




2025 September

 **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	6
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 volunteer's unavailability)	Zumba Gold 黄金尊巴 9:30am - 10:30am Let's Makan Together 一起来聚餐 10:30am - 11:30am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Active Generations at Jurong Point 8am to 1pm	Closed 中心关闭
Let's Do Acrylic Painting 一起丙烯画 9:30am - 11:30am	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术在社区运动游戏中的参与 9am - 1pm	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		
Merdeka Haircut Services 2pm - 4pm Let's Do Geometry Art 几何艺术 2:30pm - 3:30pm	Let's DrumFit 一起做DrumFit 3pm - 4pm	PhD Research Project Hesitancy in Dementia Screening (Malay) 10am - 11:30pm 2:30pm - 4pm	Let's Learn To Sing 一起学歌唱 3pm - 5pm	Centre Closed Staff Training 2pm to 6pm 中心关闭 (员工培训)	
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 Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Let's Celebrate Birthday 一起来庆祝生日 3pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Makan Together (outdoor) 一起来聚餐 11:30am - 1:30pm	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 Good at NTUC Day Care (Ukulele) 一起在职总保健 日间中心做义工 10am - 11am	Closed 中心关闭
Let's Walk In The Park 一起去公园走走 (Sentosa) 10:30am - 4:30pm		Exploring Engagement with SMART Technologies in Exergaming 探索智能技术 在社区运动游戏中的参与 9am - 1pm (Blk 185B)	Let's Gen Together - M.Y. World 代际交流 - 幼儿园 8:15am - 11:30am	Centre Closed (Staff Training) 中心关闭 (员工培训)	
Let's Makan Together (outdoor) 一起来聚餐 11:30am - 1pm	3D Printing 2pm - 5pm	Let's go Karaoke 一起去K歌 12pm - 6pm	Let's Makan Together (outdoor) 一起来聚餐 12pm - 2pm		Sunday 14 September Let's Go Oldies Concert (Melodies of Time) 我们一起参加 光阴的旋律演唱会 12:15pm - 5:30pm

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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 Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术 在社区运动游戏中的参与 9am - 1pm	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 Talk About CPF 一起来谈 中央公积金 3pm - 5pm	Let's Do Geometry Art 几何艺术 2:30pm - 4:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Senior Friendship Circle (Malays) 2:30pm - 4pm	Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm	
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 Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	

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MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
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 Painting On Recycled Bag 一起画图环保袋 1pm - 3pm	Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am	Exploring Engagement with SMART Technologies in Exergaming 探索智能技术 在社区运动游戏中的参与 9am - 1pm	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	Functional Screening @ Blk 172 健康检查 9am - 12pm
Let's DrumFit 一起做DrumFit 1pm - 2:30pm	Let's Do Calligraphy 一起写书法 1pm - 3pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健 日间中心做义工 1:30pm - 2:30pm Let's Learn To Sing 一起学歌唱 3pm - 5pm	Let's Jam with Ukulele (practice) 一起玩尤克里里琴 1pm - 2pm	
Let's Gen Together Marsiling Pri Sch 代际交流 - 小学 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 Jam with Ukulele 一起玩尤克里里琴 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
29 Let's Qigong 一起练气功 9:30am - 10:30am Let's Learn To Bake 一起学烘培 9:30am - 11:30am Senior Friendship Circle (Chinese) 乐龄友谊圈 2pm - 4pm Cognitive Stimulated Program (Club Heal) 认知刺激活动 2:30pm - 4pm Let's Lim Kopi (male exclusive) 一起喝咖啡 4pm - 5pm	30 Let's Do Seated Exercise 一起做坐式运动 9:30am - 10:30am Let's Do Calligraphy 一起写书法 1pm - 3pm Grace Assembly Choir 大合唱表演 3pm - 4:30pm Let's Do Knitting 一起做针织 3pm - 5pm				

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