




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

2025 February

 **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					
3	4	5	6	7	8
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am	Let's Aerobics 8am - 9am	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Gen Together - Tertiary 3.30pm-4.30pm Let's walking football 4pm-5.30pm	Let's Kpop 9am-10am	Let's Zumba Gold 9.15am - 10.15am Let's CALM 9.30am-10.30am Let's Do Drumming 1pm-2pm Let's Do Paper Art 2pm-4pm Let's Jam Ukulele 2pm-4pm Let's Go Gai Gai 5pm-10pm	Let's Gen Together - Tertiary 1pm-3pm

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

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NTUC Health

MON

TUE

WED

THU

FRI




SAT

10	11	12	13	14	15
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 IMDA Go Digital - Workshop 2pm-4pm	Let's Aerobics 8am - 9am Let's Go Gai Gai 9am-1pm Let's CALM 9.30am-10.30am	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Movie Time 9am-1pm Let's Do Intergen 2.30pm-4pm Let's Do Beat Art 4pm-5pm Let's Walking Football 4pm-5.30pm	Let's Kpop 8am-9am Let's Do Aqua Aerobic 9.30am-10.30am Let's Do communal Dining 12pm-1pm Haircut Service 10am-12pm Let's Do CHP 2pm-5pm	Let's Zumba Gold 9.15am - 10.15am Let's Do Crossfit 9am-10am Let's Learn to Tech 10am-12pm Let's Learn Ukulele 10.30am-12pm Let's Do Drumfit 1pm-2pm Let's Jam Ukulele 2pm-4pm	Let's Gen Together - Tertiary 6pm-10pm

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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 Let's do CALM 9.30am-10.30am Let's KTV Together 10.45am-12.45pm Let's Celebrate Birthday 2-3pm Let's Yum Cha Together 3-4pm	Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Do Paper Art 10am-12pm Let's Learn Indian Dance 10.30am-11.30pm Let's do intergen 2.30pm-4pm Let's Do walking Football 4pm-5.30pm Let's Learn Bead Art 4-5pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-11.45am Communal Dining Outdoor 12pm-1pm Let's Learn Japanese 1-2pm Let's Learn Calligraphy 2.30pm-4.30pm Service Wellness - CHP 2pm-5pm	Let's Zumba Gold 9.15am - 10.45am Let's Do Cross Fit 9am-10am Let's Learn Ukulele 10.30am-12pm Let's Do Drumfit 1pm-2pm Let's Jam Ukulele 2-4pm	Let's Gen Together - Tertiary 1pm-3pm
24	25	26	27	28	
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 Learn to Bake 2-4pm	Let's Aerobics 8am - 9am Let's do CALM 9.30am-10.30am Let's KTV Together 10.45am-12.45pm	Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Do Bead Art 10am-11am Let's Learn Indian Dance 10.30am-11.30pm Let's do intergen 2.30pm-4pm Let's Do walking Football 4pm-5.30pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-11.45am Communal Dining Outdoor 12pm-1pm Let's Learn Tagalog 3-4pm	Let's Do Crossfit 9-10am Let's Do Zumba 9.15am-10.15am	

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