

2025 March

*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
3	4	5	6	7	8
Let's Steel Tonic* 9:00am - 10:00am	HPB-Rolling Good Times (Session 9 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 Lim Kopi (Male Exclusive) 10:00am - 11:00am	CrossFIT 2:00pm - 3:00pm	Walking Football* 10:00am - 11:30am		Center Closed in the afternoon (Staff Training)	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Ukulele (Basic) 09:30am - 11:00am			
		Ukulele (Techniques) 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			
10	11	12	13	14	15
Let's Steel Tonic* 9:00am - 10:00am	Center Closed in the morning (Staff Training)	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 Go Gai Gai (Bird Paradise) 9:00am - 1:00pm
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Walking Football* 10:00am - 11:30am	Let's Learn TikTok 10:00am - 12:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm		Ukulele (Basic) 09:30am - 11:00am		Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
		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
17	18	19	20	21	22
Let's Steel Tonic* 9:00am - 10:00am	HPB-Rolling Good Times (Session 11 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 12 of 12) 9:30am - 11:00am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Steady Lah! (Assessment) 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* 12:00pm - 1:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Ukulele Techniques 11:30am - 1:00pm		Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	
		Let's Do Recycle Art 2:00pm - 4:00pm			
24	25	26	27	28	29
Let's Steel Tonic* 9:00am - 10:00am	Cross FIT 2:00pm - 3.00pm	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	Paper Quilling Workshop 2:00pm - 4:00pm	Walking Football* 10:00am - 11:30am	Let's Gen Together - HCI (Sec 3) 10:00am - 12:30pm	Let's Makan Together* 12:00pm - 1:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm		Ukulele (Basic) 09:30am - 11:00am			
		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			
31					



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MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8
一起做 Steel Tonic* 9:00 am - 10:00am	Rolling Program 体操 (Session 9 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	
一起喝咖啡 (只限男性) 10:00am - 11:00am	一起做CrossFit 2:00pm - 3:00pm	步行足球 10:00am - 11:30am		员工培训 下午中心休息	
电子游戏时间 11:00am - 12:00pm	游戏时间 Rummy-O 2:00pm - 4:00pm	一起玩乌克兰丽 (初级) 9:30am - 11:00am			
		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
一起做 Steel Tonic* 9:00 am - 10:00am	员工培训 上午中心休息	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	一起去Gai Gai (新加坡飞禽公园) 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	一起学 Tik Tok 10:00am - 12:00pm	一起来makan 12:00pm - 1:00pm	
电子游戏时间 11:00am - 12:00pm		一起玩乌克兰丽 (初级) 9:30am - 11:00am		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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一起喝咖啡 (只限男性) 10:00am - 11:00am	SteadyLah! (筛查) 2:00pm - 4:00pm	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 (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		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			
24	25	26	27	28	29
一起做 Steel Tonic* 9:00 am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	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	
一起喝咖啡 (只限男性) 10:00am - 11:00am	卷纸艺术 (初级) 2:00pm - 4:00pm	步行足球 10:00am - 11:30am	代际交流 - 中学 10:00am - 12:30pm	一起来makan 12:00pm - 1:00pm	
电子游戏时间 11:00am - 12:00pm		一起玩乌克兰丽 (初级) 9:30am - 11:00am			
		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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