


# 2025 August

 **Centre Name:** NTUC Health Active Ageing Centre (Woodlands East)  
 **Centre Address:** Blk 691C Woodlands Drive 73 #01-43 S733691  
 **Centre Contact:** 6715 6755 / 6715 6754



				1	2
				Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	Woodlands Health Campus - Community Health Day 9:00am - 12:00pm
				Balik Kampung 11:00am - 12:00pm	
				Let's Do Soap Making 2:00pm - 4:00pm	
				Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
				Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
4	5	6	7	8	9
CHP Services (by appointment only) 9:00am - 5:00pm	Adaptive Sports (Training Part 1&2) 10:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm			National Day Celebration 12pm - 2:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am		Let's Do Recycle Art 2:00pm - 4:00pm			
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
<div>National Day Off in Lieu  Center Closed</div>	Adaptive Sports (Training Part 1&2) 10:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am		Let's Go Gai Gai at Mandai Boardwalk 9:00am - 11:00am	
	Cross FIT 2:00pm - 3.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	<div>Staff Event  Center Closed Half Day</div>	
	Let's Do Paper Quilling with Teacher 2:00pm - 4.00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Club Heal 2:00pm - 4.00pm		
	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm		
	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		
		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
CHP Services (by appointment only) 9:00am - 5:00pm	Adaptive Sports (Training Part 1&2) 10:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Gen Together - Primary (AM) (Upcycling with MINDS) 9:00am - 10:00am	
Zumba Gold 9:00am - 10:00am	Cross FIT 2:00pm - 3.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am		Balik Kampung 10:00am - 12:00pm	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	BuskingRobin Performance 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Gen Together - Primary (PM) (Upcycling with MINDS) 2:00pm - 3:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		
Adaptive Sports (Training Part 1) 11:00am - 12:00pm		Ukulele (Advanced Techniques) 11:30am - 1:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Adaptive Sports (Training Part 2) 1:00pm - 2:00pm		Let's Do Recycle Art 2:00pm - 4:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	
CHP Services (by appointment only) 9:00am - 5:00pm	Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Gen Together - Primary (AM) (Hydroponics with MINDS) 9:00am - 10:00am	
Zumba Gold 9:00am - 10:00am	Adaptive Sports (Training Part 1&2) 10:00am - 12:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am		Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Cross FIT 2:00pm - 3:00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am		Balik Kampung 11:00am - 12:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Let's Do Paper Quilling (Self Learning) 2:00pm - 4:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Gen Together - Primary (PM) (Hydroponics with MINDS) 2:00pm - 3:00pm	
Adaptive Sports (Training Part 1) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm		Let's Do Clay Art 3:30pm - 5:30pm	
Adaptive Sports (Training Part 2) 1:00pm - 2:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Gen Together - Riverside Primary 2.30pm - 3.30pm		Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Let's Gen Together - Woodgrove Sec 3.30pm - 4.30pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	

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MON		TUE	WED	THU	FRI		SAT
				1		2	
				一起线上坐椅子 阻力带运动 10:00am - 10:45am		兀兰医疗园 - 社区健康日  9:00am - 1:00pm	
				一起来 Balik Kampung 10:45am - 12:00pm			
				一起来学做肥皂 2:00pm - 4:00pm			
				游戏时间 Rummy-O 2:00pm - 5:00pm			
				一起水培法 4:00pm - 5:00pm			
4		5	6	7	8	9	
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm		适应性运动 1 & 2 11:00am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	一起线上坐椅子 阻力带运动 10:00am - 10:45am		
黄金尊巴舞 9:00am - 10:00am		一起做CrossFit 2:00pm - 3:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am		国庆庆典 - 欢乐会 12:00pm - 2:00pm		
咖啡kaki 一起拉筋运动 9:30am - 10:00am		游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm		
一起喝咖啡 (只限男性) 10:00am - 11:00am		一起水培法 4:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		
一起水培法 4:00pm - 5:00pm			一起水培法 4:00pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
国庆日 (补休) 中心休息	适应性运动 1 & 2 11:00am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	一起去Gai Gai (万态步行道) 9:00am - 11:00am	
	一起做衍纸 (老师) 2:00pm - 4:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am			
	一起做CrossFit 2:00pm - 3:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	Club Heal 认知刺激活动 2:00pm - 4:00pm		
	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm		
	一起水培法 4:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm		
		一起水培法 4:00pm - 5:00pm			
			中心关闭 员工活动  (半天)		

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18	19	20	21	22	23
服务 - 健康检查 (护士和健康教练) 预约 9:00 am - 5:00pm	适应性运动 1 & 2 11:00am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	代际交流 - 小学 (WGS) AM 9:00am - 10:00am	
黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提 轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am		一起来 Balik Kampung 10:45am - 12:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	街头艺人罗宾表演 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	代际交流 - 小学 (WGS) PM 2:30pm - 3:30pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起水培法 4:00pm - 5:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	一起水培法 4:00pm - 5:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	
适应性运动 1 11:00am - 12:00pm		尤克里里琴 (技巧) 11:30am - 1:00pm		一起水培法 4:00pm - 5:00pm	
适应性运动 2 1:00pm - 2:00pm		一起做再循环工艺 2:00pm - 4:00pm			
一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm			

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25	26	27	28	29	30
服务 - 健康检查 (护士和健康教练) 预约 9:00 am - 5:00pm	轮椅维修工作坊 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	代际交流 - 小学 (WGS) AM 9:00am - 10:00am	
黄金尊巴舞 9:00am - 10:00am	适应性运动 1 & 2 11:00am - 12:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am		一起线上坐椅子 阻力带运动 10:00am - 10:45am	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	一起来 Balik Kampung 10:45am - 12:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做衍纸 (自学) 2:00pm - 4:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm	代际交流 - 小学 (WGS) PM 2:00pm - 3:00pm	
适应性运动 1 11:00am - 12:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm		一起做粘土 艺术 2:00pm - 4:00pm	
适应性运动 2 1:00pm - 2:00pm	一起水培法 4:00pm - 5:00pm	代际交流 - 小学 (立德小学) 2:30pm - 3:30pm		游戏时间 Rummy-O 2:00pm - 5:00pm	
一起水培法 4:00pm - 5:00pm		代际交流 - 中学 (伍德格罗夫中学) 3:30pm - 4:30pm		一起水培法 4:00pm - 5:00pm	

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