

2025 April

 **Centre Name:** Active Ageing Centre (Care) (Tampines)
 **Centre Address:** 1 Tampines Street 22 Singapore 529367
 **Centre Contact:** 9457 2665



ntuc Health

MON

TUE

WED

THU

FRI


SAT

| | 1 | 2 | 3 | 4 | 5 |
|--|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---|
| | Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK | Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK | Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274 | Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA | |
| | Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC (Registration Required) (需要报名) | Let's Yum Cha Together 一起饮茶 10:00am - 11:00am @ NTUC HEALTH SDC | |
| | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM (Registration Required) (需要报名) | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | |
| | | Let's Walking Football 一起足步足球 4PM-5:30 PM @ Blk 429 BEDOK (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | |

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| MON | TUE | WED | THU | FRI | SAT |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|
| 7 | 8 | 9 | 10 | 11 | 12 |
| Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK | Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK | Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274 | Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA | |
| Let's KTV Together 一起来K歌 HomeTeamNS B. Reservoir 11AM-2PM (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC (Registration Required) (需要报名) | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | |
| Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | |
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| 14 | 15 | 16 | 17 | 18 | 19 |
| Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK | Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK | Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274 | Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Share Share 一起来分享 11AM-1PM @ NTUC HEALTH SDC (Registration Required) (需要报名) |
| Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC (Registration Required) (需要报名) | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | |
| IMDA Talk: Set up and use Smart Devices 设置和使用智能设备 2PM-4PM @ NTUC NH, LEVEL 2 (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | |
| | | Let's Walking Football 一起足步足球 4PM-5:30 PM @ Blk 429 BEDOK (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | | |

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|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 21 | 22 | 23 | 24 | 25 | 26 |
| Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK | Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK | Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274 | Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Share Share 一起来分享 11AM-1PM @ NTUC HEALTH SDC (Registration Required) (需要报名) |
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| IMDA Talk: Set up and use Smart Devices 设置和使用智能设备 2PM-4PM @ NTUC NH, LEVEL 2 (Registration Required) (需要报名) | Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC | Let's Walking Football 一起足步足球 2PM-5:30 PM @ Jalan Besar Sports Centre (Registration Required) (需要报名) | Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC (Registration Required) (需要报名) | Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC | |
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|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----|-----|-----|
| 28 | 29 | 30 | 1 | 2 | 3 |
| Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA | Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK | Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK | | | |
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