




2025 June

 **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
2	3	4	5	6	7
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	Happy Program @ 9:30 - 10:30am	Hari Raya Haji (Public Holiday)
Alora Preschool (Family Day) @ 10 - 11am					
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	Services - Wellness - CHP @ 9 - 6pm	
SGH COC Health Talk - Become Smarter in making Healthy (Virtual) @ 2 - 3:30pm	文字游戏 @ 10:30 - 11:30am	Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 59)	Meridian 312 @ 2:30 - 3:30pm	
			Monthly Birthday Celebration @ 3-4pm	Let's Chess (Men's only) @ 4 - 5pm	
9	10	11	12	13	14
Hari Raya Haji -Off In Lieu- (Centre is closed)	HPB Low Impact Aerobics @ 9:30 - 10:30am	Let's Zumba/Zumba Gold/ Chair Zumba @ 10 - 11am	Services - Wellness - TCM @ 9 - 11:30am	Happy Program @ 9:30 - 10:30am	
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm		
	Current affair U&Me/ 时事新闻 你和我 @ 10:30 - 11:30am	Makan session @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 59)	Services - Wellness - CHP @ 9 - 6pm	
			Euonia JC home visit (Full Day)	Meridian 312 @ 2:30 - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	Happy Program @ 9:30 - 10:30am	
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	Services - Wellness - CHP @ 9 - 6pm	
SGH Healthy Eating for Your Golden Years @ 2 - 3pm	文字游戏 @ 10:30 - 11:30am	My First Skool @ 2:30 - 3:30pm	Rummy - O @ 2 - 5pm (Blk 59)	Meridian 312 @ 2:30 - 3:30pm	
				NUHS Health Talk - Seeing Clearly (Cataracts)	
23	24	25	26	27	28
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	Company event (Centre is closed)	
Adaptive Sports @ 10 - 11am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 5pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm		
Rummy - O @ 2 - 5pm (Blk 59)	Let's Chess (Men's only) @ 4 - 5pm	Digital Talk - Identify & Protect Devices From Malicious Software @ 1 - 2:30pm	Hair Cut (Fabulous) @ 9am		
Euonia JC Home Visit (Full Day)			Rummy - O @ 2 - 5pm (Blk 59)		

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MON	TUE	WED	THU	FRI	SAT
30					
Interest Group: Exercise - Chair Yoga by Amanda @ 9 - 10 am					
Rummy - O @ 2 - 4pm (Blk 59)					

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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 	Low Impact Aerobics 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 	Happy Program 9:30am - 10:30am 	Weekend Event: 1. , (Sunday, Bus leaves Lengkok CC @7:30am) Brisk Walk @ (\$2 per pax) Centre Full Day Closure 中心暂休一天 1. 9 June 2025 (Monday) Hari Raya Haji (Off-In-Lieu) 2. 27 June 2025 (Friday) Company Event *Once a month ** Twice a month
*Let's Gen Together - Kindergarten w/ Alora Preschool 与幼儿园学生们一起庆祝 10am - 11am		Communal Dining 11am - 1pm	*Services - Haircut services 剪头发 9am (26 May 2025, registration at the start of the month)	Services - Wellness - CHP 9am - 6pm	
**Current Affairs U&Me 时事新闻你和我 10am - 11pm		*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	
Rummy - O 拉米纸牌游戏 2pm - 5pm	**Fun! World Game 文字游戏 10:30am - 11:30am	Let's KTV Together (Group C) 卡拉OK 2pm - 4pm 	*Monthly Birthday Celebration 生日派对 3:30pm - 4:30pm	**Let's Chess (Men's only) 象棋 3:30pm - 4:30pm	
Health Talk 健康讲座 2pm - 3:30pm	Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm				

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