

Tango

WITH US!



IN THE SPOTLIGHT

After hearing about a fall that affected her friend's mobility, 66-year-old Mdm Chou decided that it was time for her to take control of her safety and signed up for a 3-month Gym Tonic programme in January this year.

Now, in her third run of the programme, Mdm Chou has experienced significant improvement in her muscle strength. "In the past, I avoided the use of the pressure cooker as it was too heavy. Now, I am able to lift it up with ease! Also, I find grocery shopping more manageable now as I am able to carry my grocery bags without feeling tired."

Having experienced the positive effects of Gym Tonic, Mdm Chou has recommended 4 other family members to join her. One of them is her 77-year-old sister, Mdm Lim, who used to have a fear of walking due to a fall 3 years ago. "I did not have much strength and balance and was afraid that I will fall again. After joining Gym Tonic, I find that I am able to walk a longer distance with greater balance. I feel more confident about walking now," Mdm Lim shared.

Led by trained professionals, Gym Tonic is a specialised strength training programme which has been scientifically proven to improve the functional abilities of seniors. Gym Tonic is available at NTUC Health Active Ageing Hub (Kampung Admiralty) and Braddell Heights Community Hub. For more information, please call **6214 3023** or visit tango.ntuhealth.sg/services/gym-tonic/.

"I believe that prevention is better than cure. Regular exercise is critical in preventing falls."

MDM CHOU, TANGO MEMBER



Mdm Chou using the 'Chest Press' machine which is designed to strengthen the muscles of the upper body



Check out what Channel 8's Happy-Go-Lucky programme had to say about Gym Tonic!



STRETCH YOUR DOLLAR

Hanging out with your friends doesn't always have to be expensive! Here's a whole day of fun planned out for you for less than \$10!

09:00

Start your day right with good old kaya toast and eggs

Visit your nearest NTUC Foodfare or Kopitiam food courts/coffee shops and enjoy a breakfast set with kaya toast, eggs, and a cup of coffee or tea!



\$ \$1.80 (NTUC Union Members) / \$2.20 (Public)

11:00

Get your adrenaline pumping with a morning workout

Keen to try out kickboxing, zumba or other fun exercises? Head down to a participating mall and have fun with an hour-long mall workout! For more information, please visit healthhub.sg.

\$ Free

13:00

Recharge with a hearty lunch

Enjoy 2 vegetables and 1 meat meal options from just \$2 at NTUC Foodfare Rice Garden stalls! For more information, please visit goodthingsmustshare.sg.



\$ \$2 (Merdeka/Pioneer Generation, NTUC Union, and Passion Silver Members) / \$2.70 (Public)

22:00



HOME SWEET HOME!

19:00

Watch a movie under the stars

Take your movie-going experience to the next level with free outdoor movie screenings! Lay down your picnic mat and catch a film while enjoying the cool evening breeze. Be sure to pack your favourite foods and snacks too! For more information, please visit [facebook.com/BeMyKakiBus](https://www.facebook.com/BeMyKakiBus).



\$ \$3 - \$5 for food and drinks

17:00

Try out a new hobby



You are never too old to learn something new! The National Silver Academy runs classes for Singaporeans aged 50 and above. From smartphone photography and video-editing to craft and cooking workshops, there is something for everyone! For more information, please visit nsa.org.sg.

\$ Free

15:00

Enjoy the lush greenery and floral displays at Gardens by the Bay



Gardens by the Bay has a number of attractions that are free to the public, such as the Supertree Grove and Heritage gardens. Merdeka or Pioneer Generation cardholders can also enjoy free entry to the Flower Dome on the second Tuesday of each month! For more information, please visit gardensbythebay.com.sg.

\$ Free

WHAT IS YOUR IDEA OF FUN?

Let us know how you would spend a full day out with \$10 or less and stand a chance to win \$30 worth of NTUC FairPrice vouchers!



Design a 1-day itinerary and submit it to tango@ntuhealth.sg or Tango's office by 18 Nov 2019.

Please include the following in your submission:

- Proposed schedule with recommended activities and estimated timing
- Cost of each activity
- Reason for your recommendation

This contest is open to Tango members only. The management will select the best entry based on how meaningful the activities are, budget used, as well as the uniqueness and feasibility of the itinerary. The winning entry will be announced on 30 Nov 2019.

PAST EVENTS

Check out the social activities that were specially organised for Tango members over the last 3 months!



June 2019: Members attended a talk by the National Crime Prevention Council, where they learnt how they can identify and protect themselves from scams.



July 2019: Chairman of the Silver Horizon Travel Co-op, Dr William Goh, shared his personal travel stories and experiences with organising overseas trips with our members.



August 2019: Members gathered together for a Zumba workout organised by ActiveSG and had lots of fun dancing to the beat of the music!

SAVE THE DATE!

