



2025 March

 **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
3	4	5	6	7	8
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	
Hair Cut (SNC) @ 10am	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Adaptive @ 11am - 12pm	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 12pm	
Rummy - O @ 2 - 4pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Rummy - O @ 2 - 4pm (Blk 59)	CALM (Square Stepping) 2:30 - 3:30pm	Company event (Centre is closed half day)	
SGH COC Health Talk - Understanding Menopauses (Virtual) @2 - 3:30pm		Let's Learn to Tech			
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	[16 March] Brisk Walk (Lengkee CC) to Chinese Garden @ 7:30 - 10am (\$2 per pax)
Rummy - O @ 2 - 4pm (Blk 59)	Current affair U&Me/ 时事新闻你和我 @ 10:30 - 11:30am	Rummy - O @ 2 - 4pm (Blk 59)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
文字游戏 @ 10 - 11am	Let's KTV Together (Group A) @ 2 - 4pm (Blk 59)	Let's Learn to Tech	CALM (Square Stepping) 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
Let's Craft (Men only) @ 4 - 5pm	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	Monthly Birthday Celebration @ 3-4pm		IMDA Digital @ 1pm - 3pm (15 pax) [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 March

 **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
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	
Adaptive Sport @ 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	Services - Wellness - CHP @ 9 - 6pm	
Rummy - O @ 2 - 4pm (Blk 59)	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	My First Skool VIA @ 2:30 - 3:30pm	CALM (Square Stepping) 2:30 - 3:30pm	Meridian 312 @ 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)	Hwa Chong @ 10am-12:30pm (30pax)	Services - Wellness - CHP @ 9 - 6pm	
文字游戏 @ 10 - 11am	Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)	SGH Health Talk (Hybrid Virtual) Financial Resources in Healthcare @2-3pm	Let's Steel Combat @ 1:30 - 2:30pm	Meridian 312 @ 2:30 - 3:30pm	
Let's Craft (Men only) @ 4 - 5pm			CALM (Square Stepping) 2:30 - 3:30pm	IMDA Digital @ 1pm - 3pm Blk 59	
			Walking Football @ Telok Blangah CC @ 2:30 - 4pm (10 pax)		
31					
Hari Raya Puasa* (Centre is closed)					

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 March

📍 **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 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 	Low Impact Aerobics by HPB 乐龄运动 9:30am - 10:30am 	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 	Steady Lah! by HPB 乐龄运动 9:30am - 10:30am 	Weekend Event: 1. *[16 March] , (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ Chinese Garden (\$2 per pax) Centre Full Day Closure 中心暂休一天 1. 07 March 2025 (Friday) Company Event [Half Day] 2. 31 March 2025 (Monday) Hari Raya Puasa *Once a month ** Twice a month
*Services - Haircut services 剪头发 10am (3 March, registration start mid February)	*Current Affairs U&Me 时事新闻你和我 10am - 11pm		Let's Learn to Tech 手机应用	Services - Wellness - CHP 9am - 6pm	
**文字游戏 @ 10 - 11am		*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 2:30pm - 3:30pm	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	
SGH COC Health Talk - Understanding Menopauses (Virtual) 健康讲座 2pm - 3:30pm	Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session	*Monthly Birthday Celebration 生日派对 3pm - 4pm		IMDA Digital @ 1pm - 3pm (15 pax) [Blk 59]	
**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			
	Walking Football @ Telok Blangah CC 慢步足球 2pm - 4pm				

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。