



**February 2025**

Mon	Tue	Wed	Thu		Fri	Sat		Sun
						<b>1</b>		<b>2</b>
						Basic Cooking <i>(for selected clients only)</i>	Pickleball	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>		<b>7</b>	<b>8</b>		<b>9</b>
Fun with Percussion	Badminton	Movie Screening	CNY Celebration with Evergreen Circle AAC		Fit Me <i>(for registered clients only)</i>	Basic Cooking <i>(for selected clients only)</i>	Levelled Field	
Tabletop Activity <i>(for new clients only)</i>	Possible Nutrition	Adult Independent <i>(for registered clients only)</i>	Care for Our World 2		Adult Independent <i>(for registered clients only)</i>			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>		<b>14</b>	<b>15</b>		<b>16</b>
Fun with Percussion	Jalan Jalan	Pickleball	Swimming <i>(for selected clients only)</i>	Handicraft Workshop	Fit Me <i>(for registered clients only)</i>	Basic Cooking <i>(for selected clients only)</i>	Levelled Field	
Tabletop Activity <i>(for new clients only)</i>	Possible Nutrition	Adult Independent <i>(for registered clients only)</i>	Volunteer @ NLB <i>(for selected clients only)</i>	Digital Literacy on Video Conferencing	Adult Independent <i>(for registered clients only)</i>			
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>		<b>21</b>	<b>22</b>		<b>23</b>
Fun with Percussion	Badminton	Pickleball	Swimming <i>(for selected clients only)</i>	Handicraft Workshop	Fit Me <i>(for registered clients only)</i>	Basic Cooking <i>(for selected clients only)</i>		
Tabletop Activity <i>(for new clients only)</i>	Possible Nutrition	Adult Independent <i>(for registered clients only)</i>	Volunteer @ NLB <i>(for selected clients only)</i>	Digital Literacy on Digital Citizen	Adult Independent <i>(for registered clients only)</i>	Tampines West Sports for All Fiesta		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>		<b>28</b>			
Tabletop Activity <i>(for new clients only)</i>	Badminton	Pickleball	Swimming <i>(for selected clients only)</i>	Handicraft Workshop	Fit Me <i>(for registered clients only)</i>			
	Possible Nutrition	Adult Independent <i>(for registered clients only)</i>	Volunteer @ NLB <i>(for selected clients only)</i>	Karaoke	Adult Independent <i>(for registered clients only)</i>			

Legends
Bedok
Tampines
External

To register
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Day	Time	Activities	Location
Monday	10.00am to 11.30am	Fun with Percussion	Tampines West CC, Level 3, Classroom 2
	2.00pm to 4.00pm	Tabletop Activity <i>(for new clients only)</i>	Tampines West CC, Level 3, ESH Activity Room
Tuesday	10.00am to 12.00pm	Badminton	Tampines West CC, Level 2, Multi -Purpose Hall
	9.00am to 11.00am	Jalan Jalan	Bedok Reservoir (Bedok Reservoir MRT Exit B)
	2.00pm to 4.00pm	Possible Nutrition	Tampines West CC, Level 2, Culinary Studio
Wednesday	10.00am to 12.00pm	Pickleball	Fengshan CC, Level 1, Multi-Purpose Hall
	2.00pm to 5.00pm	Adult Independent <i>(for registered clients only)</i>	Tampines West CC, Level 3, ESH Activity Room
	10.00am to 12.00pm	Movie Screening	Tampines West CC, Level 3, ESH Activity Room
Thursday	10.00am to 11.00am	Swimming (for selected clients only)	Our Tampines Hub, Level 6, Tampines Swimming Complex
	10.00am to 12.00pm	Handicraft Workshop	Bedok CC, Level 2, Classroom 1 (#02-06)
	10.00am to 1.00pm	Chinese New Year Celebration with Seniors	Evergreen Circle Active Ageing Centre
	2.00pm to 5.00pm	Volunteer @ NLB <i>(for selected clients only)</i>	Our Tampines Hub, Level 6, Tampines Library
	2.00pm to 4.00pm	Care for Our World 2	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 4.00pm	Digital Literacy on Video Conferencing	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 4.00pm	Digital Literacy on Digital Citizen	Tampines West CC, Level 3, ESH Activity Room
Friday	10.00am to 12.00pm	Fit Me Sports Programme <i>(for selected clients only)</i>	Tampines West CC, Level 2, Multi-Purpose Hall
	2.00pm to 5.00pm	Adult Independent <i>(for registered clients only)</i>	Tampines West CC, Level 3, ESH Activity Room
Saturday	10.00am to 12.00pm	Basic Cooking <i>(for registered clients only)</i>	Tampines West CC, Level 2, Culinary Studio
	10.00am to 12.00pm	Pickleball	Tampines East CC, Level 1, Multi-Purpose Hall
	1.00pm to 4.00pm	Tampines West Sports for All Fiesta	Tampines West CC, Level 1, Basketball Court
	10.00am to 12.00pm	Levelled Field <i>(for selected clients only)</i>	Passion Wave @ Bedok Reservoir