Upcoming Social Activities for Tango Members

| ACTIVITY | DATE/TIME |
|---|-----------------------------|
| EXERCISE AS MEDICINE: LOWER CHRONIC RISKS BY PROAGE <i>Note: 10 free seats will be allocated to Tango members on a first-come first-served basis.</i> 📍 Tango office, 264 Serangoon Central, #01- 205, S(550264) | 26 Oct 11.00am – 12.00pm |
| DIGITAL WORKSHOP - USING COMMON MOBILE APPLICATIONS 📍 Tango office, 264 Serangoon Central, #01- 205, S(550264) | 21 Nov 9.30am – 11.30am |
| TANGO ANNIVERSARY EVENT 📍 Tango office, 264 Serangoon Central, #01- 205, S(550264) | 30 Nov 8.30am – 1.00pm |
| MAKE YOUR OWN DECOUPAGE WINE BOTTLE 📍 Tango office, 264 Serangoon Central, #01- 205, S(550264) | 3 Dec 10.00am – 12.00pm |

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 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 |
|--|-----------------------------------|
| JAPANESE FLOWER ARRANGEMENT 📍 Brahm Centre @ Novena 🌐 brahmcentre.com | 26 Oct 3.00pm – 5.00pm |
| BREADMAKING 📍 Marine Parade Community Club 🌐 onepa.sg | 8 Nov 10.00am – 1.30pm |
| MUSIC IN AN ENCHANTED GARDEN FREE 📍 Singapore Botanic Gardens 🌐 nparks.gov.sg | 9 Nov 5.30pm – 6.30pm |
| DEEPAVALI DINNER 2019 📍 Braddell Heights Community Club 🌐 onepa.sg | 23 Nov 6.00pm – 10.00pm |
| SMART NATION & U FREE 📍 Downtown East 🌐 downtowneast.com.sg | 30 Nov & 1 Dec 9.00am – 6.00pm |
| U LIVE SYMPOSIUM 2019 📍 Begonia, Downtown East 🌐 ulive.sg | 1 Dec 9.00am – 6.00pm |
| ST JOHN'S ISLAND TRAIL GUIDED WALK FREE 📍 Sisters Islands Marine Park 🌐 nparks.gov.sg | 1 Dec 10.00am – 11.30am |
| 4D3N HAT YAI, THAILAND GETAWAY 🌐 ulive.sg | 6–9 Dec |
| KNOW YOUR MEDICINES, GET IT RIGHT! FREE 📍 Library@Harbourfront 🌐 nlb.gov.sg | 7 Dec 2.00pm – 3.00pm |
| HERITAGE TOUR AT SINGAPORE BOTANIC GARDENS FREE 📍 Singapore Botanic Gardens 🌐 nparks.gov.sg | 28 Dec 9.00am – 10.00am |

CONTACT US

📍 Tango Office – Braddell Heights Community Hub, 264 Serangoon Central #01-205, S(550264)
☎ 6214 3023 ✉ 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.

与我们一起 Tango



本期亮点

在得知朋友摔倒，活动能力受到影响之后，66岁的Mdm Chou 便意识到是时候保护自己的安全了，所以在今年1月报名参加了为期3个月的“健得力”（Gym Tonic）计划。

在该计划的第三轮中，Mdm Chou 觉得肌肉力量得到显著改善。“过去，高压锅太重了，我尽量避免使用。现在我可以轻松地把它抬起来了！另外，由于我能够提着购物袋而不觉得累，我发现去购买日用品也变得更加容易。”

Mdm Chou也推荐了4位家庭成员加入“健得力”计划。其中一位是她77岁的姐姐Mdm Lim，由于她曾经在3年前摔倒而非常害怕走路。Mdm Lim分享她的体会：“我没有足够的力量和平衡感，我害怕再次摔倒。在加入“健得力”计划之后，我发现我可以长距离走路并保持更好的平衡。现在我对走路更加有信心了。”

由专业人员指导，“健得力”是一项专门的肌力训练，已经科学证实能提高年长使用者的身体功能与能力。职总保健活跃乐龄中心（海军部村庄）及布莱德岭社区中心提供“健得力”计划。欲知更多详情，请致电 6214 3023 或浏览 tango.ntuhealth.sg/services/gym-tonic/。

**“我相信预防胜于治疗。
有规律的锻炼对预防摔
倒至关重要。”**

MDM CHOU, TANGO会员



Mdm Chou女士在使用有助于提高上半身肌肉力量的“胸部推举机”（Chest Press）



看看8频道《欢喜没烦恼》（Happy-Go-Lucky）节目是如何介绍“健得力”计划的！



物超所值

与朋友们聚会并不必花费很多！这里为您规划花费不到\$10的全天娱乐活动！

09:00

以传统美味的咖椰吐司和鸡蛋开始美好的一天



到距您最近的职总富食客 (NTUC Foodfare) 或 Kopitiam美食中心/咖啡店享用美味的咖椰吐司、鸡蛋、咖啡或茶的早餐套餐！

💰 \$1.80 (全国职工总会会员) / \$2.20 (公众)

