

2025 March

 **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 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)

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 Walking Football
一起足步足球
4PM-5:30 PM
@ Blk 429 BEDOK
(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
(Registration Required)
(需要报名)

Let's Zentangle
一起做禅绕画
2PM-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
10	11	12	13	14	15
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)
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)	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 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 (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 (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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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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	Community Health Post 社区护理站 9.30AM-12PM @ NTUC HEALTH SDC	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ 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 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 (Registration Required) (需要报名)		
	Let's Zentangle 一起做禅绕画 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 (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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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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	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	
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 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)			

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MON

TUE

WED

THU

FRI

SAT

31

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)
 11AM-4PM
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