




2025 August

 **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
				Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
				Say No to Frailty (Last Session) (For Registered Seniors Only) 9:30am - 11:30am	
				Let's Line Dance 12:30pm - 1:55pm	
				🔥 Tea Dance @ 41 🔥 (Registration Required) 2:00pm - 5:00pm	
4	5	6	7	8	9
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	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
🔥 M.Y World Pre-school Inter-gen Together: Singapore 60 🔥 (Registration Required) 10:00am - 11:00am	Let's Qigong 9:30am - 10:30am	Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha (For Women Only) (Registration Required) 1:00pm - 2:00pm	🔥 Grooving Down Memory Lane 🔥 (Registration Required) 2:00pm-3:00pm	🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm) 2:30pm - 5:00pm	
Let's Do Beads Art 11:00am - 3:00pm	Let's Lim Kopi (For Men only) (Registration Required) 1:00pm - 2:00pm	🔥 MindSports Games 🔥 (By Invitation Only) 3:00pm - 4:00pm	🔥 Let's Makan Together 🔥 (Registration Required) 3:00pm - 4:00pm		
TTSH Lecture Part 1 (By Invitation Only) 1:00pm - 2:30pm	August Birthday Celebration (By Invitation Only) 2:00pm - 3:00pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm	Let's Play Strategic Games (Registration Required) 4:00pm - 5:30pm		
TTSH Lecture Part 2 (By Invitation Only) 3:00pm - 4:30pm	Let's Play Strategic Games 3:30pm - 5:00pm		Walking on Sunshine! 4:00pm - 6:00pm		

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MON	TUES	WED	THUR	FRI	SAT
11	12	13	14	15	16
Centre Closure	Mobile TCM Clinic 9:00am - 11:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	Chair Zumba (Registration Required) 9:30am - 10:30am	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
	Let's Qiqong 9:30am - 10:30am	Chair Pilates 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	🔥 Mapletree Arts in the City Event 🔥 (Registration Required) 9:55am - 1:45pm	🔥 Grooving Down Memory Lane 🔥 (Registration Required) 2:00pm-3:00pm	🔥 Project Praise Scam Physical Talk by SPF 🔥 (Registration Required) 2:00pm - 3:30pm	
	Let's Lim Kopi (For Men only) (Registration Required) 11:00am -12:00pm	Say No to Frailty Post Screening (To Be Confirmed) (For Registered Seniors Only)	🔥 Let's Watch Movie Together 🔥 : Phua Chu Kang Movie (Registration Required) 3:00pm-4:30pm	🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm) 3:30pm - 5:00pm	
		2:30pm - 4:30pm			
	TTSH Lecture Part 1 (By Invitation Only) 12:00pm - 1:30pm				
	🔥 NEA Physical Talk 🔥 (Registration Required) 2:00pm - 3:00pm				
	TTSH Lecture Part 2 (By Invitation Only) 3:00pm - 4:30pm				

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MON	TUES	WED	THUR	FRI	SAT
18	19	20	21	22	23
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	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Qiqong 9:30am - 10:30am	Chair Pilates 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Digital Skills for Life with IMDA Know & Deal with False Info & Inappropriate Content (Chinese) (Registration Required) 11:00am - 12:30pm	🔥 Lets' Makan Together 🔥 (For Bingo Seniors) (Registration Required) 12:00pm - 1:00pm	🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
TTSH Lecture Part 1 (By Invitation Only) 1:00pm - 2:30pm	Let's Lim Kopi (For Men only) (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha (For Women Only) (Registration Required) 1:00pm - 2:00pm	🔥 Bingo 🔥 (Registration Required)" 1:00pm - 2:00pm		
TTSH Lecture Part 2 (By Invitation Only) 3:00pm - 4:30pm	Let's Do Cognitive Activities (Registration Required) 2:00pm - 3:00pm	Let's Do Cognitive Activities (Registration Required) 2:00pm - 3:00pm	🔥 Grooving Down Memory Lane 🔥 (Registration Required) 2:00pm - 3:00pm		
🔥 SUSS Event 🔥 (Registration Required) 3:00pm - 6:30pm	🔥 Lets' Do Paper Arts 🔥 (Registration Required) 3:00pm - 4:30pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm		
	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm				


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MON	TUES	WED	THUR	FRI	SAT
25	26	27	28	29	
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	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Qiqong 9:30am - 10:30am	Chair Pilates 10:00am - 10:45am	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Do Beads Art 11:00am - 3:00pm	Smoking Cessation Talk (Registration Required) 10:15am - 11:15am	Let's Yum Cha (For Women Only) (Registration Required) 11:00am - 12:00pm	 Grooving Down Memory Lane  (Registration Required) 2:00pm-3:00pm	 Let's Karaoke  (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
Understanding anxiety physical session(Mandarin) 2:00pm - 3:00pm	Let's Lim Kopi (For Men only) (Registration Required) 1:00pm -2:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm		
TTSH Lecture Part 1 (By Invitation Only) 1:00pm - 2:30pm	 Lets' Do Paper Arts  (Registration Required) 3:00pm - 4:30pm	 Kampong Spirit 60  (Registration Required) 1:00pm - 3:00pm	Walking on Sunshine! 4:00pm - 6:00pm		
TTSH Lecture Part 2 (By Invitation Only) 3:00pm - 4:30pm	Walking on Sunshine! 4:00pm - 6:00pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm			
 SUSS Event  (Registration Required) 3:00pm - 6:30pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm				

