




2025 May

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



ntuc Health

MON	TUES	WED	THUR	FRI	SAT
			1	2	3
			Labour Day (Centre Closure)	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
				Let's Line Dance 12:30pm - 1:55pm	
				🔥 Let's Tea Dance @ 41 🔥 (Registration Required) 2:30pm - 5:00pm	
5	6	7	8	9	10
(Centre Closure)	Let's Qigong 9:30am - 10:30am	Lymphatic Detox by 365 Cancer Prevention Society 9:30am - 10:30am	🔥 Seniors Go Gai Gai 🔥 with DBS Bank (For Robust Seniors Only) (Registration Required) 9:30am - 11:30am	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
	Mobile TCM Clinic 9:00am - 11:30am	Let's Learn To Tech (Registration Required) 10:00am - 11:00am	Let's Lim Kopi! (For Men Only) (Registration Required) 1:00pm - 2:00pm	Say No to Frailty (Session 2) (For Registered Seniors Only) 9:30am - 11:30am	
	Let's Learn To Tech (Registration Required) 12:30pm - 1:30pm	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 Line Dance 12:30pm - 1:55pm	
	🔥 Green Series Workshops 🔥 by Edible Garden City (Session 1) (Registration Required) 2:00pm - 3:30pm	🔥 Let's Play Bingo! 🔥 (Registration Required) 1:00pm - 2:00pm	🔥 Inter-generational Event 🔥 with M.Y World Pre-school (Registration Required) 3:30pm - 5:00pm	🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm) 2:00pm - 5:00pm	
	Let's Do Cognitive Activities (Registration Required) 4:00pm - 5:00pm	🔥 Let's Makan Together! 🔥 (Only For Let's Play Bingo! Seniors) 2:00pm - 3:00pm			
	Let's Play Strategic Games 4:00pm - 5:30pm	Let's Play Strategic Games 3:00pm - 5:30pm			

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MON	TUES	WED	THUR	FRI	SAT
12	13	14	15	16	17
Vesak Day (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 Learn To Tech (Registration Required) 10:00am - 11:00am	Let's Lim Kopi (For Men Only) (Registration Required) 11:00am - 12:00pm	Say No to Frailty (Session 2) (For Registered Seniors Only) 9:30am - 11:30am	
	Asian Civilisation Museum Tour (Registration Required) 10:30am - 12:00pm	Let's Lim Kopi (For Men Only) (Registration Required) 11:00am - 12:00pm	Let's Do Coloring Together (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
	Let's Learn To Tech (Registration Required) 12:30pm - 1:30pm	Let's Celebrate May Birthday! (For Invited Seniors 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	
	🔥 Green Series Workshops 🔥 by Edible Garden City (Session 2) (For Registered Seniors Only) 2:00pm - 3:30pm	Let's Play Strategic Games 3:00pm - 5:30pm	Let's Play Strategic Games 3:00pm - 5:30pm		
	🔥 Let's Do Cognitive Activities 🔥 (Registration Required) 4:00pm - 5:00pm				
	Let's Play Strategic Games 4:00pm - 5:30pm				

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MON	TUES	WED	THUR	FRI	SAT
19	20	21	22	23	24
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 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) 11:00am - 12:00pm	Say No to Frailty (Session 3) (For Registered Seniors Only) 9:30am - 11:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 12:30pm - 1:30pm	Digital Skills for Life with IMDA (Protect Data Privacy) (Registration Required) 10:00am - 11:30am	Let's Do Coloring Together (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Do Beads Art 11:00am - 2:00pm	 Green Series Workshops  by Edible Garden City (Session 3) (For Registered Seniors Only) 2:00pm - 3:30pm	Let's Makan Together (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) 2:00pm - 5:00pm	
Health Talk (Virtual): Skin and Nails Care 2:00pm - 3:00pm	 Let's Do Cognitive Activities  (Registration Required) 4:00pm - 5:00pm	Let's Play Strategic Games 3:00pm - 5:00pm	Let's Play Strategic Games 3:00pm - 5:00pm		
Let's Do Paper Art: Basket (Registration Required) 3:00pm - 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
26	27	28	29	30	31
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 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	Say No to Frailty (Session 4) (For Registered Seniors Only) 9:30am - 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 Do Coloring Together (Registration Required) 1:00pm - 2:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Do Beads Art 11:00am - 3:00pm	🔥 Green Series Workshops 🔥 by Edible Garden City (Outing) (For Registered Seniors Only) 2:00pm - 3:30pm	🔥 Ngee Ann Poly Arts and Craft with Seniors 🔥 (Registration Required) 2:00pm - 4:00pm	🔥 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 Yum Cha 1:00pm - 2:00pm	🔥 Lets Watch Movie Together: Singapore Dreaming 🔥 (Registration Required) 2:00pm - 4:00pm	Let's Play Strategic Games 4:00pm - 5:30pm	Let's Play Strategic Games 3:00pm - 5:00pm		
Introduction to Mental Health and Mental Illness (English) 2:00pm - 3:00pm	Haircut Services 2:00pm - 4:00pm				
Let's Play Strategic Games 3:00pm - 5:30pm	Let's Play Strategic Games 4:00pm - 5:30pm				

