

# 2025 November

 **Centre Name:** AAC (Woodlands East)  
 **Centre Address:** Blk 691C Woodlands Drive 73 #01-43 S733691  
 **Centre Contact:** 6715 6754 / 6715 6755



 **ntuc Health**

MON

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| 3                                                                        | 4                                                                        | 5                                                                        | 6                                                                        | 7                                                                              | 8 |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------|---|
| CHP Services<br>(by appointment only)<br>9:00am - 5:00pm                 | Let's Gen Together -<br>Kindergarten<br>9:00am - 10:00am                 | Let's Chair Zumba<br>9:00am - 10:00am                                    | Let's Lawn Bowl**<br>10:00am - 11:30am                                   | Let's Gen Together - Kindergarten<br>(River Wonders Outing)<br>9:00am - 1:00pm |   |
| Let's Zumba Gold<br>9:30am - 10:30am                                     | Let's Glockenspiel (Level 2)<br>9:30am - 11:00am                         | Let's Piloxing Lite<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am  | Let's Learn to play Rummy-O<br>(Beginner Session)<br>2:00pm - 4.00pm     | Let's Exercise with Razak (Seated)<br>9:30am - 10:30am                         |   |
| Let's Kopi Kaki<br>Stretching Exercise*<br>9:30am - 10:00am              | Let's Cross FIT<br>2:00pm - 3.00pm                                       | Let's Ukulele<br>(Advanced Techniques)<br>11:30am - 1:00pm               | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm | Let's Do Clay Art<br>2:00pm - 4.00pm                                           |   |
| Let's Lim Kopi<br>(Male Exclusive)*<br>10:00am - 11:00am                 | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              | Let's Do Recycle Art<br>2:00pm - 4:00pm                                  |                                                                          | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 4.00pm                    |   |
| Let's Learn to Sing (5/8) Beginner<br>Session*<br>11:00am-12.30pm        | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              |                                                                          | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm       |   |
| Let's Learn to Sing (5/8)<br>Advanced*<br>1:30pm-3.30pm                  |                                                                          | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                                          |                                                                                |   |
| Let's KTV Together (Karaoke)**<br>3.30pm-5.30pm                          |                                                                          |                                                                          |                                                                          |                                                                                |   |
| Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                                          |                                                                          |                                                                          |                                                                                |   |

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 **ntuc Health**

| MON                                                                      | TUE                                                                      | WED                                                                      | THU                                                                      | FRI                                                                      | SAT |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|-----|
| 10                                                                       | 11                                                                       | 12                                                                       | 13                                                                       | 14                                                                       | 15  |
| CHP Services<br>(by appointment only)<br>9:00am - 5:00pm                 | Let's Glockenspiel (Level 2)<br>9:30am - 11:00am                         | Let's Chair Zumba<br>9:00am - 10:00am                                    | Let's Dance through the Eras<br>(6/10)**<br>9:30am - 10:30am             | Let's Exercise with Razak (Seated)<br>9:30am - 10:30am                   |     |
| Let's Zumba Gold<br>9:30am - 10:30am                                     | Let's Wheelchair Servicing<br>Workshop<br>9.30am - 11.30am               | Let's Piloxing Lite<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am  | Let's Lawn Bowl**<br>10:00am - 11:30am                                   | Let's Makan Together*<br>12:00pm - 1:00pm                                |     |
| Let's Kopi Kaki<br>Stretching Exercise*<br>9:30am - 10:00am              | Let's Cross FIT<br>2:00pm - 3.00pm                                       | Let's Ukulele<br>(Advanced Techniques)<br>11:30am - 1:00pm               | Mental Wellness Talk<br>(Club Heal)<br>2:00pm - 4:00pm                   | Let's Do Crochet<br>2:00pm - 4.00pm                                      |     |
| Let's Lim Kopi<br>(Male Exclusive)*<br>10:00am - 11:00am                 | Let's Do Paper Quilling<br>2:00pm - 4.00pm                               | Let's Do Recycle Art<br>2:00pm - 4:00pm                                  | Let's Strategise with Kakis<br>(Rummy-O)<br>4:00pm - 5.30pm              | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 4.00pm              |     |
| Let's Learn to Sing (6/8)<br>Beginner Session*<br>11:00am-12.30pm        | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |     |
| Let's Learn to Sing (6/8)<br>Advanced*<br>1:30pm-3.30pm                  | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                                          |                                                                          |     |
| Let's KTV Together (Karaoke)**<br>3.30pm-5.30pm                          |                                                                          |                                                                          |                                                                          |                                                                          |     |
| Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                                          |                                                                          |                                                                          |                                                                          |     |

