

# 2025 February

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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 Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC
Strategise with Kakis 与朋友一起策略 (桌游) 2PM-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 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM @ 138 Round Market <b>(REGISTRATION REQUIRED)(需要报名)</b>
	Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Walking Football 一起足步足球 4PM-5:30 PM @ Blk 429 BEDOK <b>(REGISTRATION REQUIRED)(需要报名)</b>	Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM @ 138 Round Market <b>(REGISTRATION REQUIRED)(需要报名)</b>	DBS CNY Lunch 与DBS庆祝新年 2PM-5PM @HEARTBEAT BEDOK <b>(REGISTRATION REQUIRED)(需要报名)</b>	
	Let's Zentangle 一起做禅绕画 2PM-4PM @ NTUC HEALTH SDC		Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC		

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 February

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



MON	TUE	WED	THU	FRI	SAT
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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 Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC
Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM @ 138 Round Market <b>(REGISTRATION REQUIRED)(需要报名)</b>
	Let's Zentangle 一起做禅绕画 2PM-4PM @ NTUC HEALTH SDC	Let's Walking Football 一起足步足球 4PM-5:30 PM @ Blk 429 BEDOK <b>(REGISTRATION REQUIRED)(需要报名)</b>	Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM @ 138 Round Market <b>(REGISTRATION REQUIRED)(需要报名)</b>		
			Strategise with Kakis 与朋友一起策略 (桌游) 2PM-4PM @ NTUC HEALTH SDC		

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 February

 **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
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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	Community Health Post 社区护理站 9.30AM-12PM @ NTUC HEALTH SDC	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	Let's Play Old Skool Games 一起玩一玩怀旧游戏 9AM-10AM <b>[LOCATION TO BE CONFIRMED]</b> (REGISTRATION REQUIRED)(需要报名)
Strategise with Kakis 与朋友一起策略(桌游) 2PM-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 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Makan Together 一起分享美食 10AM-11AM <b>[LOCATION TO BE CONFIRMED]</b> (REGISTRATION REQUIRED)(需要报名)
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 与朋友一起策略(桌游) 2PM-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)	Let's Brisk Walk 晨运 - 一起去走走 9:30AM-10AM @ NTUC HEALTH SDC	Let's Go Gai Gai (Gardens by the Bay) 一起去走走 (滨海花园) 12:30PM-4:30PM @ PICK UP AT BLK 272 (REGISTRATION REQUIRED)(需要报名)	
Let's KTV 一起KTV 3PM-4:30 PM <b>[TO BE CONFIRMED]</b> (REGISTRATION REQUIRED)(需要报名)	Total Defence Day Commemoration 纪念全面防卫日 12PM-2PM @ NTUC NH, LEVEL 2 (REGISTRATION REQUIRED) (需要报名)		Let's Share My Favourite Local Food 一起分享我最爱的本地美食 10AM-11AM @ 138 Round Market (REGISTRATION REQUIRED)(需要报名)	Let's Makan Together 一起分享美食 5PM-6PM @ NTUC HEALTH SDC (REGISTRATION REQUIRED)(需要报名)	
	Let's Zentangle 一起做禅绕画 2PM-4PM @ NTUC HEALTH SDC		Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC		

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 February

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



MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	1 Mar
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 Play Old Skool Games 一起玩一玩怀旧游戏 9AM-10AM <b>[LOCATION TO BE CONFIRMED]</b> (REGISTRATION REQUIRED)(需要报名)
Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Brisk Walk and Breakfast with DBS 与DBS走走和共进早餐 9AM-11:30AM @NTUC HEALTH SDC <b>(REGISTRATION REQUIRED)</b> <b>(需要报名)</b>	Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	Let's Makan Together 一起分享美食 10AM-11AM <b>[LOCATION TO BE CONFIRMED]</b> <b>(REGISTRATION REQUIRED)</b> <b>(需要报名)</b>
Let's KTV 一起KTV 3PM-4:30 PM <b>[TO BE CONFIRMED]</b> <b>(REGISTRATION REQUIRED)</b> <b>(需要报名)</b>	Let's Zentangle 一起做禅绕画 2PM-4PM @ NTUC HEALTH SDC	Let's Walking Football 一起足步足球 4PM-5:30 PM @ Blk 429 BEDOK <b>(REGISTRATION REQUIRED)</b> <b>(需要报名)</b>	Strategise with Kakis 与朋友一起策略(桌游) 2PM-4PM @ NTUC HEALTH SDC	HPB Talk: Mental Health 新加坡保健促进局讲座 2PM-4PM @ NTUC NH, LEVEL 2 <b>(REGISTRATION REQUIRED)</b> <b>(需要报名)</b>	

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。