

# 2025 July

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



**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-10.30am Let's Pick Up Mandarin Language 11am-12pm Let's Celebrate Birthday 1pm - 2pm Let's Jam with Ukulele 2pm-3.30pm Let's Learn to Take Photo 4pm - 5pm	Let's Do Stretching Exercise 8am-9am Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Talk about Secret of Success Ageing 2.30pm - 4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Stategise with Kakis 3pm-4pm	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 Pick Up English Language 2pm-3pm	Let's Jam with Flute 8am-9am Let's Do Stretching Exercise 8am - 9am

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

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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

7	8	9	10	11	12
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Learn to Bake 2pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-10.30am Let's Jam with Ukulele 2pm-3.30pm	Let's Do stretching Exercise 8am-9am Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15-10.15am Haircut Service 9.30am-12pm Let's Go Gai Gai with NHB 1pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's KTV Together 10am-12pm Let's Do Decoupage 3pm-4.30pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.15am Let's Go Gai Gai with SCDF 3pm-5pm	Flute 8am-9am Let's Do Stretching Exercise 8am-9am

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**ntuc Health**

MON

TUE

WED

THU

FRI

SAT

14	15	16	17	18	19
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-10.30am Let's Jam with Ukulele 2pm-3.30pm	Let's Do Stretching Exercise 8am-9am Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Do Beat Art 10am-12pm Let's Indian Dance 11.30am-12.30am Let's Talk about Responder Plus Program 2pm-6pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Aqua Aerobic 9.30am-10.30am Let's KTV Together 10am-12pm Let's Makan Together outdoor 11am-12pm Service Wellness CHP 2pm-5pm Let's Do Calligraphy 2.30pm-4.30pm	Let's Do Stretching Exercise 8am-9am Let's Zumba Gold 9.15am-10.15am Let's Go Gai Gai with River Wonder 10am - 12pm Let Go Gai Gai to Concert 6.30pm-10.30pm	Flute 8am-9am Let's Do stretching exercise 8am-9am Let's Join Heartland Vigilance Day 8.30am-12pm

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Stay Zen Mindfulness Program 11.15am-12.15pm Let's Talk about Suicide Talk 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 Wellness - Other Screening 1pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Do Beat Art 10am-12pm Let's Learn Indian Dance 11.30am-12.30am Let's Talk about Senior Self Care 2.30pm-4pm Let's Do Beat Art 4.30pm-5.30pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Let's KTV Together 10am-12pm Communal Dining Outdoor 11am-12pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am - 10.45am	Flute 8am-9am Let's Do Stretching Exercise 8am-9am

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Stay Zen Mindfulness Program 11.15am-12.15pm	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 Let's Do Beat Art 10am-12pm Let's Learn Indian Dance 11.30am-12.30pm Let's Talk about Life and Death Question 2.30pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Let's KTV Together 10am-12pm Communal Dining Outdoor 11am-12pm Let's Do Calligraphy 2.30pm - 4.30pm		

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