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| MON                                                                      |  | TUE                                                                      |  | WED                                                                      |  | THU                                                                      |  | FRI                      |  | SAT                                                                                           |  |
|--------------------------------------------------------------------------|--|--------------------------------------------------------------------------|--|--------------------------------------------------------------------------|--|--------------------------------------------------------------------------|--|--------------------------|--|-----------------------------------------------------------------------------------------------|--|
| 17                                                                       |  | 18                                                                       |  | 19                                                                       |  | 20                                                                       |  | 21                       |  | 22                                                                                            |  |
| CHP Services<br>(by appointment only)<br>9:00am - 5:00pm                 |  | Let's Glockenspiel (Level 2)<br>9:30am - 11:00am                         |  | Let's Chair Zumba<br>9:00am - 10:00am                                    |  | Let's Dance through the Eras<br>(7/10)**<br>9:30am - 10:30am             |  | TownHall<br>Center Close |  | Let's Go Gai Gai**<br>"Home" Skit at Aliwal<br>Street<br>(SG Culture Pass)<br>7.30pm - 8.30pm |  |
| Let's Zumba Gold<br>9:30am - 10:30am                                     |  | Let's Cross FIT<br>2:00pm - 3.00pm                                       |  | Let's Piloxing Lite<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am  |  | Let's Lawn Bowl**<br>10:00am - 11:30am                                   |  |                          |  |                                                                                               |  |
| Let's Kopi Kaki<br>Stretching Exercise*<br>9:30am - 10:00am              |  | Let's Do Paper Quilling<br>(Teacher)<br>2:00pm - 4.00pm"                 |  | Let's Ukulele (Advanced<br>Techniques)<br>11:30am - 1:00pm               |  | Let's Ukulele (Jamming)<br>1:30pm - 3:00pm                               |  |                          |  |                                                                                               |  |
| Let's Lim Kopi<br>(Male Exclusive)*<br>10:00am - 11:00am                 |  | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              |  | Let's Do Recycle Art<br>2:00pm - 4:00pm                                  |  | Let's Learn to play Rummy-O<br>(Beginner Session)<br>2:00pm - 4.00pm     |  |                          |  |                                                                                               |  |
| Let's Learn to Sing (7/8)<br>Beginner Session*<br>11:00am-12.30pm        |  | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |  | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |  | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |  |                          |  |                                                                                               |  |
| Let's Learn to Sing (7/8)<br>Advanced*<br>1:30pm-3.30pm                  |  |                                                                          |  |                                                                          |  |                                                                          |  |                          |  |                                                                                               |  |
| Let's KTV Together (Karaoke)**<br>3.30pm-5.30pm                          |  |                                                                          |  |                                                                          |  |                                                                          |  |                          |  |                                                                                               |  |
| Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |  |                                                                          |  |                                                                          |  |                                                                          |  |                          |  |                                                                                               |  |

