

2025 April

 **Centre Name:** Active Ageing Centre (Care) (Marsiling)  
 **Centre Address:** Blk 160 Woodlands Street 13 #01-649 S(730160)  
 **Centre Contact:** 8292 2504





| MON | TUE                                                               | WED                                              | THU                                                                             | FRI                                                                                   | SAT            |
|-----|-------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------|
|     | 1                                                                 | 2                                                | 3                                                                               | 4                                                                                     | 5              |
|     | Let's Stretch Exercise<br>一起拉伸操<br>9:30am - 10:30am               | Steady Lah! (1)<br>9:30am - 11am                 | Let's Stretch Band<br>一起做弹力带拉筋操<br>9:30am - 10:30am                             | Let's Do Happy Drawing<br>一起欢乐绘画<br>9:30am - 11am                                     | Closed<br>中心关闭 |
|     | Foot Health Workshop<br>足部健康研讨会<br>9:30am - 11:30am<br>(Mandarin) |                                                  | Let's Do Good at NTUC<br>Day Care (Nagomi)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am | Let's Do Good at NTUC Day<br>Care (Happy Voices)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am |                |
|     | Happy Program (1)<br>快乐节目<br>3pm - 4pm                            |                                                  | Happy Healthy Huemans<br>活力彩绘人生<br>2pm - 4pm                                    | Let's KTV Together<br>一起来K歌<br>11am - 3pm                                             |                |
|     | Let's Do Knitting<br>一起做针织<br>3pm - 5pm                           | Let's KTV Together<br>一起来K歌<br>1:30pm - 5:30pm   | Strategise with Kakis<br>游戏时间<br>3pm - 5pm                                      | Let's Jam with Ukulele<br>一起玩尤克里里琴<br>2pm - 4pm                                       |                |
|     | Let's Play Table Soccer<br>一起玩桌上足球<br>(只限男士)<br>4pm - 5pm         | Strategise with Kakis<br>游戏时间<br>1:30pm - 5:30pm | Let's Learn To Sing<br>一起学歌唱<br>3pm - 5pm                                       | Let's Celebrate Birthday<br>一起来庆祝生日<br>3pm - 5pm                                      |                |

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| MON                                                 | TUE                                                                              | WED                                              | THU                                                                                                          | FRI                                                                                                           | SAT            |
|-----------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------|
| 7                                                   | 8                                                                                | 9                                                | 10                                                                                                           | 11                                                                                                            | 12             |
| Let's Qigong<br>一起练气功<br>9:30am - 10:30am           | Let's Do Acrylic Painting<br>一起丙烯画<br>9:30am - 11:30am                           | Steady Lah! (2)<br>9:30am - 11am                 | Let's Stretch Band<br>一起做弹力带拉筋操<br>9:30am - 10:30am                                                          | Let's Do Happy Drawing<br>一起欢乐绘画<br>9:30am - 11am                                                             | Closed<br>中心关闭 |
| Let's Do Diamond Painting<br>一起做钻石画<br>1pm - 2:30pm | Foot Health Workshop<br>足部健康研讨会<br>9:30am - 11:30am<br>(English)                 |                                                  | Let's Do Good at NTUC<br>Day Care (Nagomi)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am                              | Let's Do Good at NTUC<br>Day Care (Ukulele)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am                              |                |
| Hay Day with Horses<br>2pm - 4pm                    | Let's Do Good at NTUC<br>Day Care (Singing)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am |                                                  | Happy Healthy Huemans<br>活力彩绘人生<br>2pm - 4pm<br>Hay Day with Horses<br>2pm - 4pm                             | Let's KTV Together<br>一起来K歌<br>11am - 3pm                                                                     |                |
| Zumba Gold<br>黄金尊巴<br>3pm - 4pm                     | Happy Program (2)<br>快乐节目<br>3pm - 4pm                                           | Strategise with Kakis<br>游戏时间<br>1:30pm - 5:30pm | Let's Learn To Sing<br>一起学歌唱<br>3pm - 5pm<br>Let's Walk In The Park<br>一起去公园走走<br>(Rifle Range)<br>3pm - 5pm | Let's Play Table Soccer<br>一起玩桌上足球<br>(只限男士)<br>3pm - 4pm<br>Let's Do Calligraphy<br>一起写书法<br>2:30pm - 3:45pm |                |
| Let's Steel Tonic<br>一起做钢铁运动<br>4:15pm - 5:15pm     | Let's Do Knitting<br>一起做针织<br>3pm - 5pm                                          | Let's KTV Together<br>一起来K歌<br>1:30pm - 5:30pm   | Let's Makan Together<br>(outdoor)<br>一起来聚餐<br>5pm - 6pm                                                      | Let's Do Calligraphy<br>一起写书法<br>3:45pm - 5pm<br>Let's Brisk Walk<br>一起快步走<br>5pm - 6pm                       |                |

