**Let's Chess (Men's only) 象棋 3:30pm - 4:30pm (11/07/2025 & 19/07/2025)	*Once a month ** Twice a month

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