




# 2025 March

 Centre Name: Active Ageing Centre (Care) (Marsiling)  
 Centre Address: Blk 160 Woodlands Street 13 #01-649 S(730160)  
 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	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Stretch Band 一起做弹力带拉筋操 9.30am - 10.30am	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	Closed 中心关闭
	Preparing For Your Future Healthier Needs 为未来医疗保健 需求做准备 2pm - 4.30pm		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	Staff Training 员工培训 12pm - 6pm	
	Strategise with Kakis 游戏时间 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 Steel Tonic 一起做钢铁运动 4.15pm - 5.15pm	Let's Learn Knitting 一起来学针织 3pm - 5pm	Strategise with Kakis 游戏时间 1.30pm - 5.30pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm		

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

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 NTUC Health

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 Do Acrylic Painting 一起丙烯画 9:30am - 11:30am	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	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 Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 10am - 11am	Steady Lah Program Registration 节目登记 9.30am - 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	
	Preparing For Your Future Healthier Needs 为未来医疗保健 需求做准备 2pm - 4.30pm		Fun With Kakis (Bingo) 游戏时间 9.30am - 10.30am	Let's Lim Kopi (male exclusive) 一起喝咖啡 3pm - 5pm	
	HAPPY Program Registration 快乐节目登记 3pm - 4.30pm	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 Play Table Soccer 一起玩桌上足球 (只限男士) 3pm - 4pm	
Let's Steel Tonic 一起做钢铁运动 4.15pm - 5.15pm	Let's Learn Knitting 一起来学针织 3pm - 5pm	Let's KTV Together 一起来K歌 1.30pm - 5.30pm	Let's Makan Together 一起来聚餐 5pm - 6pm <b>Mdm Twung Birthday Celebration</b>	Let's Do Calligraphy 一起写书法 3pm - 5pm	

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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 Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	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
	Community Health Post 保健站 9am - 12pm		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 Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	
	Preparing For Your Future Healthier Needs 为未来医疗保健 需求做准备 2pm - 4.30pm	Let's KTV Together 一起来K歌 1.30pm - 5.30pm	Strategise with Kakis 游戏时间 2pm - 5pm		
Let's Steel Tonic 一起做钢铁运动 4.15pm - 5.15pm	Let's Learn Knitting 一起来学针织 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 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	

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MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
Let's Qigong 一起练气功 9.30am - 10.30am	Let's Do Acrylic Painting 一起丙烯画 9:30am - 11:30am	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	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 Good at NTUC Day Care (Singing) 一起在职总保健日间中心 做义工 10am - 11am	Zumba Gold 黄金尊巴 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 Do Calligraphy 一起写书法 3pm - 5pm	
	Preparing For Your Future Healthier Needs 为未来医疗保健 需求做准备 2pm - 4:30pm			Strategise with Kakis 游戏时间 2pm - 5pm	
	Let's Learn Knitting 一起来学针织 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 Play Table Soccer 一起玩桌上足球 (只限男士) 3pm - 4pm	
Let's Steel Tonic 一起做钢铁运动 4.15pm - 5.15pm	Fun with Nintendo 电子游戏时间 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 Learn To Bake 一起学烘焙 3pm - 5pm Let's Makan Together 一起来聚餐 5pm - 6pm	

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MON

TUE

WED

THU

FRI

SAT

31					
Hari Raya Puasa					

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