




2025 June

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
CHP Services 9:00am - 5:00pm (by appointment only)	Steady LAH (10/12) 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	NHG Walking Foodpedia (1/4) 1.30pm - 3.30pm	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 Lim Kopi* (Male Exclusive) 10:00am - 11:00am	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 Make Soap Making* 2:00pm - 4:00pm	
Let's Learn to Sing (3/8) 11:00am-12.30pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Ukulele Techniques 11:30am - 1:00pm		Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	
Wellness Talk: Be Restful (3/3) 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
9	10	11	12	13	14
Hari Raya Haji Off in Lieu Center Closed	Steady LAH (11/12) 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	
	PCF (Kindergarten) Intergeren 9.30am -11:30am	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Clay Art 2:00pm - 4.00pm	
	NHG Walking Foodpedia (2/4) 1.30pm -3.30pm	Let's Glockenspiel (beginner) 9:30am - 11:00am	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Makan Together* 12:00pm - 1:00pm	
	Ukulele Beginner 3:30pm - 5.00pm	Ukulele Techniques 11:30am - 1:00pm		Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	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
16	17	18	19	20	21
CHP Services 9:00am - 5:00pm (by appointment only)	Steady LAH (12/12) 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	NHG Walking Foodpedia (3/4) 1.30pm - 3.30pm	Let's Glockenspiel (beginner) 9:30am - 11:00am	Wheelchair Servicing Training (1/2) 10:00am - 12.00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Let's Do Paper Quilling with Teacher 2:00pm - 4.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Wheelchair Servicing Training (2/2) 2:00pm - 4.00pm	Let's Make Soap Making 2:00pm - 4:00pm	
Let's Learn to Sing (4/8) 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	Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	
Cross FIT 2:00pm - 3.00pm	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		Wellness Talk in English Promoting Good Practices in Chronic Disease Management (Cholesterol and Hypertension) 2:00pm - 4.30pm			
		Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Steel Tonic* 9:00am - 10:00am	HayDay with Horses 9:00am -11am	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Center Closed for AAC Quaterly Townhall (Staff Only)	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	NHG Walking Foodpedia (4/4) 1.30pm -3.30pm	Let's Piloxing Lite 10:00am - 11:00am	HayDay with Horses 9:00am - 11.00am		
Let's Learn to Sing (5/8) 11:00am-12.30pm	Ukulele Beginner 3:30pm - 5.00pm	Let's Glockenspiel (beginner) (Woodlands Sport Pavillion) 9:30am - 11:00am	Wellness Talk in Mandarin Promoting Good Practices in Chronic Disease Management (Diabetes) 2:00pm - 3.30pm		
Cross FIT 2:00pm - 3.00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Ukulele Techniques 11:30am - 1:00pm	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	HayDay with Horses 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
30					
CHP Services 9:00am - 5:00pm (by appointment only)					
Let's Steel Tonic* 9:00am - 10:00am					
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am					
Let's Learn to Sing (6/8) 11:00am -12.30pm					
Animal Assisted Activity Guinea Pigs 2:00pm - 3:00pm					
Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm					

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
服务 - 健康检查 (护士和健康教练) 预约 9:00 am - 5:00pm	Steady LAH 体操 (Session 10 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	行走的美食百科 (1/4) (NHG) 1:30pm - 3:30pm	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	
一起喝咖啡 (只限男性) 10:00am - 11:00am	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	一起来学做肥皂 2:00pm - 4:00pm	
一起来唱歌 3/8 11:00am - 12:30pm	游戏时间 Rummy-O 2:00pm - 4:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm		一起水培法 4:00pm - 5:00pm	
安心系列 - 优质睡眠 (3/3) 2:00pm - 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			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
哈芝节 (补休) 中心休息	Steady LAH 体操 (Session 11 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	
	代际交流 - 幼儿园 9:30 am - 11:30am	一起普拉提轻度训练 (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	
	行走的美食百科 (2/4) (NHG) 1:30pm - 3:30pm	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) 3:30pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm		一起水培法 4:00pm - 5:00pm	
	游戏时间 Rummy-O 2:00pm - 4:00pm	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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MON

TUE

WED

THU

FRI

SAT

16

17

18

19

20

21

服务 - 健康检查
(护士和健康教练) 预约
9:00 am - 5:00pm

Steady LAH 体操
(Session 12 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

行走的美食百科 (3/4)
(NHG)
1:30pm - 3:30pm

钟琴 (初学者)
9:30am - 11:00am

轮椅维修培训 (1/2)
10:00am - 11:30am

一起来 makan
12:00pm - 1:00pm

一起喝咖啡
(只限男性)
10:00am - 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

轮椅维修培训 (2/2)
2:00pm - 4:00pm

一起来学做肥皂
2:00pm - 4:00pm

一起来唱歌 4/8
11:00am - 12:30pm

游戏时间
Rummy-O
2:00pm - 4:00pm

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

一起做CrossFit
2:00pm - 3:00pm

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




提倡慢性疾病管理的良好习惯
(高脂血症和高血压)
2:00pm - 4:00pm

一起水培法
4:00pm - 5:00pm

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23	24	25	26	27	28
一起做 Steel Tonic* 9:00 am - 10:00am	与马儿相伴@WE 9:00am - 11.00am	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	员工培训 中心休业	
一起喝咖啡 (只限男性) 10:00am - 11:00am	行走的美食百科 (4/4) (NHG) 1:30pm - 3:30pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 9:00am - 10:00am	与马儿相伴@WE 9:00am - 11.00am		
一起来唱歌 5/8 11:00am - 12:30pm	尤克里里琴 (初学者) 3:30pm - 5:00pm	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		
一起做CrossFit 2:00pm - 3:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	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	与马儿相伴@WE 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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MON

TUE

WED

THU

FRI

SAT

30					
服务 - 健康检查 (护士和健康教练) 预约 9:00 am - 5:00pm					
一起做 Steel Tonic* 9:00 am - 10:00am					
一起喝咖啡 (只限男性) 10:00am - 11:00am					
一起来唱歌 6/8 11:00am - 12:30pm					
动物辅助活动 - 豚鼠 2:00am - 3:00pm					
一起水培法 4:00pm - 5:00pm					

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