

# Tango

WITH US!



## IN THE SPOTLIGHT

62-year-old Mdm Margaret Teo found her arms getting weaker with age, and wanted to regain strength in her limbs. “I feel that my muscle strength has improved after joining the Gym Tonic programme under Tango, which was why I decided to sign up for another 3 months,” Margaret shared.

Indeed, a post-assessment of Margaret’s strength condition by our therapist showed a significant improvement in her muscle strength. She is also able to walk and get up from a sitting position with greater balance. Gym Tonic is a specialised strength training programme, involving a prescribed set of routine exercises using our elder-friendly gym machines.

Having joined us since our launch in November last year, Margaret is one of the pioneer members of Tango. Although Margaret is working part-time, she still makes time to do the things she enjoys. Apart from attending Gym Tonic sessions twice a week, she also attends Tango’s social activities such as a paper flower craft workshop, a smartphone photography workshop and a day trip to NTUC Health Active Ageing Hub (Kampung Admiralty).



*Margaret using the ‘Lat Pull’ machine, which is designed to strengthen the upper body muscles that are needed to handle day-to-day activities like lifting and carrying of groceries.*



*Look at Margaret’s beautiful work of art at our paper flower craft workshop!*

**“I enjoyed all the Tango activities so far. I get to pick up new knowledge and skills at every session. I would definitely recommend my friends to join Tango!”**

MDM MARGARET TEO, A MEMBER OF TANGO

## ABOUT TANGO

A pilot project by NTUC Health, Tango is a one-stop solution for individuals aged 50 and above who want to live well and stay active.

Tango helps you live well by taking care of your day-to-day concerns so you can be free to do the things you truly enjoy.

With Tango, you can also live strong with programmes that keep you fit and independent.

## WHAT'S NEW?

### Companion Care and Personal Care

Need help with errands, meal preparation or want someone who can accompany you for your medical appointments?

Check out our new Companion Care package.

**\$32**

per 2-hour visit

Available 7 days a week (including Public Holidays), from 8am to 6pm.

For more details, please visit [tango.ntuhealth.sg/services/companion-care-and-personal-care](https://tango.ntuhealth.sg/services/companion-care-and-personal-care).



### HOME CARE

Quality care in the comfort of your own home

- Housekeeping
- Personal Care **NEW!**
- Companion Care **NEW!**



### FITNESS

Elder-friendly fitness programmes led by professional trainers

- Gym Tonic
- Rock and Roll **NEW!**



### SOCIAL CARE

Make new friends and stay connected

- Social Activities **NEW!**
- Hotline Support

Or perhaps you know someone who has difficulty moving around and needs help with basic activities like showering or toileting?

Check out our new Personal Care package.

**\$50**

per 2-hour visit

Available 7 days a week (including Public Holidays), from 8am to 6pm.



**\$158** • 12 sessions over 1.5 months

### Bored of your usual exercise routine? Try out our new Rock & Roll fitness programme!

A combination of theoretical and practical learning, the Rock & Roll programme is a fun way to learn how to prevent falls and to protect yourself in an event of a fall. Rock & Roll is conducted by professional therapists and comprises:

- Small group exercises to enhance muscle strength, balance, and flexibility
- Practising rolling techniques to minimise injuries and fractures in the event of a fall.

Class size no larger than 8 persons.

For more details, please visit [tango.ntuhealth.sg/services/rock-and-roll](https://tango.ntuhealth.sg/services/rock-and-roll).

## Membership for Social Activities

Keen to continue with our social activities after your packages have expired, or know someone who wants to join us in our social activities but is not enrolled in any of Tango's services?

At just \$20 per year, they can now receive invitations to Tango's social activities such as day trips to places of interests, health talks, craft, and photography workshops!



