

2025 May

 **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
			1	2	3
			Centre Closure 中心休息	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) 11AM-4PM @ NTUC HEALTH SDC	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Centre Closure 中心休息	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 - 12:30PM @ 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	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌 游) 11AM-4PM @ NTUC HEALTH SDC	
	IMDA Talk: Be Smart, Safe & Kind 如何在网上保持聪明, 安全和友善 2PM-4PM @ Synergy Rm (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		

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Centre Closure 中心休息	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 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		Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC		
	Let's Gen Together - Secondary 代际交流 - 中学 2:30PM-5PM @ Tampines Changkat Open Plaza (Registration Required) (需要报名)				

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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) 11AM-4PM @ NTUC HEALTH SDC	Let's Yum Cha Together 一起饮茶 10:00am - 11:00am @ BLK 273 RN Office	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	
Let's Celebrate (Dragon Boat Festival) 一起来庆祝 (端午节) 10:00AM - 11:30AM (Registration Required) (需要报名)	Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC		Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC	Let's Go Gai Gai - Gardens by the Bay 一起去Gai Gai - 滨海湾公园 1:00PM - 5:30PM (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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ntuc Health

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1
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) 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	Intergeneration Bonding with My First Skool 代际交流 - My First Skool 10.30AM-11.30AM @ Tampines Changkat CC Activity Room (1 & 2)	Strategise with Kakis (Rummy-O) 与朋友一起策略 (桌游) 11AM-4PM @ NTUC HEALTH SDC	
Let's KTV Together 一起来K歌 HomeTeamNS B. Reservoir 11AM-2PM (Registration Required) (需要报名)	Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC		Let's Zentangle 一起做禅绕画 11:00AM - 12:30PM @ NTUC HEALTH SDC		

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