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2025 年 五月

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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
			劳动节 (中心关闭)	一起跳尊巴(乐龄版) (健康365报名) 9:30am - 10:30am	
				一起跳排舞 12:30pm - 1:55pm	
				🔥一起跳茶舞🔥 (需要报名) 2:30pm - 5:00pm	
5	6	7	8	9	10
(中心关闭)	中医问诊 9:00am - 11:30am	淋巴排毒操 9:30am - 10:30am	🔥乐龄去走走🔥 与星展银行同行 (仅限健康活跃的乐龄人士) (需要报名) 9:30am - 11:30am	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	向虚弱说不 (第一场) (仅限虚弱长者参加) (需要报名) 9:30am - 11:30am	
	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) 11:00am - 12:00pm	线上：深入记忆之路 (需要报名) 2:00pm - 3:00pm	一起跳排舞 12:30pm - 1:55pm	
	🔥绿色系列工作坊🔥 与 Edible Garden City 主办 (第一场) (需要报名) 2:00pm - 3:30pm	🔥一起玩宾果游戏🔥 (需要报名) 1:00pm - 2:00pm	🔥跨代同乐活动🔥 与 M.Y World 学前教育中心 联合举办 (需要报名) 3:30pm - 5:00pm	🔥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) 4:00pm - 5:00pm	一起公共用餐 (仅限“一起玩宾果游戏”参与者) 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 12	星期二 13	星期三 14	星期四 15	星期五 16	星期六 17
卫塞节 (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	一起学科技 (需要报名) 10:00am - 11:00am	一起喝咖啡 (只限男性) (需要报名) 11:00am - 12:00pm	向衰弱说不 (第二场) (需报名参加) 9:30am - 11:30am	
	🔥亚洲文明博物馆导览🔥 (需要报名) 10:30am - 12:00pm	一起喝咖啡 (只限男性) (需要报名) 11:00am - 12:00pm	一起涂色 (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) 12:30pm - 1:30pm	五月生日庆祝会 (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	
	🔥绿色系列工作坊🔥 与 Edible Garden City 主办 (第二场) (需要报名) 2:00pm - 3:30pm	一起玩游戏 3:00pm - 5:30pm	一起玩游戏 3:00pm - 5:30pm		
	一起考脑 力 (需要报名) 4:00pm - 5:00pm				
	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
19	20	21	22	23	24
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 (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) 11:00am - 12:00pm	向虚弱说不 (第三场) (需报名参加) 9:30am - 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	生活数码技能课程 - IMDA (保护数据隐私) (需要报名) 10:00am - 11:30am	🔥一起涂色🔥 (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	🔥绿色系列工作坊🔥 与 Edible Garden City 主办 (第三场) (需要报名) 2:00pm - 3:30pm	一起公共用餐 (仅限受邀者) 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	
健康讲座 (线上): 皮肤与指甲护理 2:00pm - 4:00pm	一起考脑力 (需要报名) 4:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm		
🔥一起做纸艺🔥 (需要报名) 3:00pm - 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
26	27	28	29	30	31
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 (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	向衰弱说不(第四场) (需报名参加) 9:30am - 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	🔥一起涂色🔥 (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	🔥绿色系列工作坊🔥 与 Edible Garden City 主办 (出去) (需要报名) 2:00pm - 3:30pm	🔥🔥义安理工学院 一起进行艺术与手工 🔥🔥 (需要报名) 2:00pm - 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	
一起公共用餐 (需要报名) 1:30pm - 3:30pm	🔥一起看电影:新加坡梦🔥 (需要报名) 2:00pm - 4:00pm	一起玩游戏 4:00pm - 5:00pm	一起玩游戏 3:00pm - 5:00pm		
心理健康与精神疾病简介 (英语) (需要报名) 2:00pm - 3:00pm	让我们理发吧 (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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