

# 2024 June

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





**ntuc Health**

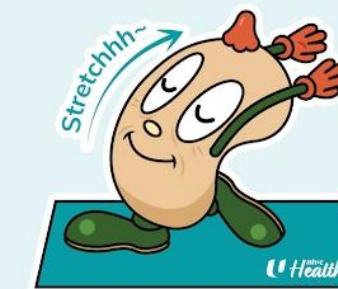
MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's K-Pop 一起跳K-POP 9AM-10AM @ Blk 278 OPEN PLAZA	Let's Line Dance 一起跳排舞 9:30 AM-10:30 AM @ Blk 274 VOID DECK	Let's Stretch Band 一起做弹力带拉筋操 8:30 AM-9:30 AM @ Blk 274 VOID DECK	Let's Taichi 一起打太极 9AM-10AM @ BETWEEN Blk 273 & Blk 274	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9AM-10AM @ Blk 278 OPEN PLAZA	
Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <i>*Registration Required*</i>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:00PM @ NTUC HEALTH SDC	
	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 1:30PM-4:30PM <b>@ 273 Tampines Changkat Zone 5 RN</b> <i>*Registration Required*</i>	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <i>*Registration Required*</i>	Let's Yum Cha Together 一起饮茶 1PM-2PM <b>@ 285 Tampines Changkat Zone 4 RN</b> <i>*Registration Required*</i>		
			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> <i>*Registration Required*</i>		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
<b>Centre Closure</b> <b>中心休息</b>	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 @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:00PM @ NTUC HEALTH SDC	
	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 1:30PM-4:30PM @ 273 Tampines Changkat Zone 5 RN *Registration Required*	Let's Do Breathing Exercise 一起做呼吸运动 1:30PM - 2:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's Yum Cha Together 一起饮茶 1PM-2PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Let's DrumFit 一起做DrumFit 2:30pm - 3:30pm @ NTUC Health Nursing Home (Tampines) Level 2 *Registration Required*	
		Let's Learn to Tech 一起学科技 3:30PM - 4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 2PM-4:30PM @ 285 Tampines Changkat Zone 4 RN *Registration Required*		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	
Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Community Health Post 社区护理站 9.30AM-12PM @ NTUC HEALTH SDC <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:00PM @ NTUC HEALTH SDC	
	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 1:30PM-4:30PM @ 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 Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 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>	
		Let's Learn to Tech 一起学科技 3:30PM - 4:30PM @ 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>		
			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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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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	<b>Centre Closure</b> <b>中心休息</b>	
Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 273 Tampines Changkat Zone 5 RN <b>*Registration Required*</b>	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 10AM-12:30PM @ NTUC HEALTH SDC	Let's Zentangle 一起做禅绕画 11:00AM - 12:00PM @ 285 Tampines Changkat Zone 4 RN <b>*Registration Required*</b>		
	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 1:30PM-4:30PM @ 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>		
			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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MON

TUE

WED

THU

FRI

SAT

30

Let's K-Pop  
一起跳K-POP  
9AM-10AM  
@ Blk 278 OPEN PLAZA

Strategise with Kakis  
(Rummy-O)  
与朋友一起策略 (桌游)  
10AM-12:30PM  
@ NTUC HEALTH SDC

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