

2025 September



Centre Name: NTUC Health Active Ageing Centre (Woodlands East)



Centre Address: Blk 691C Woodlands Drive 73 #01-43 S733691



Centre Contact: 6715 6755 / 6715 6754



ntuc Health

**Paid programme*

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
CHP Services (by appointment only) 9:00am - 5:00pm	Adaptive Sports (Training) 10:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:30am - 10:30am	Cross FIT 2:00pm - 3:00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Edible Garden City Workshop (1/4) 2:00pm - 3.30pm	Let's Makan Together 12:00pm - 1:00pm	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Strategise with Kakis (Rummy-O) 2:00pm - 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
8	9	10	11	12	13
CHP Services (by appointment only) 9:00am - 5:00pm	Cross FIT 2:00pm - 3.00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	AAC Quaterly Townhall (Staff Only) Center Closed	
Seniors National Games (Competition) 9:00am - 1:00pm	Let's Do Paper Quilling 2:00pm - 4.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Edible Garden City Workshop (2/4) 2:00pm - 3.30pm		
Zumba Gold 9:30am - 10:30am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Let's Do 3D Printing (1/4) 2:30pm - 4:30pm		
Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm		Let's Go Gai Gai Mandai Rain Forest Wild Asia 9:00am - 1:00pm
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
15	16	17	18	19	20
CHP Services (by appointment only) 9:00am - 5:00pm	Cross FIT 2:00pm - 3.00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:30am - 10:30am	Snowkin Mooncake Making Workshop 2:00pm - 4.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Edible Garden City Workshop 2:00pm - 3.30pm	Let's Makan Together 12:00pm - 1:00pm	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Let's Do 3D Printing (2/4) 2:30pm - 4:30pm	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 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 Recycle Art 2:00pm - 4:00pm	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 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
22	23	24	25	26	27
CHP Services (by appointment only) 9:00am - 5:00pm	Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Chair Zumba 9:00am - 10:00am	Let's Glockenspiel (Level 2) 9:30am - 11:00am	Let's Exercise Resistance Band (Seated) 10:00am - 10:45am	
Zumba Gold 9:30am - 10:30am	Cross FIT 2:00pm - 3.00pm	Let's Piloxing Lite (Woodlands Sport Pavillion) 10:00am - 11:00am	Edible Garden City Workshop (Outing) (Queenstown Farm) 10:00am - 12.00pm	Balik Kampung 11:00am - 12:00pm	
Kopi Kaki Stretching Exercise 9:30am - 10:00am	Let's Do Paper Quilling with Teacher 2:00pm - 4.00pm	Ukulele (Advanced Beginner) 10:00am - 11:00am	Let's Do 3D Printing (3/4) 2:30pm - 4:30pm	Let's Do Crochet 2:00pm - 4.00pm	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Ukulele (Advanced Techniques) 11:30am - 1:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Bowl at Orchid Bowl (OCC) 2:30pm - 4.30pm	
Let's Learn to Sing (1/8) Beginner 11:00am-12.30pm	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	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's Learn to Sing (1/8) Advanced 1:30pm-3.30pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm		Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm	
Let's KTV Together (Karaoke) 3.30pm-5.30pm					
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
29	30				
CHP Services (by appointment only) 9:00am - 5:00pm	Cross FIT 2:00pm - 3.00pm				
Zumba Gold 9:00am - 10:00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm				
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm				
Let's Learn to Sing (2/8) Beginner 11:00am-12.30pm					
Let's Learn to Sing (2/8) Advanced 1:30pm-3.30pm					
Let's KTV Together (Karaoke) 3.30pm-5.30pm					
Stay Green Together- Gardening/ Hydroponics 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	适应性运动 10:00am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	一起线上坐椅子 阻力带运动 10:00am - 10:45am	
黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	食用花园城市 (1/4) 2:00pm - 3:30pm	一起来makan 12:00pm - 1:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	一起做粘土 艺术 2:00pm - 4:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	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	游戏时间 Rummy-O 2:00pm - 5:00pm	
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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8	9	10	11	12	13
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起做CrossFit 2:00pm - 3:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	员工培训 中心休业	亚洲雨林探险园 9:00am - 1:00pm
黄金尊巴舞 9:00am - 10:00am	一起做衍纸 2:00pm - 4:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	食用花园城市 (2/4) 2:00pm - 3:30pm		
全国乐龄运动会比赛 9:00am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	一起做 3D 打印 (1/4) 2:00pm - 4:00pm		
一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 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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15	16	17	18	19	20
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起做CrossFit 2:00pm - 3:00pm	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	一起线上坐椅子 阻力带运动 10:00am - 10:45am	
黄金尊巴舞 9:00am - 10:00am	冰皮月饼制作工作坊 2:00pm - 4:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	食用花园城市 (3/4) 2:00pm - 3:30pm	一起来 makan* 12:00pm - 1:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	一起做 3D 打印 (2/4) 2:00pm - 4:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起水培法 4:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	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	游戏时间 Rummy-O 2:00pm - 5:00pm	
		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	

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22	23	24	25	26	27
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	轮椅维修工作坊 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	钟琴 (二级班) 9:30am - 11:00am	一起线上坐椅子 阻力带运动 10:00am - 10:45am	
黄金尊巴舞 9:00am - 10:00am	一起做CrossFit 2:00pm - 3:00pm	一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	食用花园城市之旅 (4/4) 10:00am - 12:00pm	一起来 Balik Kampung (马来族专属) 11:00am - 12:00pm	
咖啡kaki 一起拉筋运动 9:30am - 10:00am	一起做衍纸 (老师) 2:00pm - 4:00pm	尤克里里琴 (高级初学者) 10:00am - 11:00am	一起做 3D 打印 (3/4) 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 5:00pm	尤克里里琴 (技巧) 11:30am - 1:00pm	游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
一起来唱歌 (初级) 1/8 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	游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来唱歌 (高级) 1/8 1:30pm - 3:30pm		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
一起来K歌 3:30am - 5:30pm					

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29	30				
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起做CrossFit 2:00pm - 3:00pm				
黄金尊巴舞 9:00am - 10:00am	游戏时间 Rummy-O 2:00pm - 5:00pm				
咖啡kaki 一起拉筋运动 9:30am - 10:00am	一起水培法 4:00pm - 5:00pm				
一起喝咖啡* (只限男性) 10:00am - 11:00am					
一起来唱歌* (初级) 2/8 11:00am - 12:30pm					
一起来唱歌* (高级) 2/8 1:30pm - 3:30pm					
一起来K歌* 3:30am - 5:30pm					

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