

# Tango

WITH US!



## IN THE SPOTLIGHT

Although 72-year-old Mr Chan Sik Ming kept himself active by exercising in his own time, he felt there was more he could do to make it a consistent part of his life. Gym Tonic, a specialised strength-training programme involving a set of routine exercises, was the perfect solution for him. The two sessions each week enabled Mr Chan to establish and maintain a regular exercise routine in his schedule. “Since joining Gym Tonic, my arms and legs have become significantly stronger. I can carry heavier things with more ease now.”

Besides the Gym Tonic sessions, Mr Chan is also a frequent participant of Tango's social activities, such as health talks, digital workshops, and day trips to places of interest. Mr Chan shared that the health talks are his favourite, as they are very insightful and help to keep himself in good shape. “I also got the chance to go to places such as NTUC Health Active Ageing Hub (Kampung Admiralty) and check out the facilities there, which I otherwise would not have done on my own. I hope to attend more of such activities with Tango again,” Mr Chan shared.

For more information, please call 6214 3023 or visit [tango.ntuhealth.sg](http://tango.ntuhealth.sg).



*Mr Chan using the Leg Press machine which is designed to strengthen the muscles of the lower body.*

**“Since joining Gym Tonic, my arms and legs have become significantly stronger. I can carry heavier things with more ease now.”**

MR CHAN SIK MING, TANGO MEMBER

# TANGO TURNS 1!

Last November, we had a wonderful time celebrating Tango's 1st anniversary with a 'Live Well, Stay Active Day' at Braddell Heights Community Hub.

Attendees were treated to a host of activities, from health talks and mobility screenings, to game booths and mass workout sessions.

Check out some snapshots of the fun we had!

*The event kicked off with a band performance by students from Nanyang Junior College, which left the attendees in awe.*



*Attendees gathered for a Zumba workout led by ActiveSG and danced to the beat of the music with much enthusiasm.*



*Attendees also participated in mobility screenings to assess their strength, agility and balance, and learnt how they can stay fit and independent.*

*Attendees also tried their hand at a life-size version of Snakes and Ladders and various table-top games facilitated by ActiveSG and KYDZ International respectively. What a great way to bring the seniors and young ones together!*



*NTUC Health's team of professionals also delivered a series of health talks, sharing with attendees how to manage back pains, medications, and how to prevent flu. Now they can spread these pockets of knowledge to their loved ones too!*



**A big thank you to our partners for making this event a success!**

- Braddell Heights Grassroots Organisations
- Braddell Heights CCC
- ActiveSG
- Nanyang Junior College



## PAST EVENTS

Check out the social activities that were specially organised for Tango members over the last few months.



**October 2019:** Members attended a talk by ProAge, where they learnt how to lower the risk of chronic diseases through healthy lifestyle habits.



**November 2019:** Through a 2-hour digital workshop, members learnt how to use common mobile applications, such as Google Maps, Facebook, and Grab.



**December 2019:** Members tried their hand at Decoupage Art, where they had much fun decorating recycled wine bottles with paper cutouts.

## SAVE THE DATE!

### Upcoming Social Activities for Tango Members

ACTIVITY	DATE/TIME
<b>BALLOON MODELLING WORKSHOP</b> 📍 Tango office, 264 Serangoon Central, #01- 205, S(550264)	27 Feb 9.30am – 11.30am
<b>DAY TRIP TO SEMBAWANG HOT SPRING PARK</b> 📍 Sembawang Hot Spring Park	12 Mar 9.00am – 12.00pm
<b>CASHLESS DAY: EXPERIENTIAL TRIP TO FUNAN MALL</b> 📍 Funan Mall	16 Apr 10.00am – 1.00pm

Register your interest at Tango office today. For more information on the fees, please call **6214 3023**. Places are limited and will be allocated on a first-come, first-served basis.

Not a Tango member? Call **6214 3023** or email [tango@ntuhealth.sg](mailto:tango@ntuhealth.sg) 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 case of last minute changes.

