




2025 March

 **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
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 (Registration Required) 9:30am - 10:30am	Let's Zumba Gold 9:30am - 10:30am	DBS Community Marketplace for Seniors (Registration details and information open on 4 March) 10:00am - 2:00pm
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Let's Qigong 9:30am - 10:30am	Jenny & Friends (Registration Required) 9:00am - 12:00pm	Grooving Down Memory Lane (Registration Required) 2:00pm - 3:00pm	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Let's Learn to Tech (Registration Required) 2:00pm - 3:00pm	Let's Yum Cha (For Women Only) (Registration Required) 3:30pm - 4:30pm	Centre Close In The Afternoon	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 2:00pm - 3:00pm	Upcycling Art (Registration Required) 3:00pm - 4:30pm	Games (Rummy-O and Mahjong) 4:00pm - 5:00pm		
Stay Well Virtual Series: Health Talk Understanding Menopause (Registration Required) 2:00pm - 3:30pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm				

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10	11	12	13	14	15
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 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	Intergeneration Event with N2 toddlers - Part 2 (Registration Required) 10:00am - 11:00am	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00am - 3:00pm	Intergenerational Event with N2 toddlers - Part 1 (Registration Required) 11:00am - 12:00pm	Let's Celebrate March Birthday (By Invitation) 1:30pm - 2:30pm	Grooving Down Memory Lane (Registration Required) 2:00pm - 3:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn To Tech (Registration Required) 12:30pm - 1:30pm	Upcycling Art (Registration Required) 3:00pm - 4:30pm	Let's Lim Kopi (For Men Only) (Registration Required) 3:00pm - 4:00pm	Let's Karaoke (Song Requests Will End @ 3:00pm) 2:30pm - 4:30pm	
Let's Lim Kopi (For Men Only) (Registration Required) 2:00pm - 3:00pm	Let's Makan Together (Registration Required) 2:00pm - 3:00pm		Games (Rummy-O and Mahjong) 3:00pm - 5:00pm		
Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm				

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MON	TUES	WED	THUR	FRI	SAT
17	18	19	20	21	22
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 9:30am - 10:30am	
Let's Do Chair Pilates (Registration Required) 10:00am - 10:45am	Mobile TCM Clinic 9:00am - 11:30am	 Generative AI Digital Session by IMDA (Mandarin) Part 2 (Registration Required) 10:00am - 11:30am	 Grooving Down Memory Lane (Registration Required) 2:00pm - 3:00pm	HAPPY Programme (By Invitation Only) 10:00am - 11:30am	
Let's Do Beads Art 11:00pm - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha (For Women Only) (Registration Required) 1:00pm - 2:00pm	Let's Do Brain Games Together (Basic) (Registration Required) 3:30pm - 4:30pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 3:00pm - 4:00pm	Upcycling Art (Registration Required) 3:00pm - 4:30pm	Games (Rummy-O and Mahjong) 4:00pm - 5:00pm	Let's Karaoke (Song Requests Will End @ 3:30pm) 2:30pm - 4:30pm	
Movie Screening: I Not Stupid (Mandarin) Part 2 (Registration Required) 2:00pm - 4:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm				

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MON	TUES	WED	THUR	FRI	SAT
24	25	26	27	28	29
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 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) 1:00pm - 2:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 1:00pm - 2:00pm	Functional Screening (Registration Required) 9:00am - 12:30pm	
Let's Do Beads Art 11:00am - 3:00pm	Stay Well Virtual Series: Navigating Transitions in Later Adulthood (English and Mandarin) (Registration Required) 10:15am - 11:15am	Let's Yum Cha Together (For Women Only) (Registration Required) 2:00pm - 3:00pm	Let's Makan Together (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 2:00pm	
Let's Play Chinese Chess 11:00am - 12:00pm	 Movie Screening: I Not Stupid 3 - 2024 film LAST PART (Mandarin) (Registration Required) 1:00pm - 2:00pm	Upcycling Art (Registration Required) 3:00pm - 4:30pm	 Grooving Down Memory Lane (Registration Required) 2:00pm - 3:00pm	Let's Karaoke (Song Requests Will End @ 3:00pm) 2:30pm - 4:30pm	
Let's Do Brain Games Together (Basic) (Registration Required) 1:00pm - 2:00pm	 Haircut Services (Registration Required) 2:00pm - 4:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm	Let's Makan Together (Registration Required) 2:00pm - 3:00pm		
 Let's Do Paper Art (Registration Required) 3:00pm - 4:00pm	Games (Rummy-O and Mahjong) 3:00pm - 5:00pm		Games (Rummy-O and Mahjong) 3:00pm - 5:00pm		

