

# 2025 February

\*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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Let's Steel Tonic* 9:00am - 10:00am	Let's Gen Together - Kindergarten 9:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	HPB-Rolling Good Times (Session 2 of 12) 9:30am - 11:00am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	HPB-Rolling Good Times (Session 1 of 12) 9:30am - 11:00am	Walking Football* 10:00am - 11:30am		Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Cross FIT 2:00pm - 3:00pm	Ukulele (Basic) 09:30am - 11:00am		Let's Makan Together* (LO HEI) 12:00pm - 2:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Techniques) 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Let's Steel Tonic* 9:00am - 10:00am	HPB-Rolling Good Times (Session 3 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	HPB-Rolling Good Times (Session 4 of 12) 9:30am - 11:00am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Walking Football* 10:00am - 11:30am	Mood and Memory Screening 2:00pm - 4:00pm	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Basic) 09:30am - 11:00am		Let's Makan Together* 12:00pm - 1:00pm	
Let's Learn to Cook (Thai Cuisine) Session 1/3 2pm - 4pm		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			

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MON	TUE	WED	THU	FRI	SAT
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Let's Steel Tonic* 9:00am - 10:00am	HPB-Rolling Good Times (Session 5 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	HPB-Rolling Good Times (Session 6 of 12) 9:30am - 11:00am	Let's Go Gai Gai (Garden By The Bay) 9:00am - 1:00pm
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Walking Football* 10:00am - 11:30am	Fall Risk Screening (Assesment) 1:30pm - 5:30pm	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Basic) 09:30am - 11:00am		Let's Makan Together* 12:00pm - 1:00pm	
Let's Learn to Cook (Thai Cuisine) Session 2/3 2pm - 4pm		Ukulele Techniques 11:30am - 1:00pm		Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	
		Let's Do Recycle Art 2:00pm - 4:00pm			
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Let's Steel Tonic* 9:00am - 10:00am	HPB-Rolling Good Times (Session 7 of 12) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	HPB-Rolling Good Times (Session 8 of 12) 9:30am - 11:00am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Walking Football* 10:00am - 11:30am	Paper Quilling Workshop 2:00pm - 4:00pm	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Basic) 09:30am - 11:00am		Let's Makan Together* 12:00pm - 1:00pm	
Let's Learn to Cook (Thai Cuisine) Session 3/3 2pm - 4pm		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做 Steel Tonic* 9:00 am - 10:00am	代际交流 - 幼儿园 9:00 am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	Rolling Program 体操 (Session 2 of 12) 9:30am - 11:00am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	Rolling Program 体操 (Session 1 of 12) 9:30am - 11:00am	步行足球 10:00am - 11:30am		一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
电子游戏时间 11:00am - 12:00pm	一起做CrossFit 2:00pm - 3:00pm	一起玩乌克兰丽丽 (初级) 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴技巧 11:30am - 1:00pm			
		一起做再循环工艺 2:00pm - 4:00pm			
10	11	12	13	14	15
一起做 Steel Tonic* 9:00 am - 10:00am	Rolling Program 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	Rolling Program 体操 (Session 4 of 12) 9:30am - 11:00am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	电子游戏时间 11:00am - 12:00pm	步行足球 10:00am - 11:30am	情绪和记忆 (筛查) 2:00pm - 4:00pm	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
电子游戏时间 11:00am - 12:00pm	一起做CrossFit 2:00pm - 3:00pm	一起玩乌克兰丽丽 (初级) 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
一起学烹饪 (1/3) 2:00pm - 4:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴技巧 11:30am - 1:00pm			
		一起做再循环工艺 2:00pm - 4:00pm			

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一起做 Steel Tonic* 9:00 am - 10:00am	Rolling Program 体操 (Session 5 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	Rolling Program 体操 (Session 6 of 12) 9:30am - 11:00am	一起去Gai Gai (滨海花园) 9:00am - 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	步行足球 10:00am - 11:30am	跌倒风险 (筛查) 1:30pm - 5:30pm	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
电子游戏时间 11:00am - 12:00pm	一起做CrossFit 2:00pm - 3:00pm	一起玩乌克兰丽丽 (初级) 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
一起学烹饪 (2/3) 2:00pm - 4:00pm	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	
		一起做再循环工艺 2:00pm - 4:00pm			
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一起做 Steel Tonic* 9:00 am - 10:00am	Rolling Program 体操 (Session 7 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	Rolling Program 体操 (Session 8 of 12) 9:30am - 11:00am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 4:00pm	步行足球 10:00am - 11:30am	卷纸艺术 (初级) 2:00pm - 4:00pm	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
电子游戏时间 11:00am - 12:00pm		一起玩乌克兰丽丽 (初级) 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
一起学烹饪 (3/3) 2:00pm - 4:00pm		尤克里里琴技巧 11:30am - 1:00pm			
		一起做再循环工艺 2:00pm - 4:00pm			

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