




# 2024 December

 **Centre Name:** Active Ageing Centre (Care) (Marsiling)  
 **Centre Address:** Blk 172 Woodlands Street 13 #01-315 S(730172)  
 **Centre Contact:** 8292 2504



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Qigong 一起练气功 9am - 10am	Let's Stretch Exercise 一起拉伸操 9:30am - 11am	Let's Line Dance 一起跳排舞 9:30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Good at NTUC Day Care (Happy Voices) 一起在职总保健 日间中心做义工 10am - 11am	Closed 中心关闭
Let's Learn Knitting 一起来学针织 3:30pm - 5pm		Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am	Let's Play Music with Ukulele 一起玩音乐 - 尤克里里琴 2pm - 4pm (Blk 160)	
Strategise with Kakis 游戏时间 3:30pm - 5pm		Let's Volunteer Together 一起当义工 11am - 12pm		Centre is closed for staff event 中心关闭 员工活动	
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm		Let's Appreciate Our Volunteers 义工感谢会 12pm - 1:30pm Strategise with Kakis 游戏时间 1:30pm - 5:30pm			
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Let's Learn Acrylic Painting 一起学丙烯画 3:30pm - 5:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Grace Assembly Choir 大合唱表演 3pm - 4:30pm		

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MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
Let's Qigong 一起练气功 9am - 10am	Let's Stretch Exercise 一起拉伸操 9:30am - 11am	Let's Line Dance 一起跳排舞 9:30am - 11am	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	Closed 中心关闭
Let's Learn Knitting 一起来学针织 3:30pm - 5pm	Let's Do Good at NTUC Day Care (Singing) 一起在职总保健日间中心做义工 10am - 11am	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健日间中心做义工 10am - 11am	Let's Do Good at NTUC Day Care (Ukulele) 一起在职总保健日间中心做义工 10am - 11am	
Strategise with Kakis 游戏时间 3:30pm - 5pm		Let's Go Centre Point 一起去先得坊 10am - 1pm		Health Carnival (Ngee Ann Polytechnic) 健康嘉年华 9am - 12pm	
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm		Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Fall Risk Group Coaching Exercise 跌倒风险小组运动 1:30pm - 3pm (Chinese 华语) 3:30pm - 5pm (English 英语)	Let's Play Music with Ukulele 一起玩音乐 - 尤克里里琴 2pm - 4pm (Blk 160)	
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Let's Celebrate Birthday 一起来庆祝生日 3:30pm - 5pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Do Calligraphy 一起写书法 3:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Qigong 一起练气功 9am - 10am	Let's Stretch Exercise 一起拉伸操 9:30am - 11am	Let's Line Dance 一起跳排舞 9.30am - 11am <b>Cancelled due to trainer on holiday</b>	Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	Closed 中心关闭
Let's Learn Knitting 一起来学针织 3:30pm - 5pm	Community Health Post 保健站 9am - 12pm	Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)	Let's Do Good at NTUC Day Care (Nagomi) 一起在职总保健 日间中心做义工 10am - 11am		
Strategise with Kakis 游戏时间 3:30pm - 5pm					
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm		CPF Talk (Healthcare Schemes) 公积金讲座 (医疗保健计划) 1pm - 2:30pm	Fall Risk Group Coaching Exercise 跌倒风险小组运动 1:30pm - 3pm (Chinese华语) 3:30pm - 5pm (English英语)		
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Christmas Joy 圣诞快乐 3:30pm - 5:30pm	Let's learn Chinese Knots 一起学中国结 3:30pm to 5pm	Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Explore The World 一起探索世界 3:30pm - 5pm	

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MON

TUE

WED

THU

FRI

SAT

23

24

25

26

27

28

Let's Qigong  
一起练气功  
9am - 10am

Let's Stretch Exercise  
一起拉伸操  
9:30am - 11am

**Christmas Day**

Let's Stretch Band  
一起做弹力带拉筋操  
9:30am - 10:30am

Let's Do Happy Drawing  
(Blk 160)  
一起欢乐绘画 (Blk 160)  
9:30am - 11am

Closed  
中心关闭

Let's Do Good at NTUC  
Day Care (Singing)  
一起在职总保健  
日间中心做义工  
10am - 11am

Let's Do Good at NTUC  
Day Care (Nagomi)  
一起在职总保健  
日间中心做义工  
10am - 11am

Fall Risk  
Group Coaching Exercise  
跌倒风险小组运动  
1:30pm - 3pm (Chinese华语)  
3:30pm - 5pm (English英语)

Let's Play Music  
with Ukulele  
一起玩音乐 - 尤克里里琴  
2pm - 4pm  
(Blk 160)

Christmas Celebration  
欢天喜地过圣诞  
3:30pm - 5:30pm




Let's Learn To Sing  
一起学歌唱  
3:30pm - 5:30pm

Let's Do Calligraphy  
一起写书法  
3:30pm - 5pm

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MON

TUE

WED

THU

FRI

SAT

30	31				
Let's Qigong 一起练气功 9am - 10am	Let's Stretch Exercise 一起拉伸操 9:30am - 11am				
Let's Learn Knitting 一起来学针织 3:30pm - 5pm					
Strategise with Kakis 游戏时间 3:30pm - 5pm					
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4.15pm - 5.15pm					
Let's Makan Together 一起来聚餐 5:15pm - 6pm					

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