## SAVE THE DATE!

### Upcoming Social Activities for Tango Members

ACTIVITY	DATE/TIME
<b>BASIC PHOTO-EDITING WORKSHOP</b> 📍 Ci Yuan Community Club, 51 Hougang Ave 9, #03-01, S(538776)	23 Apr 9.30am - 11.30am
<b>CONEY ISLAND DISCOVERY</b> 📍 Coney Island	16 May 8.30am - 12.30pm
<b>CRIME PREVENTION TALK: PROTECT YOURSELF FROM SCAMS</b> 📍 264 Serangoon Central #01-205 S(550264)	15 Jun 10am - 11am

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

### 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>KPOPX FITNESS WORKOUT</b> <b>FREE</b> 📍 NEX Shopping Mall B2 Event Plaza 🌐 <a href="http://nex.com.sg">nex.com.sg</a>	Every 3rd Mon of the month 7pm - 8pm
<b>ZUMBA COMMUNITY ENGAGEMENT</b> <b>FREE</b> 📍 Serangoon Stadium 📞 6288 4606	Every Thurs, starting from 4 Apr 7.30am - 8.30am
<b>AQUA AEROBICS</b> <b>\$59</b> 📍 Heartbeat @ Bedok ActiveSG Swimming Complex Teach pool 🌐 <a href="http://members.myactivesg.com">members.myactivesg.com</a>	Every Mon from 15 Apr to 1 Jul 5pm - 6pm
<b>BRISKWALK AT MOUNT FABER AND VISIT TO SIKH TEMPLE</b> <b>\$3</b> 📍 Mount Faber and Silat Road Sikh Temple 🌐 <a href="http://onepa.sg">onepa.sg</a>	20 Apr 8am - 1pm

ACTIVITY	DATE/TIME
<b>TALK - A HEALTHIER YOU</b> <b>FREE</b> 📍 Ng Teng Fong General Hospital Clinics Tower Openness Room Level 1 🌐 healthhub.sg	27 Apr 11am - 12pm
<b>ISTANA OPEN HOUSE</b> <b>FREE FOR SINGAPORE CITIZENS AND PERMANENT RESIDENTS</b> 📍 The Istana, 35 Orchard Rd, S(238823) 🌐 istana.gov.sg	1 May 8.30am - 6pm
<b>PILATES</b> <b>\$118</b> 📍 Silver Circle Dance Studio, 264 Serangoon Central #01-207 S(550264) 🌐 members.myactivesg.com	Every Thurs from 2 May - 25 Jul 7.30pm - 8.30pm
<b>NPARKS CONCERT SERIES IN THE PARK: CONCERTS AT THE SINGAPORE BOTANIC GARDENS - SSO MOTHER'S DAY CONCERT</b> <b>FREE</b> 📍 Shaw Foundation Symphony Stage 🌐 nparks.gov.sg	12 May 6pm - 7pm
<b>UNDERSTANDING FOOD LABELS</b> <b>\$4</b> 📍 9 Bishan Place, #07-01 Junction 8 (Office tower), S(579837) 🌐 myheart.org.sg	24 May 11.00am - 12.00pm
<b>GOLDEN HITS KARAOKE NIGHT</b> <b>\$8</b> 📍 Braddell Heights CC Multi-purpose Hall 🌐 onepa.sg	25 May 6pm - 10pm
<b>FAMILY MOVIE NIGHT</b> <b>FREE</b> 📍 Elias Park Primary School 🌐 onepa.sg	31 May 7.30pm - 9.30pm
<b>BIRD WATCHING ALONG THE SOUTHERN RIDGES</b> <b>FREE</b> 📍 Mount Faber Park 🌐 nparks.gov.sg	15 Jun 7.30am - 9.30am
<b>MY REDHILL HERITAGE TOUR</b> <b>FREE</b> 📍 Redhill MRT 🌐 mycommunity.org.sg	22 Jun 10.00am - 12.00pm
<b>CAIRNHILL CHEF CLUB COOKING SERIES (CHEF YAM)</b> <b>\$35</b> 📍 Cairnhill CC 🌐 onepa.sg	27 Jun 7pm - 9.30pm

