




2025 September

 **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	3	4	5	6
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Let's Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>🔥 Silverjoy Event 2.0 🔥 (Registration Required)</div> <div>9:00am - 1:00pm</div>
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>Chair Pilates (Registration Required)</div> <div>10:00am - 10:45am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Yum Cha (For Women Only) (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 Grooving Down Memory Lane 🔥</div> <div>2:00pm-3:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
<div>TTSH Lecture Part 1 (By Invitation Only)</div> <div>1:00pm - 2:30pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 Project Praise Scam Talk by SPF 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>🔥 Let's Makan Together 🔥 (Registration Required)</div> <div>3:00pm - 4:00pm</div>		
<div>🔥 SGH Virtual Talk: All about Uric Acid Stones, Protecting my Kidneys 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>🔥 Steady Lah 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:00pm - 5:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>4:00pm - 5:30pm</div>		
<div>TTSH Lecture Part 2 (By Invitation Only)</div> <div>3:30pm - 5:00pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:30pm - 5:30pm</div>				

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8	9	10	11	12	13
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>🔥 Senior National Games 🔥 (Registration Required)</div> <div>7:45am - 1:30pm</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>🔥 Intergeneration Event 🔥 with MyFirstSkool Part 2 (Registration Required)</div> <div>10:00am - 11:00am</div>	Centre Closure	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qigong</div> <div>9:30am - 10:30am</div>	<div>Chair Pilates (Registration Required)</div> <div>10:00am - 10:45am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>		
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>🔥 Intergeneration Event 🔥 with MyFirstSkool Part 1 (Registration Required)</div> <div>10:00am - 11:00am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 Grooving Down Memory Lane 🔥</div> <div>2:00pm - 3:00pm</div>		
<div>🔥 Dave Lee & Friends 🔥 (Registration Required)</div> <div>1:00pm - 2:30pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>September Birthday Celebration (By Invitation Only)</div> <div>2:00pm - 3:00pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>4:00pm - 5:30pm</div>		
<div>TTSH Lecture Part 1 (By Invitation Only)</div> <div>3:00pm - 4:30pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 Paper Arts 🔥 (Registration Required)</div> <div>3:00pm - 4:30pm</div>			
	<div>🔥 Steady Lah 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:00pm - 5:30pm</div>			
	<div>TTSH Lecture Part 1 (By Invitation Only)</div> <div>3:30pm - 5:00pm</div>				

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MON	TUES	WED	THUR	FRI	SAT
15	16	17	18	19	20
<div>SingHealth Community Nurse Post</div> <div>9:30am - 4:00pm</div>	<div>Mobile TCM Clinic</div> <div>9:00am - 11:30am</div>	<div>Lymphatic Detox by 365 Cancer Prevention Society</div> <div>9:30am - 10:30am</div>	<div>Chair Zumba (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	<div>Let's Zumba Gold (Healthy 365 Registration)</div> <div>9:30am - 10:30am</div>	
<div>Let's Play Chinese Chess</div> <div>11:00am - 12:00pm</div>	<div>Let's Qiqong</div> <div>9:30am - 10:30am</div>	<div>Chair Pilates</div> <div>10:00am - 10:45am</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Let's Line Dance</div> <div>12:30pm - 1:55pm</div>	
<div>Let's Do Beads Art</div> <div>11:00am - 3:00pm</div>	<div>Let's Learn to Tech (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>Digital Skills for Life with IMDA (Identify & A.C.T. Against Common Scams)(Chinese) (Registration Required)</div> <div>11:00am - 12:30pm</div>	<div>🔥 Grooving Down Memory Lane 🔥</div> <div>2:00pm-3:00pm</div>	<div>🔥 Let's Karaoke 🔥 (Song Requests Will End @ 2:30pm)</div> <div>2:00pm - 5:00pm</div>	
<div>TTSH Lecture Part 1 (By Invitation Only)</div> <div>1:00pm - 2:30pm</div>	<div>Let's Lim Kopi (For Men only) (Registration Required)</div> <div>11:00am -12:00pm</div>	<div>🔥 Let's Makan Together 🔥 (Registration Required)</div> <div>1:00pm - 2:00pm</div>	<div>🔥 MapleTree Fan Coloring 🔥 (Registration Required)</div> <div>3:00pm - 4:30pm</div>		
<div>TTSH Lecture Part 2 (By Invitation Only)</div> <div>3:00pm - 4:30pm</div>	<div>🔥 Steady Lah 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>🔥 BINGO 🔥 (Registration Required)</div> <div>2:00pm - 3:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:30pm - 5:00pm</div>		
<div>Let's Do Cognitve Activity (Registration Required)</div> <div>4:30pm - 5:30pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:30pm - 5:00pm</div>	<div>Let's Play Strategic Games (Registration Required)</div> <div>3:30pm - 5:00pm</div>			

