


2025 May

 **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	3
				Steady Lah! @ 9:30 - 10:30am	
			Labour Day (Centre is closed)	Services - Wellness - CHP @ 9 - 6pm	Polling Day
				Meridian 312 @ 2:30 - 3:30pm	
5	6	7	8	9	10
	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	
	Let's KTV Together (Group A) @ 2 - 4pm [Blk 59]	Rummy - O @ 2 - 4pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Polling Day -Off In Lieu- (Centre is closed)		Let's KTV Together (Group C - Minority) @ 2 - 4pm [Blk 59]	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
		ACSI VIA @ 4:30 - 5:30pm	Dave singing session @ 1:30 - 3:30pm [Blk 59]	NUHS Health Talk - Foot and ankle pain @ 1 - 2pm	
				Chess @ 4 - 5pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Vesak Day (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	Steady Lah! @ 9:30 - 10:30am	
	Let's KTV Together (Group B) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
	Current affair U&Me/ 时事新闻 你和我 @ 10:30 - 11:30am	Square Stepping @ 2:30 - 3:30pm	SPF PROJECT PRAISE Anti-Scam Talk @ 2 - 3:30 (Bilingual) min. 20pax	Meridian 312 @ 2:30 - 3:30pm	
		Minority makan session @ 11 - 12pm (TBC)	Student VIA (Crescent Girls) 4 - 6pm (TBC)	Student VIA (Crescent Girls) 4 - 6pm (TBC)	
		ACSI VIA @ 4:30 - 5:30pm (TBC)			
19	20	21	22	23	24
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 A) @ 2 - 4pm (Blk 59)	Rummy - O @ 2 - 4pm (Blk 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
Rummy - O @ 2 - 4pm (Blk 59)		Digital Talk - Gen Ai Part 2. How to Use Common Gen AI Tools Talk @ 1 - 2:30pm	Square Stepping @ 2:30 - 3:30pm	Meridian 312 @ 2:30 - 3:30pm	
Coping @ 2 - 3pm (Conducting COC talk instead) NTUC Health COC Talk @ 2 - 3pm		My First Skool @ 2:30 - 3:30pm		NUHS Health Talk - Understanding Knee Osteoarthritis and Replacement Surgery @ 1 - 2pm	
Adaptive Sports @ 3 - 4pm		Let's KTV Together (Group C) @ 2 - 4pm (Blk 59)		Chess @ 4 - 5pm	
		ACSI VIA @ 4:30 - 5:30pm (TBC)			

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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 57)	Let's Steel Combat @ 1:30 - 2:30pm	Services - Wellness - CHP @ 9 - 6pm	
		Outing to Mandai Zoo @ 1 - 5pm (20 pax)	Square Stepping @ 2:30 - 3:30pm	NUHS Health Talk - Navigating Knee Injuries: Insight from a Sports Surgeon Surgery @ 1 - 2pm	
		Minority makan session @ TBC (Blk 59)		Meridian 312 @ 2:30 - 3:30pm	
		ACSI VIA @ 4:30 - 5:30pm (TBC)		Arts@Jurong Lake @ 8:30am (TBC)	

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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
<div>Chair Yoga 乐龄瑜伽 9am - 10am</div> <div></div>	<div>Low Impact Aerobics by HPB 乐龄运动 9:30am - 10:30am</div> <div></div>	<div>Let's Zumba/Zumba Gold/ Chair Zumba 椅子尊巴舞 10am - 11am</div>	<div>Services - Wellness - TCM 众弘中医会诊 9am - 11:30am</div> <div></div>	<div>Steady Lah! by HPB 乐龄运动 9:30am - 10:30am</div> <div></div>	<div>Weekend Event:</div> <div>1. * 18 May 2025 , (Sunday, Bus leaves Lengkee CC @7:30am) Brisk Walk @ Bidadari Park (\$2 per pax)</div> <div>Centre Full Day Closure 中心暂休一天</div> <div>1. 1 May 2025 (Thursday) Labour Day</div> <div>2. 5 May 2025 (Monday) Polling Day (Off In Lieu)</div> <div>3. 12 May 2025 (Monday) Vesak Day</div> <div> *Once a month ** Twice a month</div>
<div>*Services - Haircut services 剪头发 10 am (19/05/2025 , registration start last month)</div>					
<div>**文字游戏 @ 10 - 11am</div>	<div>*Current Affairs U&Me 时事新闻你和我 10am - 11am</div>		<div>Let's Learn to Tech 手机应用</div>	<div>Services - Wellness - CHP 9am - 6pm</div>	
<div>*NTUC Health COC Talk 健康讲座 2 - 3pm</div>	<div>Services - Wellness - Massage 脚底足疗 / 全身按摩椅 15 minutes per session</div>	<div>*IMDA Digital @ 1pm - 2:30pm (15 pax) [Blk 57]</div>	<div>Let's Steel Combat (\$2 per pax) 钢铁拳击 1:30pm - 2:30pm</div>	<div>Let's Meridian 312 经络锻炼法 2:30pm - 3:30pm</div>	
<div>*Adaptive Sports 乐龄运动 3 - 4pm</div>	<div>Let's KTV Together (Group A/B) 卡拉OK 2pm - 4pm</div> <div></div>	<div>*Let's Gen Together - Kindergarten - MFS 与幼儿园学生们一起庆祝 2:30pm - 3:30pm [Blk 57]</div>	<div>*Monthly Birthday Celebration 生日派对 4pm - 6pm</div>	<div>**Let's Chess (Men's only) 象棋 4pm - 5pm</div>	

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