




# 2025 April

\*Nominal fee of \$3 per session

\*Only for selected seniors

 **Centre Name:** Active Ageing Centre (Woodlands East)  
 **Centre Address:** Blk 691C Woodlands Drive 73 #01-43 (S)733691  
 **Centre Contact:** 6715 6754 / 6715 6755



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Steady LAH (Session 1 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Gen Together - Kindergarten 9:00am - 11:00am	
	Cross FIT 2:00pm - 3:00pm	Walking Football* 10:00am - 11:30am	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Techniques) 11:30am - 1:00pm		Let's Makan Together* 12:00pm - 1:00pm	
		Let's Do Recycle Art 2:00pm - 4:00pm		Let's Do Clay Art 2:00pm - 4:00pm	
7	8	9	10	11	12
CHP Services (Nurse & Health Couch) 9:00am - 5:00pm (by appoitment only)	Steady LAH (Session 2 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Let's Steel Tonic* 9:00am - 10:00am	Walking Football* (Final) 10:00am - 11:30am	Ukulele Techniques 11:30am - 1:00pm	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Let's Do Recycle Art 2:00pm - 4:00pm		Let's Do Clay Art 2:00pm - 4:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm				

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**ntuc Health**




MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Steel Tonic* 9:00am - 10:00am	Steady LAH (Session 3 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am		
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Walking Football* Intergen 10:00am - 11:30am	Let's Do Paper Quilling 2:00pm - 4:00pm		
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele Techniques 11:30am - 1:00pm			
Let's Learn to Make Kueh Kueh (Ang Ku Kueh) 1:00pm - 3:00pm		Let's Do Recycle Art 2:00pm - 4:00pm			
		Let's Do 3D Printing 2:30pm - 4:30pm			
21	22	23	24	25	26
CHP Services (Nurse & Health Couch) 9:00am - 5:00pm (by appointment only)	Steady LAH (Session 4 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	VR Cultural Performance 10:00am-12:00pm	
Let's Steel Tonic* 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Walking Football* Intergen 10:00am - 11:30am	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele Techniques 11:30am - 1:00pm		Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	

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28	29	30			
Let's Steel Tonic* 9:00am - 10:00am	Steady LAH (Session 5 of 12) 9:30am - 11:00am	AAC Quaterly Townhall (Staff Only) Center Closed			
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3.00pm				
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm	Let's Do Paper Quilling with Teacher 2:00pm - 4.00pm				
Let's Learn to Make Kueh Kueh (Ang Ku Kueh) 1:00pm - 3:00pm					

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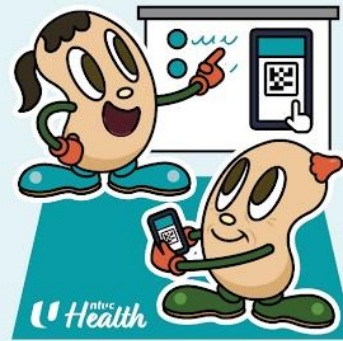
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**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	Steady LAH 体操 (Session 1 of 12) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	代际交流 - 幼儿园 9:30am - 10:30am	
	一起做CrossFit 2:00pm - 3:00pm	步行足球* 10:00am - 11:30am	一起做衍纸 2:00pm - 4:00pm	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴技巧 11:30am - 1:00pm		一起来 makan 12:00pm - 1:00pm	
		一起做再循环工艺 2:00pm - 4:00pm		一起做粘土艺术 2:00pm - 4:00pm	
7	8	9	10	11	12
服务 - 健康检查 (护士和健康教练) 9:00 am - 5:00pm	Steady LAH 体操 (Session 2 of 12) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
一起做 Steel Tonic* 9:00 am - 10:00am	步行足球 (决赛) 10:00am - 11:30am	尤克里里琴技巧 11:30am - 1:00pm	一起做衍纸 2:00pm - 4:00pm	一起来 makan 12:00pm - 1:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做CrossFit 2:00pm - 3:00pm	一起做再循环工艺 2:00pm - 4:00pm		一起做粘土艺术 2:00pm - 4:00pm	
电子游戏时间 11:00am - 12:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm				

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14	15	16	17	18	19
一起做 Steel Tonic* 9:00 am - 10:00am	Steady LAH 体操 (Session 3 of 12) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am		
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做CrossFit 2:00pm - 3:00pm	步行足球(代际交流) 10:00am - 11:30am	一起做衍纸 2:00pm - 4:00pm		
电子游戏时间 11:00am - 12:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴技巧 11:30am - 1:00pm			
一起学糕点(紅龜粿) 1:00pm - 3:00pm		一起做再循环工艺 2:00pm - 4:00pm			
		一起做 3D 打印 2:00pm - 4:00pm			
21	22	23	24	25	26
服务 - 健康检查 (护士和健康教练) 9:00 am - 5:00pm	Steady LAH 体操 (Session 4 of 12) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
一起做 Steel Tonic* 9:00 am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	步行足球(代际交流) 10:00am - 11:30am	一起做衍纸 2:00pm - 4:00pm	一起来makan 12:00pm - 1:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴技巧 11:30am - 1:00pm		IMDA 数码技能咨询服务 2:30pm - 4:00pm	
电子游戏时间 11:00am - 12:00pm		一起做再循环工艺 2:00pm - 4:00pm			
		一起做 3D 打印 2:00pm - 4:00pm			




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MON	TUE	WED	THU	FRI	SAT
28	29	30			
一起做 Steel Tonic* 9:00 am - 10:00am	Steady LAH 体操 (Session 5 of 12) 9:30am - 11:00am	员工培训 中心休业			
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做CrossFit 2:00pm - 3:00pm				
电子游戏时间 11:00am - 12:00pm	一起做衍纸 (老师) 2:00pm - 4:00pm				
一起学糕点 (紅龜粿) 1:00pm - 3:00pm					

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