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| MON                                                                      | TUE                                             | WED                                                                      | THU                                                                                                   | FRI                                                                      | SAT |
|--------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----|
| 24                                                                       | 25                                              | 26                                                                       | 27                                                                                                    | 28                                                                       | 29  |
| CHP Services<br>(by appointment only)<br>9:00am - 5:00pm                 | ADL+ Workshop<br>& Screening<br>9:00am - 6:00pm | Let's Chair Zumba<br>9:00am - 10:00am                                    | ADL+ Workshop<br>& Screening<br>9:00am - 6:00pm                                                       | Let's Exercise with Razak (Seated)<br>9:30am - 10:30am                   |     |
| Let's Zumba Gold<br>9:30am - 10:30am                                     |                                                 | Let's Piloxing Lite<br>(Woodlands Sport Pavilion)<br>10:00am - 11:00am   |                                                                                                       | Let's Balik Kampung**<br>11:00am - 12:00pm                               |     |
| Let's Kopi Kaki<br>Stretching Exercise*<br>9:30am - 10:00am              |                                                 | Let's Ukulele<br>(Advanced Techniques)<br>11:30am - 1:00pm               |                                                                                                       | Let's Do Crochet<br>2:00pm - 4:00pm                                      |     |
| Let's Lim Kopi<br>(Male Exclusive)*<br>10:00am - 11:00am                 | Afternoon<br>Session Closed<br>for Staff Event  | Let's Do Recycle Art<br>2:00pm - 4:00pm                                  | Seniors Fitness Practicum -<br>Screenng<br>(Project with Temasek<br>Polytechnic)<br>10:30am - 12:30pm | Let's Bowl at Orchid Bowl (OCC)*<br>2:30pm - 4.30pm                      |     |
| Let's Learn to Sing (8/8)<br>Beginner Session*<br>11:00am-12.30pm        |                                                 | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                                                                       | Let's Strategise with Kakis<br>(Rummy-O)<br>2:00pm - 5.00pm              |     |
| Let's Learn to Sing (8/8)<br>Advanced*<br>1:30pm-3.30pm                  |                                                 |                                                                          |                                                                                                       | Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |     |
| Let's KTV Together (Karaoke)**<br>3.30pm-5.30pm                          |                                                 |                                                                          |                                                                                                       |                                                                          |     |
| Let's Stay Green Together<br>(Gardening/ Hydroponics)<br>4:00pm - 5:00pm |                                                 |                                                                          |                                                                                                       |                                                                          |     |

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MON

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|                                              |                                       |                                                              |                                                |                                        |  |
|----------------------------------------------|---------------------------------------|--------------------------------------------------------------|------------------------------------------------|----------------------------------------|--|
| 服务 - 健康检查<br>(护士和健康教练) 预约<br>9:00am - 5:00pm | 一起代际交流 - 幼儿园<br>9:00am - 10:00am      | 一起跳椅子尊巴<br>9:00am - 10:00am                                  | 一起来草地滚球**<br>10:00am - 12:00pm                 | 一起和幼儿园代际交流去 Gai Gai<br>9:00am - 1:00pm |  |
| 一起黄金尊巴舞<br>9:30am - 10:30am                  | 一起玩钟琴 (二级班)<br>10:30am - 12:00pm      | 一起普拉提轻度训练<br>(Woodlands Sport Pavilion)<br>10:00am - 11:00am | 一起学习如何玩 Rummy-O 游戏<br>(初学者)<br>2:00pm - 4:00pm | 一起跟 Razak 运动<br>9:30am - 10.30am       |  |
| 咖啡kaki 一起拉筋运动*<br>9:30am - 10:00am           | 一起做 CrossFit<br>2:00pm - 3:00pm       | 一起玩尤克里里琴 (技巧)<br>11:30am - 1:00pm                            | 一起水培法<br>4:00pm - 5:00pm                       | 一起做粘土艺术<br>2:00pm - 4:00pm             |  |
| 一起喝咖啡*<br>(只限男性)<br>10:00am - 11:00am        | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm | 一起做再循环工艺<br>2:00pm - 4:00pm                                  |                                                | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm  |  |
| 一起来唱歌* (初级) 5/8<br>11:00am - 12:30pm         | 一起水培法<br>4:00pm - 5:00pm              | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm                        |                                                | 一起水培法<br>4:00pm - 5:00pm               |  |
| 一起来唱歌* (高级) 5/8<br>1:30pm - 3:30pm           |                                       | 一起水培法<br>4:00pm - 5:00pm                                     |                                                |                                        |  |
| 一起来K歌*<br>3:30am - 5:30pm                    |                                       |                                                              |                                                |                                        |  |
| 一起水培法<br>4:00pm - 5:00pm                     |                                       |                                                              |                                                |                                        |  |