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2025 年 3 月

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MON	TUES	WED	THUR	FRI	SAT
3	4	5	6	7	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	星展银行老年人社区市场 (需要报名) 10:00am - 2:00pm
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	珍妮活动 (需要报名) 9:00am - 12:00pm	🔥🔥🔥🔥🔥 线上: 深入记忆之路 (需要报名) 2:00pm - 3:00pm	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	一起来饮茶(只限女性) (需要报名) 3:30pm - 4:30pm	中心下午关	
一起来下象棋 11:00am - 12:00pm	一起喝咖啡(只限男性) (需要报名) 2:00pm - 3:00pm	升级再造艺术 (需要报名) 3:00pm - 4:30pm	一起玩游戏(拉密牌和麻将) 3:00pm - 4:00pm		
健康线上讲座:了解绝经(女) (需要报名) 2:00pm - 3:30pm	一起玩游戏(拉密牌和麻将) 3:00pm - 5:00pm				

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MON 10	TUES 11	WED 12	THUR 13	FRI 14	SAT 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	一起学科技 (需要报名) 10:00am - 11:00am	代际交流 - 幼儿园 (需要报名) 10:00am - 11:00am	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	代际交流 - 幼儿园 (需要报名) 11:00am - 12:00pm	一起庆生 (需要邀请) 1:30pm - 2:30pm	🔥🔥🔥🔥🔥 线上: 深入记忆之路 (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	一起学科技 (需要报名) 12:30pm - 1:30pm	升级再造艺术 (需要报名) 3:00pm - 4:30pm	一起喝咖啡 (只限男性) (需要报名) 3:00pm - 4:00pm	一起来K歌 (歌曲请求将在下午3点结束) 2:30pm - 4:30pm	
一起喝咖啡 (只限男性) (需要报名) 2:00pm - 3:00pm	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) 3:00pm - 5:00pm	一起玩游戏 (拉密牌和麻将) 3:00pm - 5:00pm				

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MON 17	TUES 18	WED 19	THUR 20	FRI 21	SAT 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	🔥🔥🔥🔥🔥 线上: 深入记忆之路 (需要报名) 2:00pm - 3:00pm	HAPPY 活动 (仅限注册参与者参加) 10:00am - 11:30am	
一起做串珠艺术 11:00pm - 3:00pm	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	一起考脑力: 简单 (需要报名) 3:30pm - 4:30pm	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	升级再造艺术 (需要报名) 3:00pm - 4:30pm	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 结束) 2:30pm - 4:30pm	
一起观看电影: 钱不够用 2 2:00pm - 4:00pm	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
24	25	26	27	28	29
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	一起学科技 (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	健康检查 (需要报名) 9:00am - 12:30pm	
一起做串珠艺术 11:00am - 3:00pm	健康系列:成年后期的转变(英语/中文) (需要报名) 10:15am - 11:15am	一起来饮茶(只限女性) (需要报名) 2:00pm - 3:00pm	🔥🔥🔥🔥🔥 线上:深入记忆之路 (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	一起观看电影:钱不够用3 (需要报名) 1:00pm - 2:00pm	升级再造艺术 (需要报名) 3:00pm - 4:30pm	一起公共用餐 (需要报名) 3:30pm - 4:30pm	一起来K歌 (歌曲请求将在下午3点结束) 2:30pm - 4:30pm	
一起考脑力:简单 (需要报名) 1:00pm - 2:00pm	服务-理发 (需要报名) 2:00pm - 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		
🔥🔥🔥🔥🔥 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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