




2025 April

 **Centre Name:** Active Ageing Centre (Telok Blangah)
 **Centre Address:** Blk 41 Telok Blangah Rise #01-373 S.090041
 **Centre Contact:** 6273 3297






MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5
	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Let's Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>🔥 Let's Play Bingo 🔥 (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Lim Kopi (For Men Only) (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>HAPPY Programme (By Invitation Only)</div> <div>10:00am - 11:30am</div>	
	<div>Let's Learn to Tech (Registration Required)</div> <div>12:30pm - 1:30pm</div>	<div>Let's Makan Together (For Let's Play Bingo Participant Only)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Let's Do Coloring Together 🔥 (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
	<div>Let's Yum Cha (For Women Only) (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>Let's Learn To Tech (Registration Required)</div> <div>3:00pm - 4:00pm</div>	<div>🔥 Grooving Down Memory Lane 🔥 (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>		
	<div>🔥 Let's Do Cognitive Activities 🔥 (Registration Required)</div> <div>3:30pm - 4:30pm</div>				











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MON	TUES	WED	THUR	FRI	SAT
7	8	9	10	11	12
SingHealth Community Nurse Post 9:30am - 4:00pm	Let's Qigong 9:30am - 10:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Let's Chair Zumba (Registration Required) 9:30am - 10:30am	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am	Let's Learn To Tech (Registration Required) 10:00am - 11:00am	Healthier SG Focus Group (By Invitation Only) 11:00am - 12:30pm	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn To Tech (Registration Required) 12:30pm - 1:30pm	Let's Yum Cha (For Women Only) (Registration Required) 10:00am - 11:00am	Let's Lim Kopi (For Men Only) (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
Fall Prevention L2 Screening by SGH Nurses (By Invitation Only) 11:00am - 1:00pm	 Free Haircut For Seniors  (Registration Required) 2:00pm - 4:00pm	April Birthday Celebration (By Invitation Only) 2:00pm - 3:00pm	 Grooving Down Memory Lane  (Registration Required) 2:00pm - 3:00pm	 Let's Karaoke  (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Let's Do Beads Art 11:00am - 3:00pm	Let's Play Strategic Games 3:00pm - 5:00pm	Let's Play Strategic Games 3:00pm - 5:00pm	 Let's Do Coloring Together  (Registration Required) 3:00pm - 4:00pm		
Virtual Health Talk: Coping with Depression (Registration Required) 2:00pm - 3:30pm	 Let's Do Cognitive Activities  (Registration Required) 3:30pm - 4:30pm		Let's Play Strategic Games 3:00pm - 5:00pm		
Let's Play Strategic Games 3:00pm - 5:00pm					

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MON	TUES	WED	THUR	FRI	SAT
14	15	16	17	18	19
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Let's Chair Zumba (Healthy 365 Registration) 9:30am - 10:30am	Good Friday (Public Holiday)	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Qigong 9:30am - 10:30am	Let's Learn To Tech (Registration Required) 10:00am - 11:00am	Let's Lim Kopi (For Men Only) (Registration Required) 1:00pm - 2:00pm		
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Makan Together (Registration Required) 1:00pm - 2:00pm	🔥 Let's Do Coloring Together 🔥 (Registration Required) 1:00pm - 2:00pm		
Let's Do Beads Art 11:00am - 2:00pm	🔥 Let's Watch Movie Together 🔥 (LuLu The Movie) (Registration Required) 2:00pm - 4:00pm	Let's Play Strategic Games 3:00pm - 5:00pm	🔥 Grooving Down Memory Lane 🔥 (Registration Required) 2:00pm - 3:00pm		
🔥 Let's Play Scrabble Board Game (English) 🔥 1:00pm - 2:00pm	Let's Play Strategic Games 4:00pm - 5:30pm	Let's Yum Cha (For Women Only) (Registration Required) 3:00pm - 4:00pm	Let's Play Strategic Games 3:00pm - 5:00pm		
🔥 Physical Health Talk by Nurses: Controlling your Blood Sugar 🔥 (Registration Required) 2:00pm - 4:00pm					
Let's Play Strategic Games 4:00pm - 5:30pm					