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2025 年 8 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
				一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
				向虚弱说不(最后) (仅限虚弱长者参加) (需报名参加) 9:30am - 11:30am	
				一起跳排舞 12:30pm - 1:55pm	
				🔥一起跳茶舞🔥 (需报名参加) 2:00pm - 5:00pm	
4	5	6	7	8	9
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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
🔥 M.Y World 幼稚园 新加坡60 🔥(需要报名) 10:00am - 11:00am	一起练气功 9:30am - 10:30am	一起做坐式尊巴 10:00am - 10:45am	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
一起来下象棋 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥一起来饮茶(只限女性)🔥 (需要报名) 1:00pm - 2:00pm	🔥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	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	🔥身心灵活🔥 (只需邀请) 3:00pm - 4:00pm	🔥一起公共用餐🔥 (需要报名) 3:00pm - 4:00pm		
陈笃生医院 讲座 第1 (只需邀请) 1:00pm - 2:30pm	8月生日 (只需邀请) 2:00pm - 3:00pm	一起玩游戏 3:00pm - 5:30pm	一起玩游戏 4:00pm - 5:30pm		
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm	一起玩游戏 3:30pm - 5:00pm		一起走走吧 4:00pm - 6:00pm		

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星期一	星期二	星期三	星期四	星期五	星期六
11	12	13	14	15	16
中心关	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) (健康365报名) 9:30am - 10:30am	
	一起练气功 9:30am - 10:30am	一起做坐式尊巴 10:00am - 10:45am	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥 Mapletree 艺术在城市活动 🔥 (需要报名) 9:55am - 1:45pm	🔥 线上：深入记忆之路 🔥 (需要报名) 2:00pm-3:00pm	🔥 SPF 项目表扬骗局肢体语 🔥 (需要报名) 2:00pm - 3:30pm	
	一起喝咖啡 (只限男性) (需要报名) 11:00am -12:00pm	向虚弱说不检查 (还要确认) (需报名参加) 2:30pm - 4:30pm	🔥 一起看电影 🔥 : Phua Chu Kang (需要报名) 3:00pm-4:30pm	🔥 一起来K歌 🔥 (歌曲请求将在下午下午2:30结束) 3:30pm - 5:00pm	
	陈笃生医院 讲座 第1 (只需邀请) 12:00pm - 1:30pm				
	🔥 NEA 讲座 🔥 (需要报名) 2:00pm - 3:00pm				
	陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm				

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星期一	星期二	星期三	星期四	星期五	星期六
18	19	20	21	22	23
中医问诊 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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	🔥珍妮活动🔥 (需要报名) 9:30am - 12:30pm	一起学科技 (需要报名) 11:00am - 12:00pm	一起跳排舞 12:30pm - 1:55pm	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	IMDA 了解并应对 虚假信息 and 不当内容 (中文) (需要报名) 11:00am - 12:30pm	🔥一起公共用餐🔥 (仅限参加宾果游戏活动的 乐龄) 12:00pm - 1:00pm	🔥一起来K歌🔥 (歌曲请求将在下午下午2:30 结束) 2:00pm - 5:00pm	
陈笃生医院 讲座 第1 (只需邀请) 1:00pm - 2:30pm	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm 一起考脑力 (需要报名) 2:00pm - 3:00pm	🔥一起来饮茶 (只限女性) 🔥 (需要报名) 1:00pm - 2:00pm	🔥宾果游戏活动🔥 (需要报名) 1:00pm - 2:00pm		
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm		一起考脑力 (需要报名) 2:00pm - 3:00pm	🔥线上: 深入记忆之路🔥 (需要报名) 2:00pm-3:00pm		
🔥SUSS 活动🔥 (需要报名) 3:00pm - 6:30pm	🔥一起做纸艺🔥 (需要报名) 3:00pm - 4:30pm	一起玩游戏 3:00pm - 5:30pm	一起玩游戏 3:00pm - 5:30pm		
	一起玩游戏 3:00pm - 5:30pm				

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25	26	27	28	29	
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	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am	一起做坐式尊巴 10:00am - 10:45am	一起学科技 (需要报名) 11:00am - 12:00pm	一起跳排舞 12:30pm - 1:55pm	
一起做串珠艺术 11:00am - 3:00pm	戒烟讲座 (需报名) 10:15am - 11:15am	🔥 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	
理解焦虑(华语)讲座 (需要报名) 2:00pm - 3:00pm	一起喝咖啡 (只限男性) (需要报名) 1:00pm -2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起玩游戏 3:00pm - 5:30pm		
陈笃生医院 讲座 第1 (只需邀请) 1:00pm - 2:30pm	🔥 一起做纸艺 🔥 (需要报名) 3:00pm - 4:30pm	🔥 甘榜精神60 🔥 (Registration Required) 1:00pm - 3:00pm	一起走走吧 4:00pm - 6:00pm		
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm	一起走走吧 4:00pm - 6:00pm	一起玩游戏 3:00pm - 5:30pm			
🔥SUSS 活动 🔥 (需要报名) 3:00pm - 6:30pm	一起玩游戏 3:00pm - 5:30pm				

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