




2025 June

 **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
2	3	4	5	6	7
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 Trainer's unavailability)	Steady Lah! (9) 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 一起欢乐绘画 9:30am - 11am	Closed 中心关闭
Let's Do Acrylic Painting 一起丙烯画 9:30am - 11:30am	Mobile Photography Digital Photo Editing 手机摄影与数码照片编辑 1pm - 4:30pm	Hay Days 2pm - 4pm	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	
	Happy Program (10) 快乐节目 3pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's do Recycled Art (box) 一起做再循环工艺 1pm - 2pm	Let's KTV Together 一起来K歌 11am - 3pm	
Zumba Gold 黄金尊巴 3pm - 4pm	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 Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	
Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm			Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	Hayday (180A) 2pm - 4pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Hari Raya Haji (off in lieu) Centre Closed	Community Health Post 保健站 9am - 12pm	Steady Lah! (10) 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 欢乐绘画 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	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	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 Do Good at NTUC Day Care (Ukulele) 一起在职总保健 日间中心做义工 10am - 11am	
	Happy Program (11) 快乐节目 3pm - 4pm	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 KTV Together 一起来K歌 11am - 3pm	
			Let's Walk In The Park (East Coast Park) 一起去公园走走 1pm - 5pm	Let's Do Calligraphy 一起写书法 2:30pm - 3:45pm	
	Let's Do Knitting 一起做针织 3pm - 5pm	Hay Days 2pm - 4pm	Let's Makan Together (outdoor) 一起来聚餐 5pm - 6pm	Let's Do Calligraphy 一起写书法 3:45pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Steady Lah! (11) 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 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 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	
Healthier Minds For Healthier Lives (English) 2pm - 3:30pm				Let's KTV Together 一起来K歌 11am - 3pm	
Zumba Gold 黄金尊巴 3pm - 4pm	Happy Program (12) 快乐节目 3pm - 4pm	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 Jam with Ukulele 一起玩尤克里里琴 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	IMDA Go Digital Workshop 数码培训课程 3pm - 5pm	Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm	

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MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Steady Lah! (12) 9:30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Townhall 员工培训 9am - 6pm	Closed 中心关闭
Let's Lim Kopi (male exclusive) 一起喝咖啡 2pm - 3pm	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	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	Digital For Life at Woodlands Library 电子付款学习之旅 10:30am - 12pm	
Happy Healthy Huemans 活力彩绘人生 2pm - 4pm	Fun with Nintendo 电子游戏时间 1pm - 2:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Hay Days 2pm - 4pm	
Zumba Gold 黄金尊巴 3pm - 4pm	Let's Do Knitting 一起做针织 3pm - 5pm	Hay Days 2pm - 4pm	Senior Friendship Circle 乐龄友谊圈 3pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
30		31			
Let's Qigong 一起练气功 9:30am - 10:30am					
Let's Learn To Bake 一起学烘焙 9:30am - 11:30am					
Let's Makan Together 一起来聚餐 11:30am - 12:30pm					
Happy Healthy Huemans 活力彩绘人生 2pm - 4pm					
Zumba Gold 黄金尊巴 3pm - 4pm					

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