

2025 February

📍 **Centre Name:** Active Ageing Centre (Care) (Marsiling)
 🏠 **Centre Address:** Blk 172 Woodlands Street 13 #01-315 S(730172)
 ☎️ **Centre Contact:** 8292 2504






ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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 (Cancelled due to CNY)	Let's Line Dance 一起跳排舞 9:30am - 11am (Cancelled due to CNY)	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	Closed 中心关闭
		Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	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 (Happy Voices) 一起在职总保健 日间中心做义工 10am - 11am	
		Let's Lohei Together 一起来捞鱼生 1pm - 1:30pm			
Strategise with Kakis 游戏时间 3:30pm - 5pm	Let's go River Hongbao 春到河畔 5:30pm - 11pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm		Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm (Blk 160) (CANCELLED)	
		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Grace Assembly Choir 大合唱表演 3pm - 4:30pm	Let's Celebrate Birthday 一起来庆祝生日 3:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Qigong 一起练气功 9:30am - 10:30am		Let's Line Dance 一起跳排舞 9.30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	Closed 中心关闭
	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 Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	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 Learn Knitting 一起来学针织 3:30pm - 5pm			Let's Sing Together (Busker Robin) 一起来歌唱 10am - 11am	Let's Do Calligraphy 一起写书法 3:30pm - 5pm	
Strategise with Kakis 游戏时间 3:30pm - 5pm		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Fun with Nintendo 电子游戏时间 3:30pm - 4:30pm	Let's Learn To Bake 一起学烘焙 3pm - 5pm	
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm	Let's Do Acrylic Painting 一起丙烯画 3:30pm - 5:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Makan Together 一起来聚餐 5pm - 6pm	

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MON

TUE

WED

THU

FRI




SAT

17	18	19	20	21	22
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	Let's Line Dance 一起跳排舞 9.30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	Closed 中心关闭
Let's Learn Knitting 一起来学针织 3:30pm - 5pm	Community Health Post 保健站 9am - 12pm	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 1pm - 2pm	Scam Awareness Talk (SIT) 预防诈骗讲座 10am - 11am Focus Group Discussion 焦点小组 11am - 12pm	
Strategise with Kakis 游戏时间 3:30pm - 5pm		Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Senior Friendship Circle 乐龄友谊圈 3:30pm - 4:30pm		
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm		Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm (Blk 160)	
	Legacy Planning Workshop Lasting Power of Attorney (Mandarin) 持久授权书 (华语) 3:30pm - 5:30pm	Food Resilience Preparedness Program Let's Makan Together 一起来聚餐 5:30pm - 6:30pm	Food Resilience Preparedness Program Let's Makan Together 一起来聚餐 5:30pm - 6:30pm		

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NTUC Health

MON

TUE

WED

THU

FRI

SAT

24	25	26	27	28	
Let's Qigong 一起练气功 9:30am - 10:30am	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 Line Dance 一起跳排舞 9.30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	
Let's Learn Knitting 一起来学针织 3:30pm - 5pm		Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 1pm - 2pm		
Strategise with Kakis 游戏时间 3:30pm - 5pm		Let's KTV Together 一起来K歌 1:30pm - 5:30pm		Let's Walk In The Park 一起去公园走走 3pm - 5pm Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4.15pm - 5.15pm	Legacy Planning Workshop Lasting Power of Attorney (English) 持久授权书 (英语) 3:30pm - 5:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	IMDA Go Digital Workshop 数码培训课程 3.30pm - 5.30pm	Let's Do Calligraphy 一起写书法 3:30pm - 5pm	

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