




2025 July

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






NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Strategise with Kakis (Rummy-O) 11:00am - 12.00pm	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	
	Cross FIT 2:00pm - 3.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Makan Together* 12:00pm - 1:00pm	
	Let's Do Paper Quilling 2:00pm - 4.00pm	Let's Glockenspiel (Beginner) 9:30am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
	Ukulele (Beginner) with Teacher 3:30pm - 5.00pm	Ukulele 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 Do Recycle Art 2:00pm - 4:00pm			
		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
CHP Services (by appointment only) 9:00am - 5:00pm	Strategise with Kakis (Rummy-O) 11:00am - 12:00pm	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	Wheelchair Servicing & Cleaning Session 9:30am - 11:30am	Let's Glockenspiel (Beginner) 9:30am - 11:00am	Let's Gen Together - Tertiary Hwa Chong Institute 3pm - 5pm	Let's Gen Together - Kindergarten 10.00m - 11.30am	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Cross FIT 2:00pm - 3:00pm	Ukulele Techniques 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Learn to Sing (6/8) 11:00am-12.30pm	Ukulele (Beginner) Self Learning with Senior 3:30pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Make Soap Making* 2:15pm - 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		Let's Go Gai Gai with Singtel 2.30pm - 5.00pm	
				Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Steel Tonic* 9:00am - 10:00am	Strategise with Kakis (Rummy-O) 11:00am - 12.00pm	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 Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Let's Do Paper Quilling with Teacher 2:00pm - 4.00pm	Let's Glockenspiel (Beginner) 9:30am - 11:00am	Wellness Talk in Mandarin Promoting Good Practices in Chronic Disease Management (Diabetes) 2:00pm - 3.30pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Learn to Sing (7/8) 11:00am-12.30pm	Cross FIT 2:00pm - 3.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Gen Together - Tertiary Hwa Chong Institute 3pm - 5pm	Let's Do Clay Art 2:00pm - 4:00pm	
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Beginner) with Teacher 3:30pm - 5.00pm	Ukulele Techniques 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Digital - IMDA Go-Digital Session 2:30pm - 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	
		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
CHP Services (by appointment only) 9:00am - 5:00pm	Strategise with Kakis (Rummy-O) 11:00am - 12:00pm	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	Cross FIT 2:00pm - 3:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Let's Gen Together - Tertiary Hwa Chong Institute 3pm - 5pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Ukulele (Beginner) Self Learning with Senior 3:30pm - 5:00pm	Let's Glockenspiel (Beginner) 9:30am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Make Soap Making* 2:15pm - 4:00pm	
Let's Learn to Sing (8/8) 11:00am-12.30pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele Techniques 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Bowl at Orchid Bowl (OCC) 2:30pm - 4.30pm	
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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NTUC Health

MON

TUE

WED

THU

FRI

SAT

28

29

30

31

Let's Steel Tonic*
9:00am - 10:00am

Strategise with Kakis (Rummy-O)
11:00am - 12.00pm

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

Let's Piloxing Lite (Woodlands Sport
Pavillion)
10:00am - 11:00am

Let's Gen Together - Tertiary Hwa Chong
Institute
3pm - 5pm

Stay Green Together- Gardening/
Hydroponics
4:00pm - 5:00pm

Ukulele (Beginner) with Teacher
3:30pm - 5.00pm

Let's Glockenspiel (Beginner)
9:30am - 11:00am

Strategise with Kakis (Rummy-O)
2:00pm - 5.00pm

Stay Green Together- Gardening/
Hydroponics
4:00pm - 5:00pm

Ukulele Techniques
11:30am - 1:00pm




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
1	2	3	4	5	
	游戏时间 Rummy-O 2:00pm - 4:00pm	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CrossFit 2:00pm - 3:00pm	一起轻度普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm	
	一起做衍纸 2:00pm - 4:00pm	钟琴 (初学者) 9:30am - 11:00am	一起水培法 4:00pm - 5:00pm	一起做粘土 艺术 2:00pm - 4:00pm	
	尤克里里琴 (初学者) 与老师 3:30pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm		一起水培法 4:00pm - 5:00pm	
	一起水培法 4:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm			
	让我们一起做3D作品吧 (仅限预约)	一起水培法 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
服务 - 健康检查 (护士和健康教练) 预约 9:00 am - 5:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm	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	钟琴 (初学者) 9:30am - 11:00am	代际交流 - 大专学府 3:00pm - 5:00pm	代际交流 - 幼儿园 10:00am - 11:30am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	尤克里里琴 (初学者) 跟师兄自学 3:30pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	一起来 makan 12:00pm - 1:00pm	
一起来唱歌 6/8 11:00am - 12:30pm	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	一起和Singtel去Gai Gai 2:30pm - 5:00pm	
一起水培法 4:00pm - 5:00pm	让我们一起做3D作品吧 (仅限预约)	一起水培法 4:00pm - 5:00pm	让我们一起做3D作品吧 (仅限预约)	一起来学做肥皂 2:00pm - 4:00pm	
				一起水培法 4:00pm - 5:00pm	

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一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做衍纸 (老师) 2:00pm - 4:00pm	钟琴 (初学者) 9:30am - 11:00am	提倡慢性疾病管理的 良好习惯(糖尿病) 2:00pm - 3.30pm	一起来 makan 12:00pm - 1:00pm	
一起来唱歌 7/8 11:00am - 12:30pm	一起做CrossFit 2:00pm - 3:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	代际交流 - 大专学府 3:00pm - 5:00pm	一起做粘土 艺术 2:00pm - 4:00pm	
一起水培法 4:00pm - 5:00pm	尤克里里琴 (初学者) 与老师 3:30pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm	IMDA 数码技能咨询服务 2:30pm - 4:00pm	
	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	
		一起水培法 4:00pm - 5:00pm			

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一起做 Steel Tonic* 9:00 am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 9:00am - 10:00am	代际交流 - 大专学府 3:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	尤克里里琴 (初学者) 跟师兄自学 3:30pm - 5:00pm	钟琴 (初学者) 9:30am - 11:00am	一起玩保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	一起来学做肥皂 2:00pm - 4:00pm	
一起来唱歌 8/8 11:00am - 12:30pm	一起水培法 4:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm	一起玩保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
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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28	29	30	31		
一起做 Steel Tonic* 9:00 am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	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	一起普拉提轻度训练 (Woodlands Sport Pavillion) 9:00am - 10:00am	代际交流 - 大专学府 3:00pm - 5:00pm		
一起水培法 4:00pm - 5:00pm	尤克里里琴 (初学者) 跟师兄自学 3:30pm - 5:00pm	钟琴 (初学者) 9:30am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm		
	一起水培法 4:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	一起水培法 4:00pm - 5:00pm		
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