

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

2025 May

 **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 Labour Day	2	3
			Public Holiday	Let's Do stretching Exercise 8am-9am Let's Zumba Gold 9.15am - 10.15am Let's Do Paper Art 2pm-4pm	
5	6	7	8	9	10
Public Holiday	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am Let's Latin Dance 10am-11am Let's Celebrate Birthday 1pm-2pm IMDA Go Digital Workshop 2pm-4pm	Let's Do stretching Exercise 8am-9am Let's Steel Combat (Steel Programs SG) 8am-9am Let's Do Beat Art 9am-10am Let's Tachi (IL) 9.15-10.15am Let's Latin Dance 10am-11am Let's Indian Dance 11.30am-12.30pm Let's Gen Together - Primary 2.30pm-3.30pm	Let's Do Stretching Exercise 8am-9am 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 Do Stretching Exercise 8am-9am Let's Zumba Gold 9.15am - 10.15am Let's Go Gai Gai 8am-4pm	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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MON	TUE	WED	THU	FRI	SAT
12 Vesak Day	13	14	15	16	17
Public Holiday	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Steady Lah ! 9.30am-11am Let's Latin 10am-11am Let's Cooking 2pm-4pm Let's Karaoke 2pm-4pm	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 Latin Dance 10am-11am Wellness - Other screening 1pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Gen Together - Tertiary 9am-12pm CHP 2pm-5pm	Let's Do Stretching Exercise 8am-9am Let's Zumba Gold 9.15am-10.15am Let's Go Gai Gai 8am-4pm	Let's Do stretching exercise 8am-9am

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 Stay Zen Mindfulness Program 2pm-3.30pm	Let's Do Stretching Exercise 8am-9am Let's Aerobics 8am - 9am Steady Lah! 9.30am-11am Service Wellness - Health Screening 2-4pm	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 Gen Together - Primary 2.30pm-3.30pm	Let's Do Stretching Exercise 8am-9am 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 Do Stretching Exercise 8am-9am 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	Let's Do Stretching Exercise 8am-9am

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Do Stretching Exercise 8am-9am Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Learn 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 Steady Lah ! 9.30am-11am	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 10.30am-11.30pm Let's Gen Together - Primary 2.30pm-3.30pm	Let's Do Stretching Exercise 8am-9am Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-10.30am Communal Dining Outdoor 11am-12pm	Let's Do Stretching Exercise 8am-9am Let's Zumba Gold 9.15am - 10.15am Let's Jam Ukulele 2pm-4pm Let's learn Beat art 4pm-5pm	Let's Do Stretching Exercise 8am-9am

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