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| MON                                          | TUE                                   | WED                                                            | THU                                            | FRI                                   | SAT |
|----------------------------------------------|---------------------------------------|----------------------------------------------------------------|------------------------------------------------|---------------------------------------|-----|
| 10                                           | 11                                    | 12                                                             | 13                                             | 14                                    | 15  |
| 服务 - 健康检查<br>(护士和健康教练) 预约<br>9:00am - 5:00pm | 一起玩钟琴 (二级班)<br>10:30am - 12:00pm      | 一起跳椅子尊巴<br>9:00am - 10:00am                                    | 舞蹈工作坊 6/10<br>9:30am - 10:30am                 | 一起跟Razak运动<br>9:30am - 10.30am        |     |
| 一起黄金尊巴舞<br>9:30am - 10:30am                  | 一起维修轮椅工作坊<br>9:30am - 11:30am         | 一起普拉提 轻度训练<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am | 一起来草地滚球**<br>10:00am - 12:00pm                 | 一起来makan*<br>12:00pm - 1:00pm         |     |
| 咖啡kaki 一起拉筋运动*<br>9:30am - 10:00am           | 一起做CrossFit<br>2:00pm - 3:00pm        | 一起玩尤克里里琴 (技巧)<br>11:30am - 1:00pm                              | 保健系列 - 健康讲座<br>2:00pm - 4:00pm                 | 一起钩针编织<br>2:00pm - 4:00pm             |     |
| 一起喝咖啡*<br>(只限男性)<br>10:00am - 11:00am        | 一起做衍纸<br>2:00pm - 4:00pm              | 一起做再循环工艺<br>2:00pm - 4:00pm                                    | 一起学习如何玩 Rummy-O 游戏<br>(初学者)<br>2:00pm - 4:00pm | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm |     |
| 一起来唱歌* (初级) 6/8<br>11:00am - 12:30pm         | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm                          | 一起水培法<br>4:00pm - 5:00pm                       | 一起水培法<br>4:00pm - 5:00pm              |     |
| 一起来唱歌*(高级) 6/8<br>1:30pm - 3:30pm            | 一起水培法<br>4:00pm - 5:00pm              | 一起水培法<br>4:00pm - 5:00pm                                       |                                                |                                       |     |
| 一起来K歌*<br>3:30am - 5:30pm                    |                                       |                                                                |                                                |                                       |     |
| 一起水培法<br>4:00pm - 5:00pm                     |                                       |                                                                |                                                |                                       |     |

