

2025 May

*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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

5

6

7

8

9

10



Steady LAH (Session 6 of 12)
9:30am - 11:00am

Cross FIT
2:00pm - 3:00pm

Strategise with Kakis
(Rummy-O)
2:00pm - 4:00pm

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

Let's Chair Zumba
9:00am - 10:00am

Ukulele Techniques
11:30am - 1:00pm

Let's Do Recycle Art
2:00pm - 4:00pm

Let's Do 3D Printing
2:30pm - 4:30pm

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

Let's Kpop Lite
9:30am - 10:30am

Wellness Talk: Brain Power 1/4
9:30am - 11:30am

Paper Quilling Workshop
2:00pm - 4:00pm

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

Let's Exercise with Razak
Resistance Band (Seated)
10:00am - 10:45am

Stay Green Together
Gardening/ Hydroponics
(Germination)
3:00pm - 5:00pm

Let's Exercise with Razak
Resistance Band (Seated)
10:00am - 10:45am

Let's Makan Together*
12:00pm - 1:00pm

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






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MON	TUE	WED	THU	FRI	SAT	
12	13	14	15	16	17	
	Steady LAH (Session 7 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		
	Cross FIT 2:00pm - 3:00pm	Ukulele Techniques 11:30am - 1:00pm	Wellness Talk: Brain Power 2/4 9:30am - 11:30am	Let's Makan Together* 12:00pm - 1:00pm		
	Let's Do Paper Quilling with Teacher 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Paper Quilling 2:00pm - 4:00pm	Digital - IMDA Go-Digital Session 2:30pm - 4:00pm		
	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do 3D Printing 2:30pm -4:30pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do Clay Art 2:00pm - 4:00pm		
		Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm		
19	20	21	22	23	24	
CHP Services 9:00am - 5:00pm (by appointment only)	Steady LAH (Session 8 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 Steel Tonic* 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Ukulele Techniques 11:30am - 1:00pm	Wellness Talk: Brain Power 3/4 9:30am - 11:30am	Let's Makan Together* 12:00pm - 1:00pm		
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Paper Quilling 2:00pm - 4:00pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm		
Let's Learn to Sing 1/8 11:00am-12.30pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do 3D Printing 2:30pm -4:30pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm			
Wellness Talk: Be Restful 1/3 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
26	27	28	29	30	31
CHP Services 9:00am - 5:00pm (by appointment only)	Steady LAH (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 Steel Tonic* 9:00am - 10:00am	Cross FIT 2:00pm - 3:00pm	Ukulele Techniques 11:30am - 1:00pm	Wellness Talk: Brain Power 4/4 9:30am - 11:30am	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Paper Quilling 2:00pm - 4:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's Learn to Sing 2/8 11:00am-12.30pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Let's Do 3D Printing 2:30pm -4:30pm	Stay Green Together Gardening/ Hydroponics 4:00pm - 5:00pm	Bowling Orchid Country Club 2:30pm - 4.30pm	
Wellness Talk: Be Restful 2/3 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
			1	2	3
				<p>一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am</p> <p>一起水培法 (发芽) 4:00pm - 5:00pm</p>	
5	6	7	8	9	10
	<p>Steady LAH 体操 (Session 6 of 12) 9:30am - 11:00am</p>	<p>一起跳椅子尊巴 9:00am - 10:00am</p>	<p>一起跳 K-pop Lite 9:30am - 10:30am</p>	<p>一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am</p>	
	<p>一起做CrossFit 2:00pm - 3:00pm</p>	<p>尤克里里琴技巧 11:30am - 1:00pm</p>	<p>安心系列 - 最强大脑 1/4 9:30am - 11:30am</p>	<p>一起来 makan 12:00pm - 1:00pm</p>	
	<p>游戏时间 Rummy-O 2:00pm - 4:00pm</p>	<p>一起做再循环工艺 2:00pm - 4:00pm</p>	<p>一起做衍纸 2:00pm - 4:00pm</p>	<p>一起水培法 4:00pm - 5:00pm</p>	
	<p>一起水培法 4:00pm - 5:00pm</p>	<p>一起做3D打印技术 2:30pm - 4:30pm</p>	<p>一起水培法 4:00pm - 5:00pm</p>		
		<p>一起水培法 4:00pm - 5:00pm</p>			




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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
	Steady LAH 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	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	尤克里里琴技巧 11:30am - 1:00pm	安心系列 - 最强大脑 1/4 9:30am - 11:30am	一起来 makan 12:00pm - 1:00pm	
	一起做衍纸 (老师) 2:00pm - 4:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做衍纸 2:00pm - 4:00pm	IMDA 数码技能咨询服务 2:30pm - 4:00pm	
	游戏时间 Rummy-O 2:00pm - 4:00pm	一起做3D打印技术 2:30pm - 4:30pm	一起水培法 4:00pm - 5:00pm	一起做粘土 艺术 2:00pm - 4:00pm	
		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
19	20	21	22	23	24
服务 - 健康检查 (护士和健康教练) 9:00 am - 5:00pm	Steady LAH 体操 (Session 4 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	一起做CrossFit 2:00pm - 3:00pm	尤克里里琴技巧 11:30am - 1:00pm	安心系列 - 最强大脑 1/4 9:30am - 11:30am	一起来 makan 12:00pm - 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	一起做再循环工艺 2:00pm - 4:00pm	一起做衍纸 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	
一起来唱歌 1/8 11:00am - 12:30pm	一起水培法 4:00pm - 5:00pm	一起做 3D 打印 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm		
安心系列 - 优质睡眠 1/3 2:00am - 4:00pm		一起水培法 4:00pm - 5:00pm			
一起水培法 4:00pm - 5:00pm					

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服务 - 健康检查 (护士和健康教练) 9:00 am - 5:00pm	Steady LAH 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	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	尤克里里琴技巧 11:30am - 1:00pm	安心系列 - 最强大脑 2/4 9:30am - 11:30am	一起来 makan 12:00pm - 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	一起做再循环工艺 2:00pm - 4:00pm	一起做衍纸 2:00pm - 4:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起来唱歌 2/8 11:00am - 12:30pm	一起水培法 4:00pm - 5:00pm	一起做 3D 打印 2:00pm - 4:00pm	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	
安心系列 - 优质睡眠 2/3 2:00am - 4:00pm		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
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