

2025 September

 **Centre Name:** Active Ageing Centre (Lengkok Bahru)
 **Centre Address:** Blk 57 & 59 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	4	5	6
Chair Yoga by Amanda 10AM - 11AM	HPB Low Impact Aerobics 9:30AM - 10:30AM	Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	F4 Exercise (Resistance Band) 10AM - 10:45AM	
	Current affair U&Me 10:30AM - 11:30AM			F4 Communal Dining (Blk 57) 11AM - 12PM	
SGH COC Health Talk - All about Uric Acid Stones, Protecting my Kidneys (Virtual) 2PM - 3:30PM	Let's Karaoke (Blk 59) 2PM - 5PM		Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 57) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	
8	9	10	11	12	13
Chair Yoga by Amanda 10AM - 11AM	HPB Low Impact Aerobics 9:30AM - 10:30AM	Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	Company Event (Centre close)	
	Seniors National Games 2025 9AM - 1PM		Steel Combat 1:30PM - 2:30PM		
Senior Engagement for WAAS (By Invitation) 2PM - 3.30PM	HPB Health Workshop (Protect Yourself and Your Loved Ones) 2:30PM - 3:30PM	Communal Dining (Blk 59) 3PM - 4PM	CSR - Let's Have Fun with IQ-EQ 2:30PM - 4.30PM		
Rummy O (Blk 59) 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Chair Yoga by Amanda 10AM - 11AM	HPB Low Impact Aerobics 9:30AM - 10:30AM	Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	F4 Exercise (Resistance Band) 10AM - 10:45AM	
Hair Cut by SNC 10AM - 12PM				F4 Communal Dining (Blk 57) 11AM - 12PM	
VIA - Let's Have Fun with Singapore Poly 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	My First Skool VIA 2:30PM - 3:30PM	Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 57) 2PM - 5PM	Rummy O (Blk 57) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	
22	23	24	25	26	27
Chair Yoga by Amanda 10AM - 11AM	HPB Low Impact Aerobics 9:30AM - 10:30AM	Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	F4 Exercise (Resistance Band) 10AM - 10:45AM	
SGH Health Talk - Sleeping Well In Our Golden Years 2PM - 3PM		Digital Talk - Practise Netiquette 1PM - 2:30PM	Birthday Celebration (By invitation) 3PM - 4PM	F4 Communal Dining (Blk 57) 11AM - 12PM	
VIA - Let's Have Fun with Singapore Poly 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	(TBC) Chinese knotting 2PM - 3PM	Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
				CSR- DBS Mid Autumn Celebration (By Invitation) 2PM-5PM	
Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 57) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	

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MON	TUE	WED	THU	FRI	SAT
29	30				
Chair Yoga by Amanda 10AM - 11AM	HPB Low Impact Aerobics 9:30AM - 10:30AM				
LPA Talk from SMU Law Students 11.30AM - 12.30PM	Let's Karaoke (Blk 59) 1.30PM - 3.30PM				
Rummy O (Blk 59) 2PM - 5PM	LTA - Focus Group Discussion 4PM - 5.30PM				
	Rummy O (Blk 57) 2PM - 4PM				

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康-预 传统中医约 9AM - 11:30AM	Zoom 锻炼 (阻力带) 10AM - 10:45AM	
	时事你和我 10:30AM - 11:30AM			F4 一起用餐 (Blk 57) 11AM - 12PM	
新加坡中央医院健康讲座 - 关于尿酸结石, 保护我的肾脏 (Virtual) 2PM - 3:30PM	一起卡拉OK吧 (Blk 59) 2PM - 5PM		钢铁拳击 1:30PM - 2:30PM	社区医疗护士 (需预约) 9AM - 6PM	
拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 57) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	
8	9	10	11	12	13
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医预约 9AM - 11:30AM	Company Event (Centre close)	
	新加坡乐龄运动会 2025 9AM - 1PM		钢铁拳击 1:30PM - 2:30PM		
无线警报报警系统讲座 (被邀请者) 2PM - 3.30PM	HPB 健康讲座 (保护自己和亲人) 2:30PM - 3:30PM	一起用餐 (Blk 59) 3PM - 4PM	CSR - IQ-EQ 互动 2:30PM - 4.30PM		
拉米奥 (Blk 59) 2PM - 5PM	一起卡拉OK吧 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医预约 9AM - 11:30AM	Zoom 锻炼 (阻力带) 10AM - 10:45AM	
理发 by SNC 10AM - 12PM				F4 一起用餐 (Blk 57) 11AM - 12PM	
地板钩球 (新加坡理工学院学生) 2PM - 5PM	一起卡拉OK吧 (Blk 59) 2PM - 5PM	My First Skool 幼儿园 VIA 互动 2:30PM - 3:30PM	钢铁拳击 1:30PM - 2:30PM	社区医疗护士 (需预约) 9AM - 6PM	
拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 57) 2PM - 5PM	拉米奥 (Blk 57) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	
22	23	24	25	26	27
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医预约 9AM - 11:30AM	Zoom 锻炼 (阻力带) 10AM - 10:45AM	
新加坡中央医院健康讲座 - 黄金岁月, 睡个好觉 2PM - 3PM		Digital Talk - 练习网络礼仪 1PM - 2:30PM	生日庆祝会 (被邀请者) 3PM - 4PM	F4 一起用餐 (Blk 57) 11AM - 12PM	
地板钩球 (新加坡理工学院学生) 2PM - 5PM	一起卡拉OK吧 (Blk 59) 2PM - 5PM	(TBC with Instructor timing) 一起学习中国结 2PM - 3PM	钢铁拳击 1:30PM - 2:30PM	社区医疗护士 (需预约) 9AM - 6PM	
				CSR- 一起庆祝 中秋节, 星展银行 (被邀请者) 2PM-5PM	
拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 57) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	拉米奥 (Blk 59) 2PM - 5PM	

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29	30				
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM				
法院学生的 LPA 讲座 - 新加坡管理大学 11.30AM - 12.30PM	一起卡拉OK吧 (Blk 59) 1.30PM - 3.30PM				
拉米奥 (Blk 59) 2PM - 5PM	LTA - 焦点小组讨论 4PM - 5.30PM				
	拉米奥 (Blk 57) 2PM - 4PM				

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