




2025 July

 **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 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 一起欢乐绘画 9:30am - 11am	Closed 中心关闭
	Let's Jam with Ukulele 一起玩尤克里里琴 10am - 12pm	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 (Happy Voices) 一起在职总保健 日间中心做义工 10am - 11am	
	Mobile Videography Video Editing 移动摄像与视频编辑 1pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Happy Healthy Huemans 活力彩绘人生 2pm - 4pm	Let's KTV Together 一起来K歌 11am - 3pm	
	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 Learn To Sing 一起学歌唱 3pm - 5pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	

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MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
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 Do Acrylic Painting 一起丙烯画 9:30am - 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 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	
Happy Healthy Huemans 2pm - 4pm	Let's Jam with Ukulele 一起玩尤克里里琴 10am - 12pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Happy Healthy Huemans 活力彩绘人生 2pm - 4pm	Let's KTV Together 一起来K歌 11am - 3pm	
	Strategise with Kakis 游戏时间 2pm - 5pm (Training for AAC Day)			Let's Walk In The Park (Labrador Park) 一起去公园走走 1pm - 5pm Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	
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 Learn To Sing 一起学歌唱 3pm - 5pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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 一起学烘焙 9:30am - 11:30am	Let's Stretch Exercise 一起拉伸操 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	Let's Get Moving (DBS) 一起开始吧 9am - 11:30am	
Happy Healthy Huemans 2pm - 4pm	Let's Jam with Ukulele 一起玩尤克里里琴 10am - 12pm			Let's KTV Together 一起来K歌 11am - 3pm	
	Let's Explore The World 一起探索世界 2pm - 3:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Happy Healthy Huemans 活力彩绘人生 2pm - 4pm	Fun with Nintendo 电子游戏时间 1pm - 2:30pm (training)	
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	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's DrumFit 一起做DrumFit 3pm - 4:30pm	

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
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
World Aquatic Championship 1:45pm - 7pm	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 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	
BINGO 3pm - 4pm	Fun with Nintendo 电子游戏时间 1pm - 2:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Happy Healthy Huemans 活力彩绘人生 2pm - 4pm	Let's Do Calligraphy 一起写书法 2pm - 4pm	
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	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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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Qigong 一起练气功 9:30am - 10:30am	Senior Friendship Circle 乐龄友谊圈 11am - 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 Learn To Bake 一起学烘焙 9:30am - 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		
		Natural Scent of Wellness 10:30am - 11:30am	Natural Scent of Wellness 10:30am - 11:30am		
Let's KTV Together (Malay) 2pm - 4pm	Fun with Nintendo 电子游戏时间 1pm - 2:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Strategise with Kakis 游戏时间 12pm - 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	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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