ACTIVITY	DATE/TIME
<b>COMMUNITY GARDENING</b> <b>FREE</b> 📍 Tampines North Zone 4 RC 🌐 <a href="http://onepa.sg">onepa.sg</a>	Every Sat from 1 Feb to 29 Feb 8.00am – 10.00am

ACTIVITY	DATE/TIME
<b>TAICHI RHYTHMBALL</b> <b>FREE</b> 📍 Tampines North Zone 4 RC 🌐 <a href="http://onepa.sg">onepa.sg</a>	Every Mon 8.00am and Fri 9.00am from 3 Feb – 29 Feb
<b>HAPPY CHINESE NEW YEAR CONCERT 2020</b> 📍 China Cultural Centre Theatre 🌐 <a href="http://sistic.com.sg">sistic.com.sg</a>	8 Feb 3.30pm – 4.30pm
<b>DANCE TILL YOU HUAT: LUNAR FITNESS PARTY</b> 📍 Tampines Central CC 🌐 <a href="http://onepa.sg">onepa.sg</a>	8 Feb 6.00pm – 8.00pm
<b>NYONYA KUEH MAKING</b> 📍 Kolam Ayer CC 🌐 <a href="http://onepa.sg">onepa.sg</a>	19 Feb 10.00am – 1.00pm
<b>BIRD EMBROIDERY WORKSHOP</b> <b>FREE</b> 📍 Singapore Botanic Gardens, CDL Green Gallery @ SBG Heritage Museum 🌐 <a href="http://nparks.gov.sg">nparks.gov.sg</a>	22 Feb 9.00am – 11.00am
<b>BOWLING</b> <b>FREE</b> 📍 Punggol Orchid - Punggol SAFRA 🌐 <a href="http://healthhub.sg">healthhub.sg</a>	29 Feb 3.00pm – 4.00pm
<b>WEEKENDS IN THE PARK: FAMILY YOGA</b> <b>FREE</b> 📍 Bishan-Ang Mo Kio Park, River Plains 🌐 <a href="http://nparks.gov.sg">nparks.gov.sg</a>	8 Mar 8.00am – 9.00am
<b>VEGETARIAN COOKING WORKSHOP</b> 📍 Geylang Serai CC 🌐 <a href="http://onepa.sg">onepa.sg</a>	14 Mar 10.30am – 1.00pm
<b>SOAP MAKING WORKSHOP</b> 📍 Nee Soon East CC 🌐 <a href="http://onepa.sg">onepa.sg</a>	20 Mar 7.30pm – 9.00pm
<b>ORCHID GARDEN TOUR</b> 📍 Singapore Botanic Gardens 🌐 <a href="http://nparks.gov.sg">nparks.gov.sg</a>	21 Mar 10.00am
<b>HELP YOUR LOVED ONES TO EXERCISE AND STAY ACTIVE</b> 📍 Jurong Community Hospital 🌐 <a href="http://healthhub.sg">healthhub.sg</a>	28 Mar 11.00am – 12.00pm

## 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

尽管72岁的Mr Chan Sik Ming常常利用业余时间运动以保持活跃，为了要让运动完全融入他的生活，他加入了“健得力”计划（Gym Tonic）。“健得力”计划是一项专门的肌力训练，有一套由专业人员指导的锻炼方法。这可是完美的解决方案，每周两次的锻炼让Mr Chan能够在日常生活中保持有规律的运动。“自从加入了“健得力”计划，我的手臂和腿部力量都有了明显增强。我现在可以更轻松地搬运更重的东西了。”

除了“健得力”计划，Mr Chan也经常参加Tango举办的社交活动，比如健康讲座、数码工作坊以及本地景点一日游。健康讲座是他最喜欢的，内容深入又丰富，对保持身体健康很有帮助。“我也有机会前往职总保健合作社活跃乐龄中心（海军部村庄），并参观了那里的设施。如果不是这项计划，我自己是不会这么做的。我希望能参加更多由Tango举办的此类活动。”

欲知更多“健得力”计划和Tango举办的社交活动的更多详情，请致电6214 3023或浏览[tango.ntuchealth.sg](http://tango.ntuchealth.sg)。



Mr Chan在使用有助于提高下半身肌肉力量的脚部推举机 (Leg Press)

**“自从加入了“健得力”计划，我的手臂和腿部力量都有了明显增强。我现在可以更轻松地搬运更重的东西了。”**

MR CHAN SIK MING, TANGO会员

# TANGO一岁啦!

去年11月，我们在布莱德岭社区中枢（Braddell Heights Community Hub）以“维持健康、保持活跃日”庆祝了Tango一周年纪念，度过了美好的一天！

我们为参与者安排了各种活动，如乐队表演、健康讲座、游戏摊位和集体健身操！查看以下照片，看看我们玩得多开心！

南洋初级学院乐队的开幕演奏令人印象深刻，观众对他们的表演赞不绝口！



参与者们聚集在一起，参加由ActiveSG组织的尊巴舞健身活动，并伴随着音乐的节拍尽情起舞。



参与者也参加了运动筛查，以评估他们的力量，敏捷性和平衡性，并学习如何保持健康和独立。

参与者也体验了由ActiveSG所准备的真人大小的“蛇和梯子”游戏，也尝试由KYDZ International提供的各种独特的桌面游戏。这真的是一个将年长者和小孩聚在一起的好方法！