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| MON                                             | TUE                                                             | WED                                           | THU                                                                             | FRI         | SAT            |
|-------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------|-------------|----------------|
| 14                                              | 15                                                              | 16                                            | 17                                                                              | 18          | 19             |
| Let's Qigong<br>一起练气功<br>9:30am - 10:30am       | Let's Stretch Exercise<br>一起拉伸操<br>9:30am - 10:30am             | Steady Lah! (3)<br>9:30am - 11am              | Let's Stretch Band<br>一起做弹力带拉筋操<br>9:30am - 10:30am                             | Good Friday | Closed<br>中心关闭 |
| Let's Go Peranakan<br>Museum<br>1:45pm - 6pm    | Community Health Post<br>保健站<br>9am - 12pm                      |                                               | Let's Do Good at NTUC<br>Day Care (Nagomi)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am |             |                |
| Hay Day with Horses<br>2pm - 4pm                | Let's Lim Kopi<br>(male exclusive)<br>一起喝咖啡<br>9:30am - 10:30am | Let's KTV Together<br>一起来K歌<br>1:30pm - 5pm   | Strategise with Kakis<br>游戏时间<br>1pm - 3pm<br>Hay Day with Horses<br>2pm - 4pm  |             |                |
| Zumba Gold<br>黄金尊巴<br>3pm - 4pm                 | Happy Program (3)<br>快乐节目<br>3pm - 4pm                          | Strategise with Kakis<br>游戏时间<br>1:30pm - 5pm | Happy Healthy Huemans<br>活力彩绘人生<br>2pm - 4pm                                    |             |                |
| Let's Steel Tonic<br>一起做钢铁运动<br>4:15pm - 5:15pm | Let's Do Knitting<br>一起做针织<br>3pm - 5pm                         | Let's Brisk Walk<br>一起快步走<br>5pm - 6pm        | IMDA Go Digital Workshop<br>数码培训课程<br>3pm - 5pm                                 |             |                |

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| MON<br>21                                                                               | TUE<br>22                                                                        | WED<br>23                                        | THU<br>24                                                                       | FRI<br>25                                                 | SAT<br>26      |
|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------|----------------|
| Let's Qigong<br>一起练气功<br>9:30am - 10:30am                                               | Let's Watch<br>Walking Football Match<br>一起观赏足球比赛<br>8:15am - 12:30pm            | Steady Lah! (4)<br>9:30am - 11am                 | Let's Stretch Band<br>一起做弹力带拉筋操<br>9:30am - 10:30am                             | Let's Do Happy Drawing<br>欢乐绘画<br>9:30am - 11am           | Closed<br>中心关闭 |
| Let's Do Diamond Painting<br>一起做钻石画<br>1pm - 2:30pm<br>Hay Day with Horses<br>2pm - 4pm | Let's Do Good at NTUC<br>Day Care (Singing)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am |                                                  | Let's Do Good at NTUC<br>Day Care (Nagomi)<br>一起在职总保健<br>日间中心做义工<br>10am - 11am | Let's Do Calligraphy<br>一起写书法<br>2:30pm - 3:45pm          |                |
| Strategise with Kakis<br>游戏时间<br>1pm - 3pm                                              | Happy Program (4)<br>快乐节目<br>3pm - 4pm                                           |                                                  | Hay Day with Horses<br>2pm - 4pm                                                | Let's Play Table Soccer<br>一起玩桌上足球<br>(只限男士)<br>3pm - 4pm |                |
| Zumba Gold<br>黄金尊巴<br>3pm - 4pm                                                         | Let's Play Table Soccer<br>一起玩桌上足球<br>(只限男士)<br>3pm - 4pm                        | Let's KTV Together<br>一起来K歌<br>1:30pm - 5:30pm   | Happy Healthy Huemans<br>活力彩绘人生<br>2pm - 4pm                                    | Senior Friendship Circle<br>乐龄友谊圈<br>3pm - 4pm            |                |
| Let's Steel Tonic<br>一起做钢铁运动<br>4.15pm - 5.15pm                                         | Let's Do Knitting<br>一起做针织<br>3pm - 5pm                                          | Strategise with Kakis<br>游戏时间<br>1:30pm - 5:30pm | Let's Celebrate<br>Hari Raya Puasa<br>一起庆祝开斋节<br>4:30pm - 6pm                   | Let's Do Calligraphy<br>一起写书法<br>3:45pm - 5pm             |                |

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| MON                                                                                   | TUE                                                       | WED                   | THU | FRI | SAT |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------|-----|-----|-----|
| 28                                                                                    | 29                                                        | 30                    |     |     |     |
| Let's Qigong<br>一起练气功<br>9:30am - 10:30am                                             | Fun With Kakis (Bingo)<br>游戏时间<br>9.30am - 10.30am        | Townhall<br>9am - 6pm |     |     |     |
| Let's Learn To Bake<br>一起学烘焙<br>9:30am - 12:30pm                                      | HAPPY Program (5)<br>快乐节目<br>3pm - 4pm                    |                       |     |     |     |
| Let's Makan Together<br>一起来聚餐<br>12:30pm - 1:30pm<br>Hay Day with Horses<br>2pm - 4pm | Let's Do Knitting<br>一起做针织<br>3pm - 5pm                   |                       |     |     |     |
| Zumba Gold<br>黄金尊巴<br>3pm - 4pm                                                       |                                                           |                       |     |     |     |
| Let's Steel Tonic<br>一起做钢铁运动<br>4:15pm - 5:15pm                                       | Let's Play Table Soccer<br>一起玩桌上足球<br>(只限男士)<br>3pm - 4pm |                       |     |     |     |

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