




# 2025 September 九月

 **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	6
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 9:30AM [B142 MPH]	Let's Aerobics 一起做有氧运动 8:00AM - 9:00AM [B109]	Let's Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	Let's Jam with Flute 一起学笛子 8:00AM - 9:00AM [B135]
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]	Strategise with Kakis 游戏时间 9:00AM - 10:00AM [B140]	Let's Aqua Aerobics 一起跳水上韵律操 9:30AM - 11:45AM [PRActiveSG]	Anti Scam Engagement by Wise 一起学防诈骗 9:00AM - 1:00PM [B140]	
Mental Health Workshop 一起学身心护理 9.30AM - 12:30PM [B140]	HAPPY Programme 推广健康老龄化计划 9:30AM - 10:30AM [B140]	Let's Taichi (IL) 一起打太极 (IL) 9:15AM - 10:15AM [B142 MPH]	Let's Makan Together Outdoor 一起来吃饭 12:00PM - 1:00PM [519640]	Let's Gen Together - Tertiary 代际交流 - 大专学府 2:00PM - 4:00PM [B140]	
Let's Do Gold Foil Art 一起学艺术 1PM - 3PM [B140]	IMDA Go Digital - Workshop 一起学数码知识 10.45AM - 11:45AM [B140]	Let's Do Beads Art 一起做串珠艺术 9:00AM - 12:00PM [B140]	Let's Celebrate (Birthday) 一起来庆生 1:00PM - 2:00PM [B140]	Let's Do Paper Art 一起做纸艺 2:00PM - 4:00PM [PRPL]	
	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	Let's Drumfit 3:00PM-4.15PM [B112]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
	Let's Do Crochet 一起学钩针 4:00PM - 6:00PM [B140]	Let's Do Bead Art 3.00pm-5.30pm [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		

Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 September 九月

 **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
8	9	10	11	12	13
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 9:30AM [B142 MPH]	Let's Aerobics 一起做有氧运 动 8:00AM - 9:00AM [B109]	Let's Steel Combat 一起做 钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109 Canopy]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	Let's Go Gai Gai (Launch Event) 乐龄庆祝运动 10:00AM - 1.00PM [828629]
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]	Let's Taichi (IL) 一起打太极 (IL) 9:15AM - 10:15AM [B142 MPH]	Movie Time 一起看 电影-关你茶室 11AM - 4:00PM [PRActiveSG]		
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM	HAPPY Programme 推广健康老 龄化计划 9:30AM - 10:30AM [B140]	Let's Go Gai Gai (NCOS) 乐龄庆祝运动 9:00AM - 1.00PM [397627]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
Let's Do Crochet 一起学 钩针 2:00PM - 4:00PM [B428]	Let's Do Decoupage 一起学 艺术 2:00PM - 4:00PM [B140]	Let's Drumfit 3:00PM-4.15PM [B112]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]		
Strategise with Kakis 游戏时间 2:00PM - 4:00PM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	Let's Gen Together - Tertiary 代际交流 - 大专学府 3PM - 4:00PM [B140]	Let's Do Calligraphy 一起学书法 2:30PM - 4:30PM [B140]		
		Let's Do Beads Art 一起做串珠 艺术 4:30PM - 5:30PM [B140]			

Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

# 2025 September 九月

 **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
15	16	17	18	19	20
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]	Let's Aerobics 一起做有氧运动 8:00AM - 9:00AM [B109]	Let's Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	Let's Flute 一起学笛子 8:00AM - 9:00AM [AAC]
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]	Let's Taichi (IL) 一起打太极 (IL) 9:15AM - 10:15AM [B142 MPH]	Let's Aqua Aerobics 一起跳水上韵律操 9:30AM - 11:45AM [PRActiveSG]		
Let's Do Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]	HAPPY Programme 推广健康老龄化计划 9:30AM - 10:30AM [B140]	Let's Do Beads Art 一起做串珠艺术 9:00AM - 12:00PM 4:30PM - 5:30PM [B140]	Let's Makan Together Outdoor 一起来吃饭 12:00AM - 1:00PM [PRActiveSG]		
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:30AM - 12:30PM [B140]	Let's Learn to Cook Harvard Vegetable Soup 一起学哈佛蔬菜汤 10:00AM - 12:00PM [B428]	Let's Gen Together - Tertiary 代际交流 - 大专学府 3:00PM - 4:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]		
Let's Go Gai Gai Navy Musuem 参观海军博物馆 2:00PM - 3:00PM [498794]	Let's Learn to take Photo 一起学手机系统 2:00PM - 4:00PM [B140]	Let's Drumfit 一起学击鼓 3:00PM-4.15PM [B112]	Wellness CHP 护士护理 2:00PM - 5:00PM [B112]		
	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	IMDA Go Digital - Consultation 一起学手机系统 3:00PM-5.00PM [B112]	Let's Do Crochet 一起学钩针 2:00PM - 4:00PM [B140]		




Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。



# 2025 September 九月

 **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
22	23	24	25	26	27
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]
Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]	Let's Aerobics 一起做有氧运动 8:00AM - 9:00AM [B109]	Let's Steel Combat 一起做钢铁拳击(精简版) 8:00AM - 9:00AM [B142 MPH]	Let's Kpop 一起跳 K-pop 9:00AM - 10:00AM [B109]]	Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:15AM - 10:15AM [B142 MPH]	Let's Flute 一起学笛子 8:00AM - 9:00AM [AAC]
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]	Let's Taichi (IL) 一起打太极 (IL) 9:15AM - 10:15AM [B142 MPH]	Let's Aqua Aerobics 一起跳水上韵律操 9:30AM - 10:30AM [PRActiveSG]	Let's Go Gai Gai - Para Championship 残疾运动会 8:30AM - 12:45PM [397632]	
Let's Adaptive Sport 一起学自适应运动 10:00AM - 11:00AM [B140]	Rolling Good Times 一起学滚动美好时光 9:00AM - 12:00PM [B140]	Let's Do Beads Art 一起做串珠艺术 9:00AM - 12:00PM 4:30PM - 5:30PM [B140]	Let's Makan Together Outdoor 一起来吃饭 12:00AM - 1:00PM [PRActiveSG]		
Stay Zen - Pranayama Breathing Practise 一起学禅运动 11:30AM - 12:30PM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]	Let's Gen Together - Tertiary 代际交流 - 大专学府 3:00PM - 4:00PM [B140]	Let's Taichi Roli Ball 一起学太极柔力球 1:30PM - 2:30PM [B142 MPH]	Mental Health Workshop 一起学身心护理 2:00PM - 5:00PM [B140]	
Mental Health Workshop 一起学身心护理 2:00PM - 6:00PM [B140]		Let's Drumfit 一起学击鼓 3:00PM-4.15PM [B112]	Let's Gen Together - Tertiary 代际交流 - 大专学府 2:00PM - 4:00PM [B140]		

Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 September 九月

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
29	30			26	27
Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]	Let's do Stretching Exercise 一起做拉筋操 8:00AM - 9:00AM [B135]				
Let's Line Dance (IL) 一起跳排舞 (IL) 8:00AM - 10:00AM [B142 MPH]	Let's Aerobics 一起做有氧运 动 8:00AM - 9:00AM [B109]				
Let's Zumba Gold 一起跳尊巴 (乐龄版) 9:00AM - 10:00AM [B109]	Let's Pickleball 一起打匹克球 9:15AM - 10:15AM [B140 badminton court]				
Let's Do Water Colour Painting 一起学水彩画 9:30AM - 11:00AM [B140]	Strategise with Kakis/Yum Cha 游戏时间/饮茶 2:00PM - 4:00PM [B192]				
Stay Zen - Pranayama Breathing Practise 一起学禅运 动 11:30AM - 12:30PM [B140]					

Venue 活动 场地	AAC: NTUC Health Active Ageing Centre (Care) (Pasir Ris Central) 112 Pasir Ris Street 11, #01-657, S510112		B140 : Pasir Ris Zone 11 RN 140 Pasir Ris St 11, #01-171, S510140		B109 : Block 109 HDB Pasir Ris
	CARE : CARE SG 428 Pasir Ris Drive 6, S510428	PRActiveSG : Pasir Ris ActiveSG Swimming Complex	B142 MPH : 142 Pasir Ris Street 11	B135 : 135 Pasir Ris Street 11	PRPL : Pasir Ris Public Library

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。