




# 2025 June

 **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
2	3	4	5	6	7
<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 (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Let's Qigong</b> 9:30am - 10:30am	<b>🔥 Jenny and Friends 🔥 (Registration Required)</b> 9:30am - 12:30pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 11:00am - 12:00pm	<b>Say No to Frailty (Session 5) (For Registered Seniors Only)</b>	
				9:30am - 11:30am	
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Let's Learn to Tech (Registered Required)</b> 1:00pm - 2:00pm	<b>NJC Intergenerational Activity (Session 1) (Registration Required)</b> 2:00pm - 4:00pm	<b>Let's Learn to Tech (Registered Required)</b> 1:00pm - 2:00pm	<b>Let's Line Dance</b> 12:30pm - 1:55pm	
<b>Let's Do Beads Art</b> 11:00am - 3:00pm	<b>🔥 Seniors' Free Haircut 🔥 (Registration Required)</b> 2:00pm - 4:00pm	<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm	<b>NJC Intergenerational Activity (Session 2) (Registration Required)</b> 2:00pm - 4:00pm	<b>🔥 Tea Dance @ 41 🔥 (Registration Required)</b> 2:00pm - 5:00pm	
<b>Health Talk (Virtual) Become Smarter in Making Healthy Habits</b> 2:00pm - 3:00pm	<b>Let's Do Upcycling Arts (Registration Required)</b> 2:30pm - 4:30pm		<b>Let's Play Strategic Games</b> 4:00pm - 5:30pm		
<b>🔥 Let's Do Paper Art: Basket 🔥 (Registration Required)</b> 3:00pm - 4:30pm					

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MON	TUES	WED	THUR	FRI	SAT
9	10	11	12	13	14
(Centre Closure)	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 Qigong 9:30am - 10:30am	Let's Yum Cha (For Women Only) (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Say No to Frailty (Session 6) (For Registered Seniors Only) 9:30am - 11:30am	
	🔥 M.Y World Pre-School 🔥 Intergenerational Activity (Registration Required) 10:00am - 11:00am	June Birthday Celebration (By Invitation Only) 2:00pm - 3:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 3:00pm - 4:00pm	Let's Line Dance 12:30pm - 1:55pm	
	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Do Cognitive Activities (Registration Required) 4:00pm - 5:00pm	Let's Play Strategic Games 4:00pm - 5:30pm	🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm) 2:30pm - 5:00pm	
	🔥 Movie Time 🔥 Long Long Time Ago (Registration Required) 2:00pm - 4:00pm	Let's Play Strategic Games 4:00pm - 5:30pm			
	Let's Play Strategic Games 4:00pm - 5:30pm				











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MON	TUES	WED	THUR	FRI	SAT
16	17	18	19	20	21
<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 (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>Let's Zumba Gold (Healthy 365 Registration)</b> 9:30am - 10:30am	
<b>Let's Do Chair Pilates</b>  10:00am - 10:45am	<b>Let's Qiqong</b>  9:30am - 10:30am	 <b>Digital Skills for Life with IMDA</b>  (Identify & Protect Devices From Malicious Software) (Mandarin) (Registration Required) 10:30am - 12:00pm	 <b>MyFirstSkool Pre-School</b>  Intergenerational Activity (Session 2) (Registration Required) 11:00am - 12:00pm	<b>Say No to Frailty (Session 7)</b> (For Registered Seniors Only) 9:30am - 11:30am	
<b>Let's Play Chinese Chess</b>  11:00am - 12:00pm	 <b>MyFirstSkool Pre-School</b>  Intergenerational Activity (Session 1) (Registration Required) 11:00am - 12:00pm	 <b>Movie Time</b>  Long Long Time Ago 2 (Registration Required) 2:00pm - 4:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Line Dance</b>  12:30pm - 1:55pm	
<b>Let's Do Beads Art</b> 11:00am - 3:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm -2:00pm	<b>Let's Play Strategic Games</b> 4:00pm - 5:30pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 2:00pm - 3:00pm	 <b>Let's Karaoke</b>  (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
<b>Let's Do Cognitive Activity (Registration Required)</b> 3:00pm - 4:00pm	<b>Let's Play Strategic Games</b> 4:00pm - 5:30pm		<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm		
<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm					

