




# 2025 February

 **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
3	4	5	6	7	8
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Chair Zumba (Registration Required)</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates (Registration Required)</b> 10:00am - 10:45am	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Breakfast Together at Seah Im Hawker (Registration Required)</b> 9:30am - 11:30am	<b>Movie Screening: I Not Stupid 3 (Mandarin) (Registration Required)</b> 3:00pm - 4:00pm	<b>HAPPY Programme (By Invitation Only)</b> 10:00am - 11:30am	
<b>Let's Do Beads Art</b> 11:00am - 3:00pm	<b>Let's Learn to Tech (Registration Required)</b> 12:30pm - 1:30pm	<b>Let's Learn to Tech (Registration Required)</b> 2:00pm - 3:00pm	<b>Stay Well Series: Health Talk Healthy Diet (Mandarin) (Registration Required)</b> 3:00pm - 4:00pm	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Let's Watch Together: Food Documentary on China (Registration Required)</b> 3:00pm - 4:00pm	<b>Let's Do Brain Games Together (Basic) (Registration Required)</b> 3:00pm - 4:00pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 4:00pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Yum Cha (For Women Only) (Registration Required)</b> 12:30pm - 1:30pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 5:00pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 5:00pm			
<b>Stay Well Series: Healthy Mind, Healthy Lives (Registration Required)</b> 2:00pm - 3:00pm					

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MON	TUES	WED	THUR	FRI	SAT
10	11	12	13	14	15
<b>SingHealth Community Nurse Post</b>  9:30am - 4:00pm	<b>Let's Qigong</b>  9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b>  9:30am - 10:30am	<b>Let's Chair Zumba (Registration Required)</b>  9:30am - 10:30am	<b>Let's Zumba Gold</b>  9:30am - 10:30am	
<b>Let's Do Chair Pilates (Registration Required)</b>  10:00am - 10:45am	<b>Mobile TCM Clinic</b>  9:00am - 11:30am	<b>Communal Dining by SATS (Registration Required)</b>  12:00pm - 1:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b>  1:00pm - 2:00pm	<b>HAPPY Programme (By Invitation Only)</b>  10:00am - 11:30am	
<b>Let's Do Beads Art</b>  11:00am - 3:00pm	<b>Let's Learn To Tech (Registration Required)</b>  12:30pm - 1:30pm	<b>Let's Learn to Tech (Registration Required)</b>  1:00pm - 2:00pm	<b>Movie Screening: Money No Enough (Mandarin)</b>  3:00pm - 4:00pm	<b>Let's Line Dance</b>  12:30pm - 2:00pm	
<b>Let's Play Chinese Chess</b>  11:00am - 12:00pm	<b>Let's Makan Together (Registration Required)</b>  2:00pm - 3:00pm	<b>Balik Kampung by HPB Stay Connected (Registration Required)</b>  2:00pm - 3:30pm	<b>Games (Rummy-O and Mahjong)</b>  4:00pm - 5:00pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b>  2:30pm - 4:30pm	
<b>Let's Yum Cha (For Women Only) (Registration Required)</b>  3:00pm - 4:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b>  3:00pm - 4:00pm	<b>Let's Do Brain Games Together (Basic) (Registration Required)</b>  3:00pm - 4:00pm			
	<b>Games (Rummy-O and Mahjong)</b>  3:00pm - 5:00pm	<b>Games (Rummy-O and Mahjong)</b>  3:00pm - 5:00pm			




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MON	TUES	WED	THUR	FRI	SAT
17	18	19	20	21	22
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Chair Zumba (Registration Required)</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates (Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	 <b>Generative AI Digital Session by IMDA (Mandarin) (Registration Required)</b> 10:00am - 11:30am	 <b>Virtual Museum Tour (Registration Required)</b> 10:30am - 11:30am	<b>HAPPY Programme (By Invitation Only)</b> 10:00am - 11:30am	
<b>Let's Do Beads Art</b> 11:00pm - 3:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Celebrate February Birthday (Registration Required)</b> 2:00pm - 3:30pm	<b>Let's Lim Kopi (For Men only) (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 3:00pm - 4:00pm	<b>Let's Yum Cha (For Women Only) (Registration Required)</b> 4:30pm - 5:30pm	<b>Movie Screening: Money No Enough (Mandarin)</b> 3:00pm - 4:00pm	<b>Let's Karaoke (Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Makan Together (Registration Required)</b> 2:00pm - 3:00pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 5:00pm		<b>Games (Rummy-O and Mahjong)</b> 4:00pm - 5:00pm		
 <b>Let's Do Paper Arts (Registration Required)</b> 3:00pm - 4:30pm					

