

January 2025

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
				1		2		3		4		5	
				New Year Day	Swimming <i>(for selected clients only)</i>		Adult Independent Programme <i>(for registered clients only)</i>		Creative Art & Crafts By SENvocates				
					Volunteer @ NLB <i>(for selected clients only)</i>				Basic Cooking <i>(for selected clients only)</i>				
6		7		8		9		10		11		12	
Esplanade performance		Jalan Jalan		Karaoke		Swimming <i>(for selected clients only)</i>		Adult Independent Programme <i>(for registered clients only)</i>		Basic Cooking <i>(for selected clients only)</i>			
Tabletop Activity <i>(for new clients only)</i>		Digital Literacy on Instant Messaging		Adult Independent Programme <i>(for registered clients only)</i>		Volunteer @ NLB <i>(for selected clients only)</i>	Care for Our World 2						
13		14		15		16		17		18		19	
Fun with Percussion		Badminton		Diamond Art Activity		Swimming <i>(for selected clients only)</i>		Puppetry Workshop		Basic Cooking <i>(for selected clients only)</i>			
Tabletop Activity <i>(for new clients only)</i>		Digital Literacy on Gmail		Adult Independent Programme <i>(for registered clients only)</i>		Volunteer @ NLB <i>(for selected clients only)</i>	Care for Our World 2	Adult Independent Programme <i>(for registered clients only)</i>	Inclusive Workshop				
20		21		22		23		24		25		26	
Fun with Percussion		Badminton		Diamond Art Activity		Swimming <i>(for selected clients only)</i>		Adult Independent Programme <i>(for registered clients only)</i>		Pickleball			
Tabletop Activity <i>(for new clients only)</i>	Possible Nutrition	Crime Awareness Talk by SPF		Adult Independent Programme <i>(for registered clients only)</i>		Volunteer @ NLB <i>(for selected clients only)</i>	Care for Our World 2			Basic Cooking <i>(for selected clients only)</i>			
27		28		29		30		31					
Fun with Percussion		Chinese New Year Eve		Chinese New Year		Chinese New Year		Adult Independent Programme <i>(for registered clients only)</i>					
Tabletop Activity <i>(for new clients only)</i>	Possible Nutrition												

Legends
Bedok
Tampines
External

To register
WhatsApp: 89142446
Phone: 62309902

Day	Time	Activities	Location
Monday	9.15am to 12.30pm	Esplanade Coffee Morning Afternoon Tea: Pat & Perry Sing Sinatra & More!	Esplanade (Transport provided)
	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
	2.00pm to 4.00pm	Possible Nutrition	Tampines West CC, Level 2, Culinary Studio
Tuesday	9.00am to 11.00am	Jalan Jalan	Bedok Reservoir (Bedok Reservoir MRT Exit B)
	10.00am to 12.00pm	Badminton	Tampines West CC, Level 2, Multi-Purpose Hall
	2.00pm to 4.00pm	Digital Literacy on Instant Messaging	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 4.00pm	Crime Awareness Talk	Tampines West CC, Level 3, Classroom 7
Wednesday	2.00pm to 5.00pm	Adult Independent Programme (<i>for selected clients only</i>)	Tampines West CC, Level 3, ESH Activity Room
	10.00am to 12.00pm	Diamond Art Activity	Bedok CC, Level 2, Classroom1 (#02-06)
	10.00am to 12.00pm	Karaoke	Tampines West CC, Level 3, ESH Activity Room
Thursday	10.00am to 11.00am	Swimming (<i>for selected clients only</i>)	Our Tampines Hub, Level 6, Tampines Swimming Complex
	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
Friday	10.00am to 12.00pm	Puppetry Workshop	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 5.00pm	Adult Independent Programme (<i>for selected clients only</i>)	Tampines West CC, Level 3, ESH Activity Room
	2.00pm to 5.00pm	Inclusive Workshop	Heartbeat@Bedok, Level 1, Atrium
Saturday	10.00am to 12.00pm	Creative Art & Crafts (<i>by Temasek Polytechnic SENvocates</i>)	Tampines West CC, Level 3, Classroom 7
	10.00am to 12.00pm	Basic Cooking (<i>for selected clients only</i>)	Tampines West CC, Level 2, Culinary Studio
	10.00am to 12.00pm	Pickleball	Tampines East CC, Level 1, Multi-Purpose Hall