




2025 Aug

 **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	
								Let's Do stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.15am Let's Do Paper Art 2pm-4pm		Let's Do Stretching Exercise 8am - 9am	

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

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Zentangle 11am-12pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-10.30am Let's Jam with Ukulele 1.30pm-3pm Let Gen Together-Tertiary 3pm-5pm	Let's Do stretching Exercise 8am-9am Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15-10.15am Strategise with Kakis 11.30am-12.30pm Let's Drumfit 2pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Aqua Aerobic 9.30am-11.45am Let's KTV Together 10am-12pm Let's Celebrate Birthday 1pm-2pm Strategise with Kakis 2pm-4pm Let's Talk about Dengue Fever 2pm-3pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.15am Let's Talk about Project citizen 10am-12pm Let's Gen Together-Tertiary 2pm-4pm	National Day

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MON

TUE

WED

THU

FRI




SAT

11	12	13	14	15	16
Replacement Holiday	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-10.30am Let's Jam with Ukulele 1.30pm-3pm Let's Talk about Wound Care 3pm-4pm Let's Gen Together-Tertiary 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Strategise with Kakis 11.30am-12.30pm Let's Drumfit 1pm-2.30pm Let's Gen Together 2.30pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Aqua Aerobic 9.30am-11.45am Let's KTV Together 10am-12pm Let's Makan Together outdoor 11am-12pm Strategise with Kakis 2.30pm-4.30pm Let's Do Calligraphy 2.30pm-4.30pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am-10.15am Let's Talk about Project Citizen 10am - 12pm	Flute 8am-9am Let's Do stretching exercise 8am-9am

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Zentangle 11am-12pm Stay Zen - Pranayama Breathing Practise 2pm to 3.30pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am - 10.30am Let's Jam with Ukulele 2-3.30pm Let's Gen Together -Tertiary 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Strategise with Kakis 11.30am-12.30pm Let's Drumfit 1pm-2.30pm Let's Gen Together -Tertiary 2.30pm-4pm IMDA Go Digital Workshop 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-11.45am Let's KTV Together 10am-12pm Communal Dining Outdoor 11am-12pm Stategise with Kakis 2pm-4pm Wellness-CHP 2pm-5pm Let's Do Decoupage 2pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.45am Let's Go Gai Gai MOE Heritage Let's Gen Together - Tertiary 3pm-5pm	Flute 8am-9am Let's Do Stretching Exercise 8am-9am

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Zentangle 11am-12pm Stay Zen-Pranayama Breathing Practise 11.30am-12.30pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am - 10.30am Let's Jam with Ukulele 1.30-3pm Let's Gen Together 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Haircut Service 10am-12pm Strategise with Kakis 11.30am-12.30pm Let's Gen Together - Tertiary 2.30pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-11.45am Let's KTV Together 10am-12pm Communal Dining Outdoor 11am-12pm Strategise with Kakis 2pm-4pm Let's Do Calligraphy 2.30pm - 4.30pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.45am Let's Go Gai Gai cycling without age 9am-12pm	Flute 8am-9am Let's Do Stretching Exercise 8am-9am

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