




2025 Sept

Registration Required

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-  **Centre Contact:** 6715 6752






MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	HAPPY Programme 10am - 11am	Let's Makan Together & Fun with Kakis (Bingo) 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.00am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Taichi 1pm - 2pm	Let's Do Seated Exercise 1pm - 2pm	Exercise by Razak - Resistance Band 10am - 11am	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm		Let's Do Recycling Art 2.30pm - 4pm	Let's Talk About The Healthy 365 App 2pm - 4pm	
Let's CrossFit 2pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm	Let's Learn Basic English 3pm to 4pm		Let's Do Nagomi 2.30pm - 4.30pm	
Fun with Exergame 3pm - 4pm	Let's Play Boccia 3pm to 4pm		Let's Do Zentangle 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	
8	9	10	11	12	
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Go Gai Gai Seniors National Games (Sport SG) 9am - 1pm	Centre Closure: Company Event	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	HAPPY Programme 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's do Craftwork (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	Let's Volunteer Together - P3 "From the Heart - Be a Happy & Healthy Senior Volunteers" 2pm - 3pm	Let's Do Recycling Art 2.30pm - 4pm		
		Let's Learn Basic English 3pm to 4pm			
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm		

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2025 Sept

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Go Gai Gai CWAS - Active Generation Programme @ Jurong Point (Specially for New members) 9am - 12noon	Let's Chair Zumba 10am - 11am	HAPPY Programme 10am - 11am	Let's Do Seated Exercise (F4) 9.30am - 10.30 am	Let's Lim Kopi & In House's Talk (Men Only) 9.30am - 11.30am	
Let's Aerobics 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Taichi 1pm - 2pm	Let's Makan Together (F4) 10.30am - 11.30 am	Exercise by Razak - Resistance Band 10am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Chair Yoga 2pm - 3pm		Let's Do Seated Exercise 1pm - 2pm	Let's Makan Together (Tea Break) & In House's Talk (Specially for Minority Racial) 2pm - 4pm	
Let's Do Piloxing 1pm - 2pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm	Digital Coaching ** Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
Let's Learn Floral Arranging 2pm - 4pm	Let's Play Boccia 3pm to 4pm	Let's Learn Basic English 3pm to 4pm	Let's Do Zentangle 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	
22	23	24	25	26	27
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai Singapore Disability Sports Council (SDSC) 8.30am - 1pm	Let's celebrate Birthday 09.30am - 11.30 am	Exercise by Razak - Resistance Band 10am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Do Seated Exercise 1pm - 2pm	Health Talk "Be a Super Agers - P3" (Mandarin) 2.30pm - 3.30pm	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	HAPPY Programme (Last) 10am - 11.30am	Let's Learn to Repair 2pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
Let's KTV Together (Specially for New members) 2.15pm - 4.45pm (Limited to 15pax)	Let's Play Boccia 3pm to 4pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm		
	Digital Coaching "Collage of Photos" 3.15pm - 4.45pm	CPF Mobile Booth 1pm - 5pm	Let's Do Zentangle 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	

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2025 Sept

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MON

TUE

WED

THU

FRI




SAT

29	30				
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am				
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am				
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm				
Dave & Friends 1.30pm - 3.30pm	Digital Coaching Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm				
	Let's Play Boccia 3pm to 4pm				
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm				