*Information is correct at time of print.*

## CONTACT US

📍 Tango Office - Braddell Heights Community Hub, 264 Serangoon Central #01-205, S(550264)  
 📞 6281 1618 ✉️ tango@ntuhealth.sg 🌐 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

随着年龄的增长，62岁的玛格丽特觉得她的手臂越来越虚弱，并想要恢复四肢的力量。玛格丽特分享道：“我觉得我的肌肉力量在参加Tango的“健得力”课后得到了改善，这也是我决定再报名3个月的原因。”

的确，我们的治疗师在训练结束后对玛格丽特的体能进行了评估，结果显示她的肌肉力量有了显著的改善。除此之外，她在行走及从坐姿站起时，显得更加平稳。“健得力”是一项专门的肌理训练计划，采用为年长者设计的健身设备，按医嘱进行有规律的锻炼。

玛格丽特在去年11月Tango 成立以来便加入我们，是我们的先驱成员之一。虽然玛格丽特有份兼职的工作，她仍然能腾出时间做她喜欢做的事。除了每周参加两次“健得力”课外，她还参加Tango的社交活动，如纸花工艺工作坊、智能手机摄影工作坊，以及到职总保健合作社活跃乐龄中心（海军部村庄）的一日游。



玛格丽特使用的这台器材名为‘Lat Pull’，目的在于增强上半身的肌肉，有助于处理日常活动，比如搬运及杂货采购等。



玛格丽特与她精美的纸花艺术作品

**“到目前为止，我非常喜欢Tango的所有活动。每项活动我都能学到新的知识与技能。我一定会推荐我的朋友们加入Tango!”**

玛格丽特, TANGO的成员

## 关于TANGO

Tango提供一站式的服务，让50岁及以上的长者，继续活出精彩，活出力量。

Tango为您解除日常生活的后顾之忧，让您放心去做自己真正喜欢的事情，活出精彩。

有了Tango，您也能参加各种有助于保持健康独立的计划，保持活跃。

## 最新消息

### 伴侣护理和个人护理

需要帮助处理差事，准备膳食，或者需要一个人陪你去看医生？

请查看我们刚推出的伴侣护理配套。

**\$32**

每次两小时

每周7天 (包括公共假期),  
8am – 6pm

欲知更多详情，请浏览 [tango.ntuhealth.sg/services/companion-care-and-personal-care](http://tango.ntuhealth.sg/services/companion-care-and-personal-care)。



### 居家护理

优质的登门护理服务

- 家政
- 伴侣护理 **新!**
- 个人护理 **新!**



### 健身

专业教练指导，适合乐龄人士的健身计划

- 健得力 (Gym Tonic)
- Rock and Roll **新!**



### 社会关怀

结识新朋友与保持联系

- 社交活动 **新!**
- 热线服务

或许你知道有人行动不便，需要淋浴或如厕等基本活动的帮助？

请查看我们刚推出的个人护理配套。

**\$50**

每次两小时

每周7天 (包括公共假期),  
8am – 6pm

## 对你的日常锻炼感到乏味吗？ 试试我们新推出的Rock and Roll 健身计划！

结合理论和实践学习，Rock and Roll以有趣的方式教你如何预防跌倒和在跌倒时如何保护自己。由专业的治疗师教导，Rock and Roll包括以下项目：

- 增强肌肉力量，平衡和灵活性的小组运动
- 练习滚动技术，以尽量减少跌倒时所受到的伤害及骨折。

班级人数不超过8人。欲知更多详情，请浏览 [tango.ntuhealth.sg/services/rock-and-roll](http://tango.ntuhealth.sg/services/rock-and-roll)。

