


# 2025 July

 **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	
		Birthday Celebration 生日快乐 NTUC Health AAC @ 1 Tampines Street 22 <i>*Registration Required*</i>	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AAC <i>*Registration Required*</i>	Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Yum Cha Together 一起饮茶 1PM-2PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Let's Yum Cha Together 一起饮茶 2:30PM-3:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>	
	Fun Crochet for Beginners (NEW) 钩针编织 2:00PM-4:00PM @ 273 Tampines Changkat Zone 5 RN <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 3:30PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <i>*Registration Required*</i>		Let's DrumFit 一起做DrumFit 2:30pm - 3:30pm @ NTUC Health Nursing Home (Tampines) Level 2 <i>*Registration Required*</i>	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	
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 Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK <b>*Registration Required*</b>		Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM <b>@ NTUC Health AAC</b> <b>*Registration Required*</b>	Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <b>*Registration Required*</b>	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <b>*Registration Required*</b>	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 1PM-2PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	
<b>Happy beading for Beginners (NEW)</b> 快乐串珠工艺 2:00PM-4:30PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <b>*Registration Required</b>	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 2:30PM-3:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 2PM-4:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 2:00PM-4:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>	
	<b>Fun Crochet for Beginners (NEW)</b> 钩针编织 2:00PM-4:00PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 3:30PM-4:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <b>*Registration Required*</b>		Let's DrumFit 一起做DrumFit 2:30pm - 3:30pm <b>@ NTUC Health Nursing Home (Tampines) Level 2</b> <b>*Registration Required*</b>	

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MON	TUE	WED	THU	FRI	SAT
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 Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AAC <b>*Registration Required*</b>	Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 1PM-2PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	
<b>Happy beading for Beginners (NEW)</b> 快乐串珠工艺 2:00PM-4:30PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required</b>	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 2:30PM-3:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 2:00PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	
	<b>Fun Crochet for Beginners (NEW)</b> 钩针编织 2:00PM-4:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 3:30PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>		Let's DrumFit 一起做DrumFit 2:30pm - 3:30pm @ NTUC Health Nursing Home (Tampines) Level 2 <b>*Registration Required*</b>	

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MON	TUE	WED	THU	FRI	SAT
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 Steel Combat (Male Exclusive) 一起练钢铁拳击 (只限男性) 10AM-11AM @ BLK 275 VOID DECK <b>*Registration Required*</b>		Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AAC <b>*Registration Required*</b>	Let's Taichi 一起打太极 10.30AM-11.30AM @ BETWEEN Blk 278 & Blk 281	
Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 1PM-2PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Let's Learn to Tech 一起学科技 1:00PM - 2:00PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	
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	<b>Fun Crochet for Beginners (NEW)</b> 钩针编织 2:00PM-4:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 3:30PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>		Let's DrumFit 一起做DrumFit 2:30pm - 3:30pm @ NTUC Health Nursing Home (Tampines) Level 2 <b>*Registration Required*</b>	

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
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 Zentangle 一起做禅绕画 11:00AM - 12:00PM @ NTUC Health AAC <b>*Registration Required*</b>		
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Happy beading for Beginners (NEW) 快乐串珠工艺 2:00PM-4:30PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 1:00PM-2:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Let's Yum Cha Together 一起饮茶 2:30PM-3:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略(桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>		
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