

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

2025 June

 **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
2	3	4	5	6	7
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do papier mâché 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm Let's Learn to Cook 2pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am Let's Jam with Ukulele 2pm-3.30pm	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 Learn Beat Art 10am-11am Let's Learn Indian Dance 11.15am-12.15am Let's Celebrate Birthday 1pm-2pm Let's talk about Suicide Prevention	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 Pick Up Japanese 1.30pm-2.30pm Let's Learn Calligraphy 3pm-5pm Let's Learn to take Photo 3pm-5pm	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 Jam with Ukulele 2pm-4pm	

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

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Public Holiday	Let’s Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am 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 Let’s Indian Dance 11.30am-12.30pm Let’s Go Gai Gai 1pm-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 Pick Up Japanese 1.30pm-2.30pm Let’s Learn to take photo 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let’s Crossfit 9am-10am Let’s Zumba Gold 9.15am - 10.15am	Let’s Do Stretching Exercise 8am-9am

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NTUC Health

MON

TUE

WED

THU

FRI

SAT

16	17	18	19	20	21
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do papier mâché 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm IMDA Go Digital Workshop 2pm-4pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Happy Programme 9.30am-11am 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 Indian Dance 11.30am-12.30am Let's Talk about Senior lifestyle 2.30pm-4pm	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 Let's Pick up Japanese 1.30pm-2.30pm Service Wellness CHP 2pm-5pm Let's Do Calligraphy 3pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Crossfit 9am-10am Let's Zumba Gold 9.15am-10.15am Let's Jam Ukulele 2pm-4pm	Let's Do stretching exercise 8am-9am Let's Learn to cook 2pm-4pm

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do papier mâché 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Let's Jam with Ukulele 2-3.30pm	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 Let's Learn Indian Dance 11.15am-12.15am Let's Talk about Senior lifestyle 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 Pick up Japanese 1.30pm-2.30pm Let's Do decoupage 2.45pm-4.45pm	Let's Do Stretching Exercise 8am-9am Let's Zumba Gold 9.15am - 10.45am	Let's Do Stretching Exercise 8am-9am

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do papier mâché 9.30am - 11am Stay Zen Mindfulness Program 11.15am-12.15pm					

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