**\$158** • 一个半月，12个课程



## 社交活动会员

想在您的服务配套到期后继续参与我们的社交活动，或者有认识的朋友想加入我们的社交活动但未签订Tango服务？

现在每年只需20元，他们就可以收到Tango社交活动的邀请，如景点一日游、健康讲座、手工艺品和摄影工作坊。



## 活动日期

### Tango会员社交活动

活动内容	日期/ 时间
<b>基本的照片编辑工作坊</b> 📍 Ci Yuan Community Club, 51 Hougang Ave 9, #03-01, S(538776)	4月23日 9.30am – 11.30am
<b>科尼岛探索</b> 📍 Coney Island	5月16日 8.30am – 12.30pm
<b>预防罪案讲座：保护自己免受诈骗</b> 📍 264 Serangoon Central #01-205 S(550264)	6月15日 10.00am – 11.00am

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。

## 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
<b>‘哈韩’健身操</b> 免费 📍 NEX Shopping Mall B2 Event Plaza 🌐 nex.com.sg	每一个月的第三个 星期一 7pm – 8pm
<b>尊巴舞社区活动</b> 免费 📍 Serangoon Stadium ☎ 6288 4606	4月4日起的每一个 星期四 7.30am – 8.30am
<b>水上韵律操</b> \$59 📍 Heartbeat @ Bedok ActiveSG Swimming Complex Teach pool 🌐 members.myactivesg.com	从4月15日到7月1日的 每个星期一 5pm – 6pm
<b>花柏山散走及参观锡克教寺庙</b> \$3 📍 Mount Faber and Silat Road Sikh Temple 🌐 onepa.sg	4月20日 8am – 1pm



活动内容	日期/ 时间
<b>健康讲座：更健康的你</b> <b>免费</b> 📍 Ng Teng Fong General Hospital Clinics Tower Openness Room Level 1 🌐 healthhub.sg	4月27日 11am – 12pm
<b>总统府开放日</b> <b>新加坡公民及永久居民免费入场</b> 📍 The Istana, 35 Orchard Rd, S(238823) 🌐 istana.gov.sg	5月1日 8.30am – 6pm
<b>普拉提</b> <b>\$118</b> 📍 Silver Circle Dance Studio, 264 Serangoon Central #01–207 S(550264) 🌐 members.myactivesg.com	从5月2日到7月25日 的每个星期四 7.30pm – 8.30pm
<b>新加坡华乐团联合新加坡公园局呈现《新加坡植物园母亲节音乐会》</b> <b>免费</b> 📍 Shaw Foundation Symphony Stage 🌐 nparks.gov.sg	5月12日 6pm – 7pm
<b>了解食品标签</b> <b>\$4</b> 📍 9 Bishan Place, #07–01 Junction 8 (Office tower), S(579837) 🌐 myheart.org.sg	5月24日 11.00am – 12.00pm
<b>金典名曲卡拉OK之夜</b> <b>\$8</b> 📍 Braddell Heights CC Multi-purpose Hall 🌐 onepa.sg	5月25日 6pm – 10pm
<b>合家欢电影之夜</b> <b>免费</b> 📍 Elias Park Primary School 🌐 onepa.sg	5月31日 7.30pm – 9.30pm
<b>沿着南部山脊通道的观鸟活动</b> <b>免费</b> 📍 Mount Faber Park 🌐 nparks.gov.sg	6月15日 7.30am – 9.30am
<b>我爱红山历史文化导览</b> <b>免费</b> 📍 Redhill MRT 🌐 mycommunity.org.sg	6月22日 10.00am – 12.00pm
<b>经禧厨师俱乐部烹饪课 (CHEF YAM)</b> <b>\$35</b> 📍 Cairnhill CC 🌐 onepa.sg	6月27日 7pm – 9.30pm

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)  
 ☎ 6281 1618 ✉ tango@ntuhealth.sg 🌐 tango.ntuhealth.sg

发起机构:



职总保健合作社是全国职工总会所属社会企业，负责提供即优质又平价的全面及综合性安老和医疗保健服务，以满足每户家庭日益增长的多元化需求。更多详情，请浏览 [ntuhealth.sg](http://ntuhealth.sg)。