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MON	TUES	WED	THUR	FRI	SAT
23	24	25	26	27	28
<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 (Healthy 365 Registration)</b> 9:30am - 10:30am	<b>(Centre Closure)</b>	
<b>Let's Do Chair Pilates</b> 10:00am - 10:45am	<b>Let's Qiqong</b> 9:30am - 10:30am	<b>Let's Yum Cha (For Women Only) (Registration Required)</b> 11:00am - 12:00pm	<b>Let's Lim Kopi (For Men Only) (Registration Required)</b> 11:00pm - 12:00pm		
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm	<b>Health Talk: (Virtual) Caregiver Stress and Burnout (Registration Required)</b> 10:15am - 11:15am	<b>Let's Do Cognitive Activities (Registration Required)</b> 1:00pm - 2:00pm	<b>Let's Learn to Tech (Registration Required)</b> 1:00pm - 2:00pm		
<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>🔥 Bingo Activity 🔥 (Registration Required)</b> 1:00pm - 2:00pm		
<b>🔥 Dave Lee &amp; Friends 🔥 (Registration Required)</b> 1:30pm - 3:30pm	<b>Let's Do Upcycling Art (Registration Required)</b> 2:30pm - 4:30pm	<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm	<b>🔥 Let's Makan Together 🔥 (For Bingo Activity Seniors Only)</b> 2:00pm - 3:00pm		
<b>Let's Play Strategic Games</b> 4:00pm - 5:30pm			<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
30					
<b>SingHealth Community Nurse Post</b> 9:30am - 4:00pm					
<b>Let's Do Chair Pilates</b> 10:00am - 10:45am					
<b>Let's Play Chinese Chess</b> 11:00am - 12:00pm					
<b>Let's Do Beads Art</b> 11:00am - 3:00pm					
 <b>Health Talk (In-Person):</b>  <b>Understanding Stress, Burnout and Self-care (Chinese)</b> 2:00pm - 3:00pm					
<b>Let's Play Strategic Games</b> 3:00pm - 5:30pm					

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2025 年 6月

Centre Name: Active Ageing Centre (Telok Blangah)  
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星期一	星期二	星期三	星期四	星期五	星期六
2	3	4	5	6	7
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	
一起做椅子普拉提 10:00am - 10:45am	一起练气功 9:30am - 10:30am	🔥珍妮活动🔥 (需要报名) 9:30am - 12:30pm	一起喝咖啡 (只限男性) (需要报名) 11:00am - 12:00pm	向虚弱说不 (第五场) (仅限虚弱长者参加) (需要报名) 9:30am - 11:30am	
一起来下象棋 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	国家初级学院活动 (第一节) (需要报名) 2:00pm - 4:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
一起做串珠 艺术 11:00am - 3:00pm	🔥乐龄免费理发🔥 (需要报名) 2:00pm - 4:00pm	一起玩游戏 3:00pm - 5:30pm	国家初级学院活动 (第二节) (需要报名) 2:00pm - 4:00pm	🔥一起跳午茶舞🔥 (需要报名) 2:00pm - 5:00pm	
健康讲座 (线上): 更明智地养成健康 习惯 2:00pm - 3:00pm	一起做环保艺术 (需要报名) 2:30pm - 4:30pm		一起玩游戏 4:00pm - 5:30pm		
🔥一起做纸艺🔥 (需要报名) 3:00pm - 4:30pm					