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22	23	24	25	26	27
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	Say No To Frailty Programme (Booster Session) (By Invitation Only) 9:30am - 11:30am	
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Qiqong 9:30am - 10:30am	Chair Pilates 10:00am - 10:45am	F4 Makan Programme (Registration Required) 10:45am - 12:00pm	Let's Zumba Gold (Healthy 365 Registration) 9:30am - 10:30am	
Let's Do Beads Art 11:00am - 3:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	Let's Yum Cha (For Women Only) (Registration Required) 11:00am - 12:00pm	Let's Learn to Tech (Registration Required) 11:00am - 12:00pm	Let's Line Dance 12:30pm - 1:55pm	
Let's Yum Cha (For Women Only) (Registration Required) 11:00am - 12:00pm	Let's Lim Kopi (For Men only) (Registration Required) 1:00pm - 2:00pm	Let's Learn to Tech (Registration Required) 1:00pm - 2:00pm	🔥 Grooving Down Memory Lane 🔥 2:00pm - 3:00pm	Senior Free Haircut (Registration Required) 2:30pm - 4:30pm	
TTSH Lecture Part 1 (By Invitation Only) 1:00pm - 2:30pm	🔥 Steady Lah 🔥 (Registration Required) 2:00pm - 3:30pm	🔥 Golden Agri CSR 🔥 (Registration Required) 2:00pm - 4:00pm	Let's Do Cognitive Activity (Registration Required) 3:00pm - 4:00pm	🔥 DBS Mid Autumn Festival 🔥 (By Invitation Only) 2:00pm - 5:00pm	
TTSH Lecture Part 2 (By Invitation Only) 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) 4:00pm - 5:30pm		

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MON	TUES	WED	THUR	FRI	SAT
29	30				
SingHealth Community Nurse Post 9:30am - 4:00pm	Mobile TCM Clinic 9:00am - 11:30am				
Let's Play Chinese Chess 11:00am - 12:00pm	Let's Qiqong 9:30am - 10:30am				
Let's Do Beads Art 11:00am - 3:00pm	Health Talk - Dizziness in Older Adults (Registration Required) 10.15am -11.15am				
TTSH Lecture Part 1 (By Invitation Only) 12:00pm - 1:30pm	Let's Lim Kopi (For Men only) (Registration Required) 1:00pm -2:00pm				
Montfort Health Talk - Understanding Psychosis (English/Chinese) (Registration Required) 2:00pm - 3:00pm	🔥 Steady Lah 🔥 (Registration Required) 2:00pm - 3:30pm				
TTSH Lecture Part 2 (By Invitation Only) 3:00pm - 4:30pm	Let's Play Strategic Games (Registration Required) 3:00pm - 5:30pm				

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2025 年 9 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
1	2	3	4	5	6
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	银色欢乐郊游 (需要报名) 9:00am - 1:00pm
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) 1:00pm - 2:00pm	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	🔥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	🔥一起跳茶舞🔥 (需要报名) 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	🔥新加坡警察部队的 Project Praise 骗局言论🔥 2:00pm - 3:30pm	🔥一起公共用餐🔥 (需要报名) 3:00pm - 4:00pm		
🔥线上健康讲座： 如何保持肾脏健康🔥 (需要报名) 2:00pm - 3:30pm	🔥Steady Lah 运动🔥 (需要报名) 2:00pm - 3:30pm	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) 3:30pm - 5:00pm	一起玩游戏 3:30pm - 5:00pm				

