




2025 May

 **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
			Labour Day 劳动节	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 (Happy Voices) 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 9:30am - 1:45pm	
				Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	
				Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Polling Day Holiday	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am Walking Foodpedia 9:30am - 11:30am	Steady Lah! (5) 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
	Foot Health Workshop 足部健康研讨会 9:30am - 11:30am	Let's Lim Kopi (male exclusive) 一起喝咖啡 9:30am - 10:30am	Fun with Nintendo 电子游戏时间 10am - 11:30am	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 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	
	Happy Program (6) 快乐节目 3pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm		Let's Do Calligraphy 一起写书法 2:30pm - 3:45pm	
	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 3:45pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Vesak Day 卫塞节	Walking Foodpedia 9:30am - 11:30am	Steady Lah! (6) 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	Let's Lim Kopi (male exclusive) 一起喝咖啡 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 KTV Together 一起来K歌 11am - 3pm	
			Let's Learn To Sing 一起学歌唱 3pm - 5pm	Advance Care Planning 预先护理计划 1pm - 4pm	
	Happy Program (7) 快乐节目 3pm - 4pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Walk In The Park (Sembawang Park) 3pm - 5pm	Let's Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	
	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Makan Together 一起来聚餐 5pm - 6pm	Strategise with Kakis 游戏时间 3pm - 5:30pm	

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Let's Qigong 一起练气功 9:30am - 10:30am	Community Health Post 保健站 9am - 12pm	Steady Lah! (7) 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 Sing Together (Busker Robin) 一起来歌唱 10am - 11am	Let's Gen Together - Primary 代际交流 - 小学 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	Let's Lim Kopi (male exclusive) 一起喝咖啡 9:30am - 10:30am	Home Refresh Project 9am - 6pm
Let's Do Diamond Painting 一起做钻石画 1pm - 2:30pm	Walking Foodpedia 9:30am - 11:30am		Advance Care Planning 预先护理计划 1pm - 4pm	Let's Do Calligraphy 一起写书法 2:30pm - 3:45pm	
Zumba Gold 黄金尊巴 3pm - 4pm	Happy Program (8) 快乐节目 3pm - 4pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	IMDA Go Digital Workshop 数码培训课程 3pm - 5pm	Let's Do Calligraphy 一起写书法 3:45pm - 5pm	
Senior Friendship Circle 乐龄友谊圈 3pm - 4pm	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	Strategise with Kakis 游戏时间 3pm - 5:30pm	

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Qigong 一起练气功 9:30am - 10:30am	Walking Foodpedia 9:30am - 11:30am	Steady Lah! (8) 9:30am - 11am	Let's Gen Together At CCK Pri Sch 代际交流 - 小学 8:30am - 11:30am	Let's Go To Singapore Zoo 一起去动物园 8am - 2pm	Closed 中心关闭
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	Fun with Nintendo 电子游戏时间 10am - 11:30am	Let's Lim Kopi (male exclusive) 一起喝咖啡 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	
Let's Do Diamond Painting 一起做钻石画 1pm - 2:30pm	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 11am - 3pm	
Hay Days 2pm - 4pm	HAPPY Program (9) 快乐节目 3pm - 4pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Arts at Jurong Lake Gardens 裕廊湖艺术 1pm - 5pm	Let's DrumFit 一起做DrumFit 3:30pm - 4:30pm	
Zumba Gold 黄金尊巴 3pm - 4pm	Let's Do Knitting 一起做针织 3pm - 5pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Grace Assembly Choir 大合唱表演 3pm - 4:30pm		

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