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| MON                                          | TUE                                   | WED                                                           | THU                                            | FRI      | SAT                                                                       |
|----------------------------------------------|---------------------------------------|---------------------------------------------------------------|------------------------------------------------|----------|---------------------------------------------------------------------------|
| 17                                           | 18                                    | 19                                                            | 20                                             | 21       | 22                                                                        |
| 服务 - 健康检查<br>(护士和健康教练) 预约<br>9:00am - 5:00pm | 一起玩钟琴 (二级班)<br>10:30am - 12:00pm      | 一起跳椅子尊巴<br>9:00am - 10:00am                                   | 舞蹈工作坊 7/10<br>9:30am - 10:30am                 | 员工培训中心休业 | 一起去Gai Gai<br>短剧 "家"<br>at Aliwal Street<br>(新加坡文化通行证)<br>7.30pm - 8.30pm |
| 一起黄金尊巴舞<br>9:30am - 10:30am                  | 一起做CrossFit<br>2:00pm - 3:00pm        | 一起普拉提轻度训练<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am | 一起来草地滚球<br>10:00am - 12:00pm                   |          |                                                                           |
| 咖啡kaki 一起拉筋运动*<br>9:30am - 10:00am           | 一起做衍纸 (老师)<br>2:00pm - 4:00pm         | 一起玩尤克里里琴 (技巧)<br>11:30am - 1:00pm                             | 一起玩尤克里里琴 (即兴演奏班)<br>1:30pm - 3:00pm            |          |                                                                           |
| 一起喝咖啡*<br>(只限男性)<br>10:00am - 11:00am        | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm | 一起做再循环工艺<br>2:00pm - 4:00pm                                   | 一起学习如何玩 Rummy-O 游戏<br>(初学者)<br>2:00pm - 4:00pm |          |                                                                           |
| 一起来唱歌* (初级) 7/8<br>11:00am - 12:30pm         | 一起水培法<br>4:00pm - 5:00pm              | 一起水培法<br>4:00pm - 5:00pm                                      | 一起水培法<br>4:00pm - 5:00pm                       |          |                                                                           |
| 一起来唱歌*(高级) 7/8<br>1:30pm - 3:30pm            |                                       |                                                               |                                                |          |                                                                           |
| 一起来K歌*<br>3:30am - 5:30pm                    |                                       |                                                               |                                                |          |                                                                           |
| 一起水培法<br>4:00pm - 5:00pm                     |                                       |                                                               |                                                |          |                                                                           |

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| MON                                          | TUE                                    | WED                                                           | THU                                    | FRI                                            | SAT |
|----------------------------------------------|----------------------------------------|---------------------------------------------------------------|----------------------------------------|------------------------------------------------|-----|
| 24                                           | 25                                     | 26                                                            | 27                                     | 28                                             | 29  |
| 服务 - 健康检查<br>(护士和健康教练) 预约<br>9:00am - 5:00pm | ADL+ 研究项目<br>工作坊及筛选<br>9:00am - 6:00pm | 一起跳椅子尊巴<br>9:00am - 10:00am                                   | ADL+ 研究项目<br>工作坊及筛选<br>9:00am - 6:00pm | 一起跟Razak运动<br>9:30am - 10.30am                 |     |
| 一起黄金尊巴舞<br>9:30am - 10:30am                  |                                        | 一起普拉提轻度训练<br>(Woodlands Sport Pavillion)<br>10:00am - 11:00am |                                        | 一起来 Balik Kampung (马来族专属)<br>11:00am - 12:00pm |     |
| 咖啡kaki 一起拉筋运动*<br>9:30am - 10:00am           |                                        | 一起玩尤克里里琴 (技巧)<br>11:30am - 1:00pm                             |                                        | 一起钩针编织<br>2:00pm - 4:00pm                      |     |
| 一起喝咖啡*<br>(只限男性)<br>10:00am - 11:00am        | 员工培训<br>中心下午关闭                         | 一起做再循环工艺<br>2:00pm - 4:00pm                                   | 老年人健身实习<br>10:30am - 12:30pm           | 一起打保龄球<br>(胡姬乡村俱乐部)<br>2:30pm - 4:30pm         |     |
| 一起来唱歌* (初级) 8/8<br>11:00am - 12:30pm         |                                        | 一起水培法<br>4:00pm - 5:00pm                                      |                                        | 一起玩游戏时间<br>Rummy-O<br>2:00pm - 5:00pm          |     |
| 一起来唱歌* (高级) 8/8<br>1:30pm - 3:30pm           |                                        |                                                               |                                        | 一起水培法<br>4:00pm - 5:00pm                       |     |
| 一起来K歌*<br>3:30am - 5:30pm                    |                                        |                                                               |                                        |                                                |     |
| 一起水培法<br>4:00pm - 5:00pm                     |                                        |                                                               |                                        |                                                |     |

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