

# Tango

WITH US!



## IN THE SPOTLIGHT

65-year-old Tango member Mr Lam Koh Lian felt his lower body getting weaker after an operation on his left leg and feared that he may not be able to receive help in time in the event of a fall. While Mr Lam, who lives alone, takes the necessary precautions to prevent falls by keeping his home environment safe, he felt that something more could be done.

This motivated him to enrol in Tango's new Rock and Roll exercise programme. Launched in May this year, Rock and Roll comprises small group exercises to improve muscle strength, balance, and flexibility; and practising of rolling techniques to help seniors improve their agility and minimise the risk of serious injuries in the event of a fall.

After 12 sessions of Rock and Roll, Mr Lam shared that he can now walk faster and bend down with greater balance. Indeed, a post-assessment of Mr Lam's functional abilities showed a significant improvement in his lower body strength.

For more information, please call 6214 3023 or visit [tango.ntucealth.sg/services/rock-and-roll](http://tango.ntucealth.sg/services/rock-and-roll).



Mr Lam (pictured left) receiving his post-assessment results from our trainer, Alvin (pictured right) at his last training session.

**“The exercise programme is really interesting as our trainer would teach us new techniques every session! I enjoy every part of it. Besides, in a small-group setting, there's close supervision and the trainer can ensure that I am doing the steps correctly.”**

MR LAM KOH LIAN, TANGO MEMBER



Keen to find out more about our Rock and Roll programme? Check out what Channel 8 had to say about us!



## WHAT'S NEW?



Living up North? We have good news for you! Starting from July 2019, our Gym Tonic programme will be available at NTUC Health Active Ageing Hub in Kampung Admiralty.

A scientifically proven strength training programme for seniors, Gym Tonic involves a prescribed set of routine exercises using our elder-friendly gym machines. Under the guidance of our trained professionals, Gym Tonic helps seniors to maintain their agility, mobility, and strength for everyday tasks.

For more information, please visit [tango.ntuhealth.sg/services/gym-tonic](https://tango.ntuhealth.sg/services/gym-tonic).

## HEALTH MATTERS

Falls are a leading cause of injury among older adults in Singapore. Take control of your safety today with 5 tips!

### 1. ACTIVE LIFESTYLE

Engage in regular physical exercise to strengthen your muscles and improve your balance and coordination



### 2. CALCIUM-RICH DIET

Keep your bones strong by taking more calcium-rich foods such as milk, cheese, beans, and tofu



### 3. REGULAR EYE CHECKS



Get your vision checked at least once a year and update your prescription if necessary

### 4. PROPER FOOTWEAR

Choose well-fitting shoes with non-slip soles



### 5. HOME SAFETY

- Assess your living space and remove any potential fall hazards
- Install grab bars or hand rails where necessary for additional support
- Use non-slip mats, especially in the bathroom and kitchen
- Keep your home well-lit



## PAST EVENTS

Check out the social activities that were specially organised for Tango members!



**March 2019:** Members took a tour around Enabling Village, and attended a talk on 'Everything you need to know about Stroke' by Stroke Support Station.



**April 2019:** Conducted by photography enthusiast Mr Kenneth Ng, members learnt how to edit and beautify their photos using built-in camera functions and third party apps at a 2-hour photo editing workshop.



**May 2019:** On a sunny Friday morning, members took a day trip to Coney Island and enjoyed the fresh air and lush greenery. They also took the opportunity to practise their photography skills with their smartphones.

## SAVE THE DATE!

### Upcoming Social Activities for Tango Members

ACTIVITY	DATE/TIME
<b>GET ACTIVE: FITNESS EXERCISES BY ACTIVESG</b> 📍 264 Serangoon Central, #01- 205, S(550264)	5 Aug 8.30am – 9.30am
<b>HYDROPONICS FARM TOUR</b> 📍 Oh Chin Huat Hydroponic Farms, 14A, Bah Soon Pah Road, S(769970)	21 Aug 9.00am – 10.30am
<b>DECOUPAGE ART</b> 📍 264 Serangoon Central, #01- 205, S(550264)	5 Sep 11.15am – 1.15pm
<b>A TALK ON MANAGING ACHES AND PAINS</b> By Physiotherapist, NTUC Health 📍 264 Serangoon Central, #01- 205, S(550264)	21 Sep 10.00am – 11.30am

Register your interest at Tango office today! Please note that places are limited and will be allocated on a first-come-first-served basis.

Not a Tango member? Call **6214 3023** to find out more!

## Upcoming Activities in the Community

Here are some other events happening around you. Do check in with the organisers closer to the date in event of last minute changes.