11:00

保持活跃

想尝试搏击、尊巴或其他有趣的活动吗？请前往标榜为“保健商场”的购物中心，进行一小时的晨练！请浏览 healthhub.sg 获取活动地点及时间表。



💰 免费

13:00

享受丰盛的午餐

在职总富食客 (NTUC Foodfare) 旗下的禾园 (Rice Garden) 享用价格仅2新元，包括两菜一肉的午餐！预知更多详情，请浏览 goodthingsmustshare.sg。



💰 \$2 (立国一代/建国一代、全国职工总会及百盛乐龄卡会员) / \$2.70 (公众)

22:00



返回温馨的家！

19:00

在星空下观看电影

免费的室外电影将您的电影体验提升到新的水平！躺在您的野餐垫上，观看电影，享受清凉的晚风。一定要带上您喜爱的食物和零食！预知更多详情，请浏览 facebook.com/BeMyKakiBus。



💰 \$3-\$5 (食物及饮料)

17:00

尝试新的爱好

活到老，学到老！全国乐龄学苑为50岁以上的新加坡人开设各种课程。从智能手机摄影和视频编辑到手工和烹饪工作坊，一定有一个自己喜欢的课程！更多信息，请浏览 nsa.org.sg。



💰 免费

15:00

在滨海湾花园观赏郁郁葱葱的绿色植物和花卉展示

滨海湾花园有许多景点对公众免费开放，如擎天大树林 (Supertree Grove) 和文化遗产花园 (Heritage gardens)。立国或建国一代会员，也可以在每个月的第二个星期二免费进入花穹！预知更多信息，请浏览 gardensbythebay.com.sg。

💰 免费



您对好玩的定义是什么？

告诉我们您将如何规划花费不到\$10的全天娱乐活动并有机会赢取价值\$30的NTUC FairPrice礼券！



设计1天的行程，并于11月18日之前电邮至 tango@ntuhealth.sg 或提交给Tango办公室的柜台工作人员。

您提交的行程必须包括以下内容：

- i. 拟议时间表，建议活动和估计时间
- ii. 各项活动的费用
- iii. 推荐理由

此竞赛仅向Tango会员开放。管理层将根据活动的意义，使用的预算以及行程的独特性和可行性来选择最佳的作品。获奖作品将于2019年11月30日宣布。

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6月: 会员出席了全国罪案防范理事会 (National Crime Prevention Council)组织的讲座, 学习了如何识别诈骗, 保护自己免受诈骗。



2019年7月: Silver Horizon Travel Co-op 主席 Dr. William Goh 与我们的会员分享了他的个人旅行故事及组织海外旅行的经验。



2019年8月: 会员聚集一堂, 参加由 ActiveSG 组织的尊巴舞健身活动, 随着音乐的节拍尽情起舞!

活动日期

Tango会员社交活动

| 活动内容 | 日期/ 时间 |
|---|-----------------------------|
| 降低慢性风险 注意: 首十位登记的Tango会员将可以免费入场 📍 Tango 办公室, 264 Serangoon Central #01-205 S(550264) | 10月26日 11.00am – 12.00pm |
| 学习如何用普遍的手机应用程序 📍 Tango 办公室, 264 Serangoon Central #01-205 S(550264) | 11月21日 9.30am – 11.30am |
| TANGO 周年欢庆活动 📍 Tango 办公室, 264 Serangoon Central #01-205 S(550264) | 11月30日 8.30am – 1.00pm |
| 制作剪纸葡萄酒瓶 📍 Tango 办公室, 264 Serangoon Central #01-205 S(550264) | 12月3日 10.00am – 12.00pm |

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 |
|---|---------------------------------|
| 日式插花 📍 Brahm Centre @ Novena 🌐 brahmcentre.com | 10月26日 3.00pm – 5.00pm |
| 面包烘培 📍 Marine Parade Community Club 🌐 onepa.sg | 11月8日 10.00am – 1.30pm |
| 音乐会 免费 📍 Singapore Botanic Gardens 🌐 nparks.gov.sg | 11月9日 5.30pm – 6.30pm |
| 屠妖节晚宴2019 📍 Braddell Heights Community Club 🌐 onepa.sg | 11月23日 6.00pm – 10.00pm |
| SMART NATION & U 免费 📍 Downtown East 🌐 ulive.sg | 11月30日和12月1日 9.00am – 6.00pm |
| U LIVE 座谈会 2019 📍 Begonia, Downtown East 🌐 ulive.sg | 12月1日 9.00am – 6.00pm |
| 圣约翰岛导览 免费 📍 Sisters Islands Marine Park 🌐 nparks.gov.sg | 12月1日 10.00am – 11.30am |
| 四天三夜泰国合艾之旅 🌐 ulive.sg | 12月6日至12月9日 |
| 了解您用的药物 免费 📍 Library@Harbourfront 🌐 nlb.gov.sg | 12月7日 2.00pm – 3.00pm |
| 新加坡植物园文化导览 免费 📍 Singapore Botanic Gardens 🌐 nparks.gov.sg | 12月28日 9.00am – 10.00am |

联系我们

📍 Tango 办公室 – Braddell Heights Community Hub, 264 Serangoon Central #01–205, S(550264)
☎ 6214 3023 📧 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。