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21	22	23	24	25	26
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>🔥 Seniors Go Gai Gai 🔥 (Walking Football Grand Final) (Registration Required)</div> <div>8:30am - 11:00am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>🔥 Andaz Group CSR 🔥 (Registration Required)</div> <div>9:30am - 12:30pm</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
<div>Let's Do Chair Pilates (Registration Required)</div> <div>10:00am - 10:45am</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Let's Learn To Tech (Registration Required)</div> <div>10:00am - 11:00am</div>	<div>Let's Makan Together (For Andaz Group CSR Only)</div> <div>12:30pm - 1:55pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>Let's Yum Cha (For Women Only) (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Grooving Down Memory Lane 🔥 (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 1:30pm</div>	<div>🔥 VR Concerts Roadshow 🔥 (Registration Required)</div> <div>2:00pm - 5:00pm</div>	<div>🔥 Scam Prevention Talk 🔥 By SPF (Registration Required)</div> <div>2:00pm - 3:00pm</div>	<div>🔥 Let's Do Coloring Together 🔥 (Registration Required)</div> <div>3:00pm - 4:00pm</div>		
<div>🔥 Dave Lee & Friends 🔥 (Registration Required)</div> <div>1:30pm - 3:30pm</div>	<div>Let's Play Strategic Games</div> <div>4:00pm - 5:30pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>	<div>Let's Play Strategic Games</div> <div>3:00pm - 5:00pm</div>		
<div>Let's Play Strategic Games</div> <div>4:00pm - 5:30pm</div>					

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MON	TUES	WED	THUR	FRI	SAT
28	29	30			
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am	Centre Closure			
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Qigong 9:30am - 10:30am				
Let's Play Chinese Chess 11:00am - 12:00pm	Parkinson's Disease Health Talk (English and Mandarin) (Registration Required) 10:15am - 11:15am				
Let's Do Beads Art 11:00am - 2:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm				
 Let's Play Scrabble Board Game (English)  1:00pm - 2:00pm	Say No To Frailty Recruitment Drive (By Invitation Only) 2:00pm - 5:00pm				
Let's Play Strategic Games 3:00pm - 5:00pm					

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2025 年 四月

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星期一	星期二	星期三	星期四	星期五	星期六
	1	2	3	4	5
	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
	一起练气功 9:30am - 10:30am	🔥一起玩宾果游戏🔥 (需要报名) 1:00pm - 2:00pm	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	HAPPY 活动 (仅限注册参与者参加) 10:00am - 11:30am	
	一起学科技 (需要报名) 12:30pm - 1:30pm	一起公共用餐 (仅限“一起玩宾果游戏”参与者) 2:00pm - 3:00pm	🔥一起来彩色🔥 (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
	一起来饮茶(只限女性) (需要报名) 2:00pm - 3:00pm	一起学科技 (需要报名) 3:00pm - 4:00pm	🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	🔥一起来K歌🔥 (歌曲请求将在下午下午2:30结束) 2:00pm - 5:00pm	
	一起玩游戏 3:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm		
	🔥一起考脑力🔥 (需要报名) 3:30pm - 4:30pm				

