

CHP schedule: Every 3rd Thursday of the Month
(To start off with once a month)

2025 April

 **Centre Name:** Active Ageing Centre (Care) (Pasir Ris Central)
 **Centre Address:** Blk 112, Pasir Ris Central, #01-657, S510112
 **Centre Contact:** 82922681



MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5			
	Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am IMDA Go Digital - Workshop 2pm-4pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15-10.15am Let's Indian Dance 10.30am-11.30am Let's Gen Together - Primary 2.15pm-3.45pm Let's Gen Together - Tertiary 2.30pm-4pm Let's walking football 4pm-5.30pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Communal Dining Outdoor 11am-12pm Let's Celebrate Birthday 1pm-2pm Let's Master Tagalog 3pm-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Crossfit 9am-10am Let's Jam Ukulele 10.30am-12pm Let's Do Paper Art 2pm-4pm Let's Jam Ukulele 2pm-4pm Let's Do Bead Art 4pm-5pm							
7		8		9		10		11		12	
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm	Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am Stay Zen Mindfulness Program 2pm-5pm Let's Walking Football 4pm-5.30pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15-10.15am Let's Do Laughter Yoga 10am-12pm Let's Gen Together - Primary 2.15pm-3.45pm Let's Gen Together - Tertiary 2.30pm-4pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Communal Dining Outdoor 11am-12pm Let's Learn Calligraphy 2.30pm-4.30pm Let's Master Tagalog 3pm-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Crossfit 9am-10am Let's Jam Ukulele 10.30am-12pm Let's Jam Ukulele 2pm-4pm Let's Gen Together - Tertiary 2.30pm-3.30pm Let's Gen Together - Tertiary 4pm-5pm Let's Do Bead Art 4pm-5pm							

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18 Good Friday	19
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm Let Gen Together - Sec 2pm-3pm	Let's Aerobics 8am - 9am Steady Lah ! 9.30am-11am	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Brisk Walk 9am-11.30am Let's Tachi (IL) 9.15am-10.15am Let's Gen Together - Primary 2.15pm-3.45pm Let's Gen Together - Tertiary 2.30pm-4pm Let's Walking Football 4pm-5.30pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Communal Dining Outdoor 11am-12pm CHP 2pm-5pm Let's Do Calligraphy 2.30pm-4.30pm	Public Holiday	

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm	Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am	Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Haircut Service 10am-12pm Let's Gen Together - Primary 2.15pm-3.45pm Let's Walking Football 4pm-5.30pm	Let's Kpop 9am-10am	Let's Zumba Gold 9.15am - 10.45am Let's Do Cross Fit 9am-10am Let's Gen Together - Tertiary 2.30pm-3.30pm Let's Jam Ukulele 2-4pm	OTAH! 10am-12pm
28	29	30			
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Learn Acrylic Painting 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm	Let's Aerobics 8am - 9am Steady Lah ! 9.30am-11am	Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Learn Indian Dance 10.30am-11.30pm			

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