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2025 九月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	推广健康老齡计划 (Happy) 10am - 11am	一起来 Makan & 游戏时间 (Bingo) 9.30am - 11.30am	一起喝咖啡 & 游戏时间 (只限男性 长者) 9.30am - 11.00am	
一起跟 Razak线上做运动 (水瓶) 10am - 11am	一起跟 Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起打太极 1pm - 2pm	一起做运动 (坐式) 1pm - 2pm	一起跟 Razak线上做运动 (阻力带) 10am - 11am	
一起做 Piloxing有氧拳击 1pm - 2pm	国家文物局 - 文化遗产社区关怀计划 (踏上怀旧之旅, 舞动回忆时光) 2pm - 3pm	一起来学基本英语 3pm to 4pm	一起做再循环工艺 3pm - 4.30pm	一起来学习 Healthy 365 应用程序 2pm - 4pm	
电子游戏时间 3pm - 4pm	一起做椅子瑜伽 2pm - 3pm		一起做禅绕画 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
	一起来玩地掷球 3pm to 4pm				
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	
8	9	10	11	12	13
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起去 Gai Gai 全国乐龄运动会 (新加坡体育理事会) 9am - 1pm	中心关闭通知: 公司活动	
一起跟 Razak线上做运动 (水瓶) 10am - 11am	一起跟 Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	推广健康老齡计划 (Happy) 10am - 11am	一起做运动 (坐式) 1pm - 2pm		
一起做 Piloxing有氧拳击 1pm - 2pm	一起做手工 艺品 (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm		
	一起做椅子瑜伽 2pm - 3pm	"一起当义工" P3 从心出发: 做一个快乐健康的义工长者 2pm - 3pm	一起做再循环工艺 3pm - 4.30pm		
一起来 K 歌 2.15pm - 4.45pm (Limited to 15paxs)		一起来学基本英语 3pm to 4pm			
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm		

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2025 九月

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标有颜色的项目须报名




MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起去 GaiGai CWAS 三轮车体验活动 @ Jurong Point (Specially for New members) 9am - 12noon	一起做椅子尊巴 10am - 11am	推广健康老 龄计划 (Happy) 10am - 11am	一起做运 动 (坐式) (F4) 9.30am - 10.30 am	一起喝咖啡 & 课题探讨 (Men Only) 9.30am - 11.30am	
一起做有氧运 动 10am - 11am	一起跟 Razak线上做运 动 (坐式有氧运 动或趣味舞蹈) 10am - 11am	一起打太极 1pm - 2pm	一起来 Makan (F4) 10.30am - 11.30 am	一起跟 Razak线上做运 动 (阻力 带) 10am - 11am	
一起跟 Razak线上做运 动 (水瓶) 10am - 11am	一起做椅子瑜伽 2pm - 3pm	一起学科技 “双语轻松学方言” 2pm - 3.30pm	一起做运 动 (坐式) 1pm - 2pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
一起做 Piloxing有氧拳 击 1pm - 2pm	国家文物局 - 文化 遗产社区关 怀计划 (踏上 怀旧之旅, 舞 动回忆时光) 2pm - 3pm	一起来学基本英 语 3pm to 4pm	一起做再循 环工 艺 2.30pm - 4pm	一起 Makan (午茶) & 课题探讨 (少数族裔 专属) 2pm - 4pm	
一起学插花 艺术 2pm - 3pm	一起来玩地 掷球 3pm to 4pm		一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	
22	23	24	25	26	27
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	一起去 Gai Gai 新加坡残障人士体育理事会 (SDSC) 8.30am - 1pm	一起来 庆祝生日 9.30am - 11.30 am	一起跟 Razak线上做运 动 (阻力 带) 10am - 11am	
一起跟 Razak线上做运 动 (水瓶) 10am - 11am	一起跟 Razak线上做运 动 (坐式有氧运 动或趣味舞蹈) 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起做运 动 (坐式) 1pm - 2pm	健康讲座 "如何成为超级乐龄 - P3" (华语) 2.30pm - 3.30pm	
一起做 Piloxing有氧拳 击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	推广健康老 龄计划 (最后一 节) 10am - 11.30am	一起学 维修技能 2pm - 3pm		
一起来 K 歌 (优先新会员) 2.15pm - 4.45pm (Limited to 15pax)	一起来玩地 掷球 3pm to 4pm	一起打太极 1pm - 2pm	一起做再循 环工 艺 3pm - 4.30pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
	一起学科技 “拍拍照、拼拼 乐” 数码创意坊 3pm - 4.30pm	公积金流动服务站 1pm - 5pm	一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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2025 九月

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MON	TUE	WED	THU	FRI	SAT
29	30				
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am				
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am				
一起做Piloxing有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm				
一起旧歌新唱 Dave & Friends 1.30pm - 3.30pm	一起学科技 “双语轻松学方言” 2pm - 3.30pm				
	一起来玩地 掷球 3pm to 4pm				
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm				

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