

2024 May

*Nominal fee of \$2 per session

📍 **Centre Name:** Active Ageing Centre (Care) (Kampung Admiralty)
 🏠 **Centre Address:** 676 Woodlands Drive 71 #06-01 Singapore 730676
 📞 **Centre Contact:** 6870 8500



MON

TUE

WED

THU

FRI

SAT

		1		2		3		4			
				Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am			Community Health Post 9am-1pm			
				CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm			Calligraphy (Advance) 10am - 12pm			
				Workshop:Be Organized (1/4) 9:30am - 11:30am	Square Steps (Inter):10am - 11am			Digital Life Club @Woodlands 10am - 12pm			
			Labour Day (Public Holiday)	MFS Intergen (Games) 10am - 11am	Opera Singing: 2pm - 4pm						
				Square Steps (Adv) 10am - 11am	Recycled Art (B): 1:30pm - 3:30pm						
				Ukulele: 11am - 12pm							
				Nagomi Art (C): 1pm -2:30pm							
				Nagomi Art (B): 2:30pm -4pm							
				Games : 2pm - 4pm							
6		7		8		9		10		11	
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am			
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm	CHP: 9am - 6pm	CHP: 9am - 6pm	CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm			
Ukulele : 10:30am-11:30am	Chairobics with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	Taichi : 9:30am - 10:30am	Workshop:Be Organized (2/4) 9:30am - 11:30am	Workshop:Be Organized (2/4) 9:30am - 11:30am	Square Steps (Inter):10am - 11am	Square Steps (Inter):10am - 11am	Square Steps (Inter):10am - 11am			
Grace Choir : 12:30pm - 2:30pm	Zentangle Art: 11am - 12pm	Fun! Fund ARTec Coding (05/12): 9:30am - 11am	Fun! Fund ARTec Coding (05/12): 9:30am - 11am	MFS Intergen (Cultural) 10am - 11am	MFS Intergen (Cultural) 10am - 11am	Sembawang Sec School: 2:30pm - 3:30pm	Sembawang Sec School: 2:30pm - 3:30pm	Sembawang Sec School: 2:30pm - 3:30pm			
Steel Combat* 2:30pm - 3:30pm	Crochet: 2pm - 4pm	Wellness talk: Dance, Move, Express (3/6):10:30am - 12:30pm	Wellness talk: Dance, Move, Express (3/6):10:30am - 12:30pm	Square Steps (Adv) 10am - 11am	Square Steps (Adv) 10am - 11am	Recycled Art (B): 1:30pm - 3:30pm	Recycled Art (B): 1:30pm - 3:30pm	Recycled Art (B): 1:30pm - 3:30pm			
Recycled Art: 2pm - 4pm	Line Dancing (A): 2pm - 3pm	Nagomi Art (A): 2pm - 3:30pm	Nagomi Art (A): 2pm - 3:30pm	Ukulele: 11am - 12pm	Ukulele: 11am - 12pm	Calligraphy class (Beginner): 3:30pm - 5:00pm	Calligraphy class (Beginner): 3:30pm - 5:00pm	Calligraphy class (Beginner): 3:30pm - 5:00pm			
Hwa Chung VIA 3pm - 5pm	Line Dancing (B): 3pm - 4pm	Communal Dining 3:30pm - 4:30pm	Communal Dining 3:30pm - 4:30pm	Nagomi Art (B): 2:30pm -4pm	Nagomi Art (B): 2:30pm -4pm						
	Steel Tonic*: 7:30pm - 8:30pm			Games : 2pm - 4pm	Games : 2pm - 4pm						

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Centre Closed (Townhall & Playbook)	Community Health Post (CHP) 9am-1pm
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm		Calligraphy (Advance) 10am - 12pm
English Club (A) : 9:15am - 10:15am	Chairobics with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	Workshop: Be Organized (3/4): 9:30am - 11:30am		
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm	Fun! Fund ARTEc Coding (06/12): 9:30am - 11am	MFS Intergen (Healthy lifestyle) 10am - 11am		
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm	Wellness talk: Dance, Move, Express (4/6):10:30am - 12:30pm	Square Steps (Adv) 10am -11am		
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm	Nagomi Art (A): 2pm - 3:30pm	Ukulele: 11am - 12pm		
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm	Qihua Primary School VIA (Art & Craft): 2pm - 4pm	Nagomi Art (C): 1pm -2:30pm		
Recycled Art: 2pm - 4pm	Steel Tonic*: 7:30pm - 8:30pm		Nagomi Art (B): 2:30pm -4pm		
			Games : 2pm - 4pm		
			Communal Dining: 3:30pm - 4:30pm		
20	21	22	23	24	25
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Vesak Day (Public Holiday)	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am		CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm
English Club (A) : 9:15am - 10:15am	Chairobics with Razak : 10:00am - 10:45am		Workshop: Be Organized (4/4): 9:30am - 11:30am	Workshop: Be Organized (4/4): 9:30am - 11:30am	Square Steps (Inter):10am - 11am
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm		MFS Intergen(Craft) 10am - 11am	MFS Intergen(Craft) 10am - 11am	Opera Singing: 2pm - 4pm
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm		Square Steps (Adv) 10am - 11am	Square Steps (Adv) 10am - 11am	Recycled Art (B): 1:30pm - 3:30pm
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm		Ukulele: 11am - 12pm	Ukulele: 11am - 12pm	Calligraphy class (Beginner): 3:30pm - 5:00pm
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm		Nagomi Art (B): 2:30pm - 4pm	Nagomi Art (B): 2:30pm - 4pm	Communal Dining: 3:30pm - 4:30pm
Recycled Art: 2pm - 4pm	Steel Tonic*: 7:30pm - 8:30pm		Games : 2pm - 4pm	Games : 2pm - 4pm	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm	
English Club (A) : 9:15am - 10:15am	Chairobics with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	MFS Interger(Meeting) 10am - 11am	Square Steps (Inter):10am - 11am	
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm	Fun! Fund ARTec Coding (08/12): 9:30am - 11am	Square Steps (Adv) 10am - 11am	Opera Singing: 1:30pm - 3:30pm	
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm	NHG ACP : 11am - 12pm	Ukulele: 11am - 12pm	Recycled Art (B): 1:30pm - 3:30pm	
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm	Communal Dining :12pm - 1pm	Nagomi Art (B): 2:30pm - 4pm		
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm	Nagomi Art (A): 2pm - 3:30pm	Games : 2pm - 3:30pm		
Recycled Art: 2pm - 4pm	Steel Tonic*: 7:30pm - 8:30pm		Birthday Celebration (May): 3:30pm - 5:30pm		