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8	9	10	11	12	13
社区护理站 9:30am - 4:00pm	🔥 乐龄运动会 🔥 7:45am - 1:30pm	淋巴排毒操 9:30am - 10:30am	🔥 幼稚园活动 🔥 (需要报名) 10:00am - 11:00am	中心关	
一起来下象棋 11:00am - 12:00pm	🔥 幼稚园活动 🔥 (需要报名) 10:00am - 11:00am	一起做坐式尊巴 10:00am - 10:45am	一起学科技 (需要报名) 1:00pm - 2:00pm		
一起做串珠艺术 11:00am - 3:00pm	一起练气功 9:30am - 10:30am	9月生日 (只需邀请) 2:00pm - 3:00pm	🔥 线上：深入记忆之路 🔥 (需要报名) 2:00pm-3:00pm		
🔥 Dave Lee 音乐队 🔥 (需要报名) 1:00pm - 2:30pm	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥 一起做手工 🔥 (需要报名) 3:00pm - 4:30pm	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	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm	一起玩游戏 3:00pm - 5:00pm			
	陈笃生医院 讲座 第1 (只需邀请) 12:00pm - 1:30pm				
	🔥 Steady Lah 运动 🔥 (需要报名) 2:00pm - 3:30pm				
	一起玩游戏 3:30pm - 5:00pm				

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15	16	17	18	19	20
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	一起学科技 (需要报名) 1:00pm - 2:00pm	🔥IMDA 学手机 (识别和防范常见诈骗-中文) 🔥 (需要报名) 11:00am - 12:30pm	🔥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	
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	🔥一起公共用餐 🔥 (仅限参加宾果游戏活动的乐龄) 1:00pm - 2:00pm	🔥一起来彩扇子 🔥 (需要报名) 3:00pm-4:00pm		
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm	🔥Steady Lah 运动 🔥 (需要报名) 2:00pm - 3:30pm	🔥宾果游戏活动 🔥 (需要报名) 2:00pm - 3:00pm	一起玩游戏 3:00pm - 5:30pm		
	一起玩游戏 2:00pm - 3:00pm	一起玩游戏 3:00pm - 5:30pm			

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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	F4 用餐活动 (需要报名) 10:45am - 12:00pm	向虚弱说不 (仅限虚弱长者参加) 复习课 (只需邀请) 9:30am - 11:30am	
一起做串珠艺术 11:00am - 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) 11:00am - 12:00pm	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) 1:00pm - 2:00pm	一起学科技 (需要报名) 1:00pm - 2:00pm	线上: 深入记忆之路 (需要报名) 2:00pm - 3:00pm	剪头发 (需要报名) 2:30pm - 4:30pm	
陈笃生医院 讲座 第1 (只需邀请) 1:00pm - 2:30pm	Steady Lah 运动 (需要报名) 2:00pm - 3:30pm	Golden Agri 义工活动 (需要报名) 2:00pm - 4:00pm	一起考脑力 (需要报名) 3:00pm - 4:00pm	DBS中秋节活动 (需要报名) 2:00pm - 5:00pm	
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm	一起玩游戏 3:00pm - 5:30pm	一起玩游戏 4:00pm - 5:30pm	一起玩游戏 4:00pm - 5:30pm		

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29	30				
社区护理站 9:30am - 4:00pm	中医问诊 9:00am - 11:30am				
一起来下象棋 11:00am - 12:00pm	一起练气功 9:30am - 10:30am				
一起做串珠艺术 11:00am - 3:00pm	线上讲座: 乐龄头晕问题 (需报名) 10:15am - 11:15am				
陈笃生医院 讲座 第1 (只需邀请) 12:00pm - 1:30pm	一起喝咖啡 (只限男性) (需要报名) 1:00pm - 2:00pm				
了解精神病 (英语) 2:00pm - 3:00pm	🔥 Steady Lah 运动 🔥 (需要报名) 2:00pm - 3:30pm				
陈笃生医院 讲座 第2 (只需邀请) 3:00pm - 4:30pm	一起玩游戏 3:00pm - 5:30pm				