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7	8	9	10	11	12
社区护理站 9:30am - 4:00pm	一起练气功 9:30am - 10:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	一起跳尊巴(乐龄版) 9:30am - 10:30am	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	一起学科技 (需要报名) 10:00am - 11:00am	健康SG焦点小组 (仅限受邀者) 11:00am - 12:30pm	HAPPY 活动 (仅限注册参与者参加) 10:00am - 11:30am	
一起来下象棋 11:00am - 12:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起来饮茶 (只限女性) (需要报名) 10:00am - 11:00am	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
跌倒预防 L2 筛查 由新加坡中央医院护士进行 (仅限受邀者) 11:00am - 1:00pm	🔥服务 - 理发🔥 (需要报名) 2:00pm - 3:00pm	四月生日庆祝会 (仅限受邀者) 2:00pm - 3:00pm	🔥线上：深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	🔥一起来K歌🔥 (歌曲请求将在下午下午2:30 结束) 2:00pm - 5:00pm	
一起做串珠艺术 11:00am - 3:00pm	一起玩游戏 3:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm	🔥一起来彩色🔥 (需要报名) 3:00pm - 4:00pm		
线上健康讲座： 应对抑郁症 (需要报名) 2:00pm - 3:30pm	🔥一起考脑 力🔥 (需要报名) 3:30pm - 4:30pm		一起玩游戏 3:00pm - 5:00pm		
一起玩游戏 3:00pm - 5:00pm					

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14	15	16	17	18	19
社区护理站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	一起做坐式尊巴 (健康365报名) 9:30am - 10:30am	耶稣受难日 (公众假期)	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	一起练气功 9:30am - 10:30am	一起学科技 (需要报名) 10:00am - 11:00am	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm		
一起来下象棋 11:00am - 12:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起公共用餐 (需要报名) 1:00pm - 2:00pm	🔥一起来彩色🔥 (需要报名) 1:00pm - 2:00pm		
一起做串珠艺术 11:00am - 2:00pm	🔥一起观看电影: 🔥 露露的电影 (需要报名) 2:00pm - 4:00pm	一起玩游戏 3:00pm - 5:00pm	🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm		
🔥一起玩拼字游戏(英文)🔥 1:00pm - 2:00pm	一起玩游戏 4:00pm - 5:30pm	一起来饮茶(只限女性) (需要报名) 3:00pm - 4:00pm	一起玩游戏 3:00pm - 5:00pm		
🔥健康讲座: 控制血糖 🔥 (需要报名) 2:00pm - 4:00pm					
一起玩游戏 4:00pm - 5:30pm					

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21	22	23	24	25	26
社区护理站 9:30am - 4:00pm	🔥一起去逛逛🔥 步行足球总决赛 (需要报名) 8:30am - 11:00am	淋巴排毒操 9:30am - 10:30am	🔥安达集团企业社会责任🔥 (需要报名) 9:30am - 12:30pm	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	中医问诊 9:00am - 11:30am	一起学科技 (需要报名) 10:00am - 11:00am	一起公共用餐 (仅限安达集团参与者) 12:30pm - 1:55pm	一起跳排舞 12:30pm - 1:55pm	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	🔥线上：深入记忆之路🔥 (需要报名) 2:00pm - 3:00pm	🔥一起来K歌🔥 (歌曲请求将在下午下午2:30 结束) 2:00pm - 5:00pm	
一起做串珠艺术 11:00am - 1:30pm	🔥一起看虚拟现实音乐会🔥 (需要报名) 2:00pm - 5:00pm	🔥新加坡警察部队反诈骗讲 座🔥 (需要报名) 2:00pm - 3:00pm	🔥一起来彩色🔥 (需要报名) 3:00pm - 4:00pm		
🔥Dave Lee 和朋友们歌唱团🔥 (需要报名) 1:30pm - 3:30pm	一起玩游戏 4:00pm - 5:30pm	一起玩游戏 3:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm		
一起玩游戏 4:00pm - 5:30pm					

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28	29	30			
社区护理站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am	中心关闭			
一起做椅子普拉提 (需要报名) 10:00am - 10:45am	一起练气功 9:30am - 10:30am				
一起来下象棋 11:00am - 12:00pm	帕金森病健康讲座 (英语及华语) (需要报名) 10:15am - 11:15am				
	一起学科技 (需要报名) 12:30pm - 1:30pm				
🔥一起玩拼字游戏 (英文) 🔥 1:00pm - 2:00pm	与衰弱说‘不’: 登记活动 (仅限受邀者) 2:00pm - 5:00pm				
一起玩游戏 3:00pm - 5:00pm					

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