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MON	TUES	WED	THUR	FRI	SAT
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm	<b>Let's Qigong</b> 9:30am - 10:30am	<b>Lymphatic Detox by 365 Cancer Prevention Society</b> 9:30am - 10:30am	<b>Let's Chair Zumba</b> <b>(Registration Required)</b> 9:30am - 10:30am	<b>Let's Zumba Gold</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates</b> <b>(Registration Required)</b> 10:00am - 10:45am	<b>Mobile TCM Clinic</b> 9:00am - 11:30am	🔥🔥🔥🔥🔥 <b>HayDay with Horses</b> <b>(Registration Required)</b> 9:30am - 11:00am	<b>Current Affairs You and Me</b> <b>(Registration Required)</b> 2:00pm - 3:00pm	🔥🔥🔥🔥🔥 <b>Functional Screening</b> <b>(Registration Required)</b> 9:00am - 12:30am	
<b>Let's Do Beads Art</b> 11:00am - 3:00pm	<b>Stay Well Virtual Series: Pain Management (English and Mandarin)</b> <b>(Registration Required)</b> 10:15am - 11:15am	<b>Let's Learn to Tech</b> <b>(Registration Required)</b> 1:00pm - 2:00pm	🔥🔥🔥🔥🔥 <b>Let's Makan Together</b> <b>(Registration Required)</b> 2:00pm - 3:00pm	<b>Let's Line Dance</b> 12:30pm - 2:00pm	
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Let's Do Brain Games Together (Basic)</b> <b>(Registration Required)</b> 3:00pm - 4:00pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 5:00pm	<b>Let's Karaoke</b> <b>(Song Requests Will End @ 3:30pm)</b> 2:30pm - 4:30pm	
<b>Let's Lim Kopi (For Men only)</b> <b>(Registration Required)</b> 3:00pm - 4:00pm	<b>Let's Yum Cha (For Women Only)</b> <b>(Registration Required)</b> 2:00pm - 3:00pm	<b>Games (Rummy-O and Mahjong)</b> 3:00pm - 5:00pm			

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# 2025 年 2 月

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星期一 3	星期二 4	星期三 5	星期四 6	星期五 7	星期六 8
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 (需要报名) 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	一起练气功 9:30am - 10:30am	一起在Seah Im小贩中心 享用早餐 (需要报名) 9:30am - 11:30am	一起观看电影: 小孩 不笨3 (需要报名) 3:00pm - 4:00pm	HAPPY 活动 (仅限注册参与者参加) 10:00am - 11:30am	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起学科技 (需要报名) 2:00pm - 3:00pm	健康讲座: 健康饮食 (需要报名) 3:00pm - 4:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起观看: 中国美食 纪录片 (需要报名) 3:00pm - 4:00pm	一起考脑力: 简单 (需要报名) 3:00pm - 4:00pm	一起玩游戏(拉密牌 和麻将) 3:00pm - 4:00pm	一起来K歌 (歌曲请求将在下午3点 半结束) 2:30pm - 4:30pm	
一起来饮茶(只限女性) (需要报名) 12:30pm - 1:30pm	一起玩游戏(拉密牌 和麻将) 3:00pm - 5:00pm	一起玩游戏(拉密牌和麻 将) 3:00pm - 5:00pm			
健康系列: 健康心灵, 健康生 活 (需要报名) 2:00pm - 3:00pm					

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星期一 10	星期二 11	星期三 12	星期四 13	星期五 14	星期六 15
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 (需要报名) 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	一起练气功 9:30am - 10:30am	SATS组织的共享餐饮 (需要报名) 12:00pm - 1:00pm	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	
一起做串珠艺术 11:00am - 3:00pm	一起学科技 (需要报名) 12:30pm - 1:30pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起观看电影: 钱不够用 (需要报名) 3:00pm - 4:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起公共用餐 (需要报名) 2:00pm - 3:00pm	Balik Kampung HPB 主办 (需要报名) 2:00pm - 3:30pm	一起玩游戏(拉密牌和麻将) 4:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起来饮茶(只限女性) (需要报名) 3:00pm - 4:00pm	一起喝咖啡(只限男性) (需要报名) 3:00pm - 4:00pm	一起考脑力: 简单 (需要报名) 3:00pm - 4:00pm			
	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm			

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MON	TUES	WED	THUR	FRI	SAT
17	18	19	20	21	22
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 (需要报名) 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	🔥🔥🔥🔥🔥 生成式人工智能数字课程 (IMDA 主办) (中文) (需要报名) 10:00am - 11:30am	🔥🔥🔥🔥🔥 虚拟博物馆之旅 (需要报名) 10:30am - 11:30am	HAPPY 活动 (仅限注册参与者参加) 10:00am - 11:30am	
一起做串珠艺术 11:00pm - 3:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起庆祝生日 (需要报名) 2:00pm - 3:30pm	一起喝咖啡(只限男性) (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起喝咖啡(只限男性) (需要报名) 3:00pm - 4:00pm	一起来饮茶(只限女性) (需要报名) 4:30pm - 5:30pm	一起观看电影: 钱不够用2 3:00pm - 4:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起公共用餐 (需要报名) 2:00pm - 3:00pm	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm		一起玩游戏(拉密牌和麻将) 4:00pm - 5:00pm		
🔥🔥🔥🔥🔥 一起做纸艺 (需要报名) 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
24	25	26	27	28	
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 (需要报名) 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	🔥🔥🔥🔥🔥 你好, 马儿! (需要报名) 9:30am - 11:00am	事实你和我 (需要报名) 2:00pm - 3:00pm	🔥🔥🔥🔥🔥 健康检查 (需要报名) 9:00am - 12:30am	
一起做串珠艺术 11:00am - 3:00pm	健康系列: 疼痛管理(英语/中文) (需要报名) 10:15am - 11:15am	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥🔥🔥🔥🔥 一起公共用餐 (需要报名) 2:00pm - 3:00pm	一起跳排舞 12:30pm - 2:00pm	
一起来下象棋 11:00am - 12:00pm	一起来下象棋 11:00am - 12:00pm	一起考脑力: 简单 (需要报名) 3:00pm - 4:00pm	一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm	一起来K歌 (歌曲请求将在下午3点半结束) 2:30pm - 4:30pm	
一起喝咖啡(只限男性) (需要报名) 3:00pm - 4:00pm	一起来饮茶(只限女性) (需要报名) 2:00pm - 3:00pm	一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm			
🔥🔥🔥🔥🔥 一起做纸艺 (需要报名) 3:00pm - 4:30pm	一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm				

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