ACTIVITY	DATE/TIME
<b>FRENCH BISTRO FOOD WORKSHOP</b> 📍 Geylang Serai Community Club 🌐 <a href="http://onepa.sg">onepa.sg</a>	23 Jul 7.00pm – 9.30pm
<b>DEMENTIA AWARENESS TALK</b> <b>FREE</b> 📍 Foo Chow Methodist Church 🌐 <a href="http://eventbrite.sg">eventbrite.sg</a>	28 Jul 11.30am – 12.30pm
<b>HEALING GARDEN TOUR</b> <b>FREE</b> 📍 Singapore Botanic Gardens 🌐 <a href="http://nparks.gov.sg">nparks.gov.sg</a>	3 Aug 9.00am – 10.00am
<b>SINGAPORE SYMPHONY GROUP NATIONAL DAY CONCERT</b> 📍 Esplanade Concert Hall 🌐 <a href="http://sso.org.sg">sso.org.sg</a>	10 Aug 7.30pm
<b>NATURE APPRECIATION WALK AT BUKIT TIMAH NATURE RESERVE</b> <b>FREE</b> 📍 Bukit Timah Nature Reserve 🌐 <a href="http://nparks.gov.sg">nparks.gov.sg</a>	17 Aug 9.15am – 10.30am
<b>D.I.Y BODY SCRUB</b> 📍 Anchorvale Community Club 🌐 <a href="http://onepa.sg">onepa.sg</a>	25 Aug 1.00pm – 3.00pm
<b>CARING FOR YOUR FEET</b> <b>FREE</b> 📍 Ng Teng Fong General Hospital 🌐 <a href="http://healthhub.sg">healthhub.sg</a>	31 Aug 11.00am – 12.00pm
<b>HEALTHY COOKING DEMONSTRATION BY HEALTH PROMOTION BOARD</b> <b>FREE</b> 📍 Geylang Serai Community Club 🌐 <a href="http://onepa.sg">onepa.sg</a>	8 Sep 11.30am – 12.30pm
<b>MY HOLLAND VILLAGE HERITAGE TOUR</b> <b>FREE</b> 📍 Holland Village MRT Station 🌐 <a href="http://mycommunity.org.sg">mycommunity.org.sg</a>	15 Sep 8.30am – 12.30pm
<b>HOME GARDENING TECHNIQUES</b> 📍 Punggol Park Community Club 🌐 <a href="http://onepa.sg">onepa.sg</a>	22 Sep 2.00pm – 4.00pm

*Information is correct at time of print.*

## CONTACT US

📍 Tango Office – Braddell Heights Community Hub, 264 Serangoon Central #01-205, S(550264)  
☎ 6214 3023 ✉ [tango@ntuhealth.sg](mailto:tango@ntuhealth.sg) 🌐 [tango.ntuhealth.sg](http://tango.ntuhealth.sg)

An initiative by:



NTUC Health is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. For more information, please visit [ntuhealth.sg](http://ntuhealth.sg).

# 与我们一起 Tango



## 本期亮点

65岁的Tango会员Mr Lam Koh Lian独自生活，在左腿动了手术后，觉得自己的下肢越来越虚弱，担心万一跌倒可能无法及时得到帮助。尽管Mr Lam已经采取必要的预防措施，确保家居环境安全，防止跌倒，但他觉得这还远远不够。

这促使他报名参加Tango新的Rock and Roll训练课程。该课程于今年5月推出，在小组中进行一系列有助于增强肌肉力量，平衡感和灵活性的运动，以及练习翻滚技巧，帮助乐龄人士提高身体敏捷性，并将跌倒时受伤的风险降到最低。

经过12次Rock and Roll的课程训练后，Mr Lam表示他现在可以走得更快，弯腰时也更能保持平衡了。事实上，Mr Lam的体能评估显示，他的下肢力量有显著改善。

欲知更多详情，请致电 6214 3023 或浏览 [tango.ntuhealth.sg/services/rock-and-roll](http://tango.ntuhealth.sg/services/rock-and-roll)。



Mr Lam(图中左侧)在最后一节训练课上从教练Alvin(图中右侧)手中接过体能评估结果。

“这个训练课程真的很有趣，因为我们的教练每次都会教我们新的技巧！每一个环节我都喜欢。此外，在小组环境中，教练可以密切监督并确保我正确做好这些步骤。”

MR LAM KOH LIAN, TANGO会员



想了解关于Rock and Roll的更多信息吗？看看第8频道是如何介绍我们的！



## 最新消息



您居住在新加坡的北部吗？我们有好消息要告诉您！我们将从2019年7月起在职总保健合作社的活跃乐龄中心（海军部村庄）提供Gym Tonic 训练计划。

Gym Tonic 是一项专门的肌力训练计划，采用为年长者设计的健身设备，已经科学证实能提高年长使用者的身体功能与能力。在专业人员的指导下，Gym Tonic 能帮您保持日常生活中所需的体力与敏捷度。