2024 五月

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		劳动节假期	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	社区护士站 : 9am - 1pm
			社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30	书法 : 10am - 12pm
			华语讲座 : 断舍离 9:30 - 11:30am	方步操 : 10am - 11am	数码技能 : 10am - 12pm
			MFS IG (游戏) : 10am - 11am	粤曲: 2pm - 4pm	
			方步操 : 10am - 11am	环宝艺术 (B): 1:30pm - 3:30pm	
			四弦琴练 : 11:00am - 12:00pm		
			粉彩画画 (C) : 1pm - 2:30pm		
			粉彩画画 (B) : 2:30pm - 4pm		
		游戏日 : 2pm - 4pm			
6	7	8	9	10	11
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30	
四弦琴练 : 10:30am - 11:30am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	华语讲座 : 断舍离 9:30 - 11:30am	方步操 : 10am - 11am	
尔雅抖音唱班 : 12:30pm - 2:30pm	禅绕画 : 11am - 12pm	Fun! Fund ARTec 编码 : 9:30am-11:00am	MFS IG (文化) : 10am - 11am	Sembawang 中学交流活动:2:30pm - 3:30pm	
钢铁拳击 : 2:30pm - 3:30pm	钩针: 2pm - 4pm	健康讲座(英语): Dance, Move, Express! :10:30am - 12:30noon	方步操 : 10am - 11am	环宝艺术 (B): 1:30pm - 3:30pm	
环宝艺术 : 2pm - 4pm	排舞 (A) : 2pm - 3pm	粉彩画画 (A) : 2:00pm - 3:30pm	四弦琴练 : 11am - 12pm	书法新班: 3:30pm - 5:00pm	
华侨中学交流活动:3pm - 5pm	排舞 (B) : 3pm - 4pm	Communal Dining 3:30pm - 4:30pm	粉彩画画 (B) : 2:30pm - 4pm		
	Steel Tonic : 7:30pm - 8:30pm		游戏日 : 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	社区护士站 : 9am - 1pm
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30pm	
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	华语讲座 : 断舍离 9:30 - 11:30am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm	Fun! Fund ARTec 编码 : 9:30am-11:00am	MFS IG (健康生活): 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm	健康讲座(英语): Dance, Move, Express! :10:30am - 12:30noon	方步操 : 10am - 11am	环宝艺术 (B): 1:30pm - 3:30pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm	粉彩画画 (A) : 2:00pm - 3:30pm	四弦琴练 : 11am - 12pm		
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm	启化小学交流活动: 2pm - 4pm	粉彩画画 (C) : 1pm - 2:30pm		
环宝艺术 : 2pm - 4pm	Steel Tonic : 7:30pm - 8:30pm		粉彩画画 (B) : 2:30pm - 4pm		
			游戏日 : 2pm - 4pm		
			Communal Dining 3:30pm - 4:30pm		
20	21	22	23	24	25
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	卫塞节假日	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	Nparks 园艺工作坊: 9:30am - 12:00pm
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am		社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30pm	书法 : 10am - 12pm
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am		华语讲座 : 断舍离 9:30 - 11:30am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm		MFS IG(手工) : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm		方步操 : 10am - 11am	环宝艺术 (B): 1:30pm - 3:30pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm		四弦琴练 : 11am - 12pm	书法新班: 3:30pm - 5:00pm	
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm		粉彩画画 (B) : 2:30pm - 4pm	Communal Dining 3:30pm - 4:30pm	
环宝艺术 : 2pm - 4pm	Steel Tonic : 7:30pm - 8:30pm		游戏日 : 2pm - 4pm		

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27	28	29	30	31	
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30pm	
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	MFS IG : 10am - 11am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm	Fun! Fund ARTec 编码 : 9:30am-11:00am	方步操 : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm	NHG ACP : 11am - 12pm	四弦琴练 : 11am - 12pm	环宝艺术 (B): 1:30pm - 3:30pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm	Communal Dining 12pm - 1pm	粉彩画画 (B) : 2:30pm - 4pm		
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm	粉彩画画 (A) : 2:00pm - 3:30pm	游戏日 : 2pm - 3:30pm		
环宝艺术 : 2pm - 4pm	Steel Tonic : 7:30pm - 8:30pm		五月生日会: 3:30pm - 5:30pm		