

2025 August

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
				Let's Do Happy Drawing 一起欢乐绘画 9:30am - 11am	Community Health Day 9am - 12pm
				Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm	
				Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	Sunday 3 Aug National Day Concert @ Gardens By The Bay 3:30pm - 10:30pm
				Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Learn To Wrap Nonya Dumpling 一起学包娘惹粽子 9:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Makan Together 一起来聚餐 10:30am - 11:30am	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Do Good at NTUC Day Care (Ukulele) 一起在职总保健 日间中心做义工 10am - 11am	
Let's Do Recycled Art 一起做再循环工艺 1pm - 2:30pm		Natural Scent of Wellness 10:30am - 11:30am	Preparing For Your Future Healthier Needs 1pm to 3:30pm	Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	
Let's DrumFit 一起做DrumFit 2:30pm - 4pm	Senior Friendship Circle (Malay) 1pm - 3pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 4pm	Let's Do Calligraphy 一起写书法 1pm - 3pm	
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Let's Do Knitting 一起做针织 3pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Celebrate National Day 4pm - 5:30pm	Strategise with Kakis 游戏时间 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closed (National Day Holiday In Lieu) 中心关闭	Community Health Post 保健站 9am - 12pm	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am		Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Centre Closed (Staff Training) 中心关闭 (员工培训) 1pm to 6pm	
	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Preparing For Your Future Healthier Needs 1pm to 3:30pm		
	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm		

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Healthier Minds For Healthier Lives 健康讲座 (NTU) 9:30am - 11am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Let's Makan Together 一起来聚餐 10:30am - 11:30am	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 11am - 3pm	
NEA Talk (Dengue Prevention) 10:30am - 11:30am	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Preparing For Your Future Healthier Needs 1pm to 3:30pm	Let's Do Calligraphy 一起写书法 1pm - 3pm	
Let's DrumFit 一起做DrumFit 2:30pm - 4pm	Let's Do Acrylic Painting 一起丙烯画 2pm - 4pm		Let's Learn To Sing 一起学歌唱 3pm - 5pm		
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	IMDA Go Digital Workshop 数码培训课程 3pm - 5pm	Let's DrumFit 一起做DrumFit 3:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Zumba Gold 黄金尊巴 9:30am - 10:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing 欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Learn To Bake 一起学烘培 9:30am - 11:30am Senior Friendship Circle 乐龄友谊圈 2pm - 4pm	Let's go Peranakan Museum 一起去土生华人博物馆 9am - 1:30pm		Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's KTV Together 一起来K歌 11am - 3pm	
Let's Walk In The Park 一起去公园走走 (Hort Park) 1pm - 5pm Let's KTV Together (Malay) 2pm - 4pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am Strategise with Kakis 游戏时间 2pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Preparing For Your Future Healthier Needs 1pm to 3:30pm		
Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm	

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