欲知更多详情，请浏览 [tango.ntuhealth.sg/services/gym-tonic](http://tango.ntuhealth.sg/services/gym-tonic)。

## 关注健康

在新加坡，跌倒是老年人受伤的主要原因。今天就了解5个小贴士来保障您的安全吧！

### 1. 活跃的生活方式

进行有规律的体育锻炼，以增强您的肌肉，提高您的平衡能力和协调能力。



### 2. 高钙饮食

多吃富含钙质的食物，如牛奶、奶酪、豆类和豆腐，以保持骨骼强壮。



### 3. 定期检查眼睛

每年至少检查一次视力，必要时更新您镜片所需的度数。



### 4. 合适的鞋子

选择大小合适的鞋子，并有防滑鞋底。



### 5. 居家安全

- 评估您的居住环境，排除任何潜在的跌倒危险。
- 在需要额外支撑的地方安装扶手或栏杆。
- 使用防滑垫，尤其是在浴室和厨房。
- 保持您的家中光线充足。



## 过去活动

查看我们为Tango成员精心安排的社交活动!



2019年3月: 成员们参观了新协立综合设施 (Enabling Village), 并参加了中风病人扶助站所举办的“关于中风”的讲座。



2019年4月: 在摄影爱好者Mr Kenneth Ng的指导下, Tango会员在一个两小时的照片编辑课程会上学习如何使用内置的相机功能和第三方应用程序来编辑和美化他们的照片。



2019年5月: 在一个阳光明媚的星期五早晨, 会员们在绿悠悠的科尼岛享受新鲜的空气。他们还利用这个机会用智能手机练习摄影技巧。

## 活动日期

### Tango会员社交活动

活动内容	日期/ 时间
<b>动起来: ACTIVESG的健身运动</b> 📍 264 Serangoon Central #01-205 S(550264)	8月5日 8.30am — 9.30am
<b>水耕农场导览</b> 📍 Oh Chin Huat Hydroponic Farms, 14A, Bah Soon Pah Road, S(769970)	8月21日 9.00am — 10.30am
<b>欧式剪纸装饰</b> 📍 264 Serangoon Central #01-205 S(550264)	9月5日 11.15am — 1.15pm
<b>管理疼痛讲座</b> 由职总保健合作社的物理治疗师演讲 📍 264 Serangoon Central #01-205 S(550264)	9月21日 10.00am — 11.30am

有意者, 请前往Tango办公室登记。请注意名额有限, 将以先到先得方式分配。

不是Tango会员? 欲知更多详情, 请致电6214 3023!

## 社区活动

以下多样化的活动将在您的周围举行。有意者，请直接联系主办单位以获取及时的信息。

活动内容	日期/ 时间
法式烹饪课 📍 Geylang Serai Community Club 🌐 onepa.sg	7月23日 7.00pm – 9.30pm
了解失智症讲座 <b>免费</b> 📍 Foo Chow Methodist Church 🌐 eventbrite.sg	7月28日 11.30am – 12.30pm
百草园导览 <b>免费</b> 📍 Singapore Botanic Gardens 🌐 nparks.gov.sg	8月3日 9.00am – 10.00am
新加坡交响乐团国庆日演奏会 📍 Esplanade Concert Hall 🌐 sso.org.sg	8月10日 7.30pm
武吉知马自然保护区导览活动 <b>免费</b> 📍 Bukit Timah Nature Reserve 🌐 nparks.gov.sg	8月17日 9.15am – 10.30am
亲自做身体磨砂膏 📍 Anchorvale Community Club 🌐 onepa.sg	8月25日 1.00pm – 3.00pm
如何照顾您的脚 <b>免费</b> 📍 Ng Teng Fong General Hospital 🌐 healthhub.sg	8月31日 11.00am – 12.00pm
保健促进局举办的健康烹饪示范 <b>免费</b> 📍 Geylang Serai Community Club 🌐 onepa.sg	9月8日 11.30am – 12.30pm
荷兰村历史文化导览 <b>免费</b> 📍 Holland Village MRT Station 🌐 mycommunity.org.sg	9月15日 8.30am – 12.30pm
园艺课程 📍 Punggol Park Community Club 🌐 onepa.sg	9月22日 2.00pm – 4.00pm

信息在印刷时是正确的。

## 联系我们

📍 Tango 办公室 – Braddell Heights Community Hub, 264 Serangoon Central #01–205, S(550264)  
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发起机构:



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