职总保健合作社的专业团队也进行了一系列的健康讲座，与参与者分享了如何管理背痛，药物，以及如何预防流感。他们现在也可以与他们的家人分享这些实用的小知识！



**感谢以下合作伙伴的鼎力支持，让这次的活动取得成功！**

- Braddell Heights Grassroots Organisations
- Braddell Heights CCC
- ActiveSG
- Nanyang Junior College



## 过去活动

查看过去3个月为Tango会员特别组织的社交活动!



2019年10月: 会员参加了ProAge的讲座, 学习如何通过健康的生活方式来降低患慢性病的风险。



2019年11月: 通过两小时的数码工作坊, 会员学习了如何使用常见的移动应用程序, 例如Google Maps, Facebook和Grab!



2019年12月: 会员尝试了剪纸艺术, 利用了剪纸来装饰旧的葡萄酒瓶!

## 活动日期

### Tango会员社交活动


活动内容	日期/ 时间
气球造型工作坊 📍 Tango 办公室, 264 Serangoon Central #01-205 S(550264)	2月27日 9.30am – 11.30am
三巴旺温泉公园一日游 📍 Sembawang Hot Spring Park	3月12日 9.00am – 12.00pm
无现金日: 福南数码生活广场一日游 📍 Funan Mall	4月16日 10.00am – 1.00pm

有意者, 请前往Tango办公室登记。有关费用的更多信息, 请致电6214 3023。请注意名额有限, 将以先到先得的方式分配。

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
社区园艺 <b>免费</b> 📍 Tampines North Zone 4 RC  onepa.sg	从2月1日至2月29日的 每逢星期六 8.00am – 10.00am

活动内容	日期/ 时间
<b>太极柔力球</b> <span style="background-color: #2e8b57; color: white; padding: 2px;">免费</span> 📍 Tampines North Zone 4 RC  <a href="http://onepa.sg">onepa.sg</a>	从2月3日至2月29日的每逢星期一(8.00am)和星期五(9.00am)
<b>欢乐春节 — 新春音乐会 2020</b> 📍 China Cultural Centre Theatre  <a href="http://sistic.com.sg">sistic.com.sg</a>	2月8日 3.30pm — 4.30pm
<b>农历新年健身派对</b> 📍 Tampines Central CC  <a href="http://onepa.sg">onepa.sg</a>	2月8日 6.00pm — 8.00pm
<b>娘惹糕点烹饪</b> 📍 Kolam Ayer CC  <a href="http://onepa.sg">onepa.sg</a>	2月19日 10.00am — 1.00pm
<b>刺绣工作坊</b> <span style="background-color: #2e8b57; color: white; padding: 2px;">免费</span> 📍 Singapore Botanic Gardens, CDL Green Gallery @ SBG Heritage Museum  <a href="http://nparks.gov.sg">nparks.gov.sg</a>	2月22日 9.00am — 11.00am
<b>保龄球</b> <span style="background-color: #2e8b57; color: white; padding: 2px;">免费</span> 📍 Punggol Orchid – Punggol SAFRA  <a href="http://healthhub.sg">healthhub.sg</a>	2月29日 3.00pm — 4.00pm
<b>周末家庭瑜伽</b> <span style="background-color: #2e8b57; color: white; padding: 2px;">免费</span> 📍 Bishan–Ang Mo Kio Park, River Plains  <a href="http://nparks.gov.sg">nparks.gov.sg</a>	3月8日 8.00am — 9.00am
<b>素食烹饪工作坊</b> 📍 Geylang Serai CC  <a href="http://onepa.sg">onepa.sg</a>	3月14日 10.30am — 1.00pm
<b>手工皂工作坊</b> 📍 Nee Soon East CC  <a href="http://onepa.sg">onepa.sg</a>	3月20日 7.30pm — 9.00pm
<b>兰花园之旅</b> 📍 Singapore Botanic Gardens  <a href="http://nparks.gov.sg">nparks.gov.sg</a>	3月21日 10.00am
<b>保持活跃讲座</b> 📍 Jurong Community Hospital  <a href="http://healthhub.sg">healthhub.sg</a>	3月28日 11.00am — 12.00pm

## 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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