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2025 年 六月

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星期一	星期二	星期三	星期四	星期五	星期六
9	10	11	12	13	14
中心关闭	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	一起来饮茶 (只限女性) (需要报名) 11:00am - 12:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	向虚弱说不 (第六场) (仅限虚弱长者参加) (需报名参加) 9:30am - 11:30am	
	🔥 M.Y World 幼稚园 🔥 回收艺术 (植物) (需要报名) 10:00am - 11:00am	六月生日庆祝会 (仅限受邀者) 2:00pm - 3:00pm	一起喝咖啡 (只限男性) (需要报名) 3:00pm - 4:00pm	一起跳排舞 12:30pm - 1:55pm	
	一起学科技 (需要报名) 1:00pm - 2:00pm	一起考脑力 (需要报名) 4:00pm - 5:00pm	一起玩游戏 4:00pm - 5:30pm	🔥 一起来K歌 🔥 (歌曲请求将在下午下午 2:30结束) 2:00pm - 5:00pm	
	🔥 一起看电影 🔥 我们的故事1 (需要报名) 2:00pm - 4:00pm	一起玩游戏 4:00pm - 5:30pm			
	一起玩游戏 4:00pm - 5:30pm				

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星期一	星期二	星期三	星期四	星期五	星期六
16	17	18	19	20	21
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	
一起做椅子普拉提 10:00am - 10:45am	一起练气功 9:30am - 10:30am	生活数码技能课程 - IMDA (保护数据隐私)(华语) (需要报名) 10:30am - 12:00pm	🔥 MyFirstSkool 幼稚园 🔥 代际活动(第二节) (需要报名) 11:00am - 12:00pm	向虚弱说不(第七场) (需报名参加) 9:30am - 11:30am	
一起来下象棋 11:00am - 12:00pm	🔥 MyFirstSkool 幼稚园 🔥 代际活动(第一节) (需要报名) 11:00am - 12:00pm	🔥 一起看电影 🔥 我们的故事2 (需要报名) 2:00pm - 4:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起跳排舞 12:30pm - 1:55pm	
一起做串珠 艺术 11:00am - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	一起玩游戏 3:00pm - 5:30pm	一起喝咖啡(只限男性) (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	
一起考脑力 (需要报名) 3:00pm - 4:00pm	一起玩游戏 4:00pm - 5:30pm		一起玩游戏 3:00pm - 5:30pm		
一起玩游戏 4:00pm - 5:30pm					

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星期一	星期二	星期三	星期四	星期五	星期六
23	24	25	26	27	28
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	中心关闭	
一起做椅子普拉提 10:00am - 10:45am	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	一起喝咖啡 (只限男性) (需要报名) 11:00pm - 12:00pm		
一起来下象棋 11:00am - 12:00pm	健康讲座 (线上): 护理人员的压力和倦怠 (需要报名) 10:15am - 11:15am	一起考脑力 (需要报名) 1:00pm - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm		
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	🔥宾果游戏活动🔥 (需要报名) 1:00pm - 2:00pm		
🔥 Dave Lee 一起听老歌 🔥 (需要报名) 1:30pm - 3:30pm	一起做环保艺术 (需要报名) 2:30pm - 4:30pm	一起玩游戏 3:00pm - 5:30pm	🔥一起公共用餐🔥 (仅限参加宾果游戏活动的乐龄) 2:00pm - 3:00pm		
一起玩游戏 4:00pm - 5:30pm			一起玩游戏 3:00pm - 5:30pm		

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星期一	星期二	星期三	星期四	星期五	星期六
30					
社区护理站 9:30am - 4:00pm					
一起做椅子普拉提 (需要报名) 10:00am - 10:45am					
一起来下象棋 11:00am - 12:00pm					
一起做串珠艺术 11:00am - 3:00pm					
🔥 中心健康讲座 🔥 了解压力、倦怠与自我关怀 (华语) (需要报名) 2:00pm - 3:00pm					
一起玩游戏 3:00pm - 5:30pm					

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