




2025 January

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






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		New Year's Day	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 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 Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 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)	
			Let's Learn To Sing 一起学歌唱 3:30pm - 5:30pm	Let's Celebrate Birthday 一起来庆祝生日 3:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	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 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 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	Senior Friendship Circle 乐龄友谊圈 3:30pm - 4:30pm	Grooving Down Memory Lane 回忆往事 3:30pm - 5pm	
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Let's learn Chinese Knots 一起学中国结 3:30pm to 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 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	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 Go CNY Shopping 一起买年货 8:45am - 3pm
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 KTV Together 一起来K歌 1:30pm - 5:30pm	Senior Friendship Circle 乐龄友谊圈 3:30pm - 4:30pm	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 go Lee Kong Chian Natural History Museum 李光前自然历史博物馆 12:45pm - 4pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	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

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22

23

24




25

<p>Let's Qigong 一起练气功 9:30am - 10:30am</p>	<p>Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am</p>	<p>Let's Line Dance 一起跳排舞 9.30am - 11am</p>	<p>Let's Stretch Band 一起做弹力带拉筋操 9:30am - 10:30am</p>	<p>Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am</p>	<p>Closed 中心关闭</p>
<p>Let's Learn Knitting 一起来学针织 3:30pm - 5pm</p>	<p>Community Health Post 保健站 9am - 12pm</p>	<p>Let's Walking Football 一起来踢球 10am - 11.30am (Woodlands Sports Pavillion)</p>	<p>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</p>		
<p>Strategise with Kakis 游戏时间 3:30pm - 5pm</p>	<p>Grooving Down Memory Lane 回忆往事 3:30pm - 5pm</p>				
<p>Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm</p>	<p>Let's Walk In The Park 一起去公园走走 5pm - 6pm</p>	<p>Let's KTV Together 一起来K歌 1:30pm - 5:30pm</p>			
	<p>Let's Makan Together (outdoor) 一起来聚餐 6pm - 7pm</p>	<p>Strategise with Kakis 游戏时间 1:30pm - 5:30pm</p>	<p>IMDA Go Digital Workshop 数码培训课程 3.30pm - 5.30pm</p>	<p>Let's Do Calligraphy 一起写书法 3:30pm - 5pm</p>	

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MON

TUE

WED

THU

FRI

SAT

27	28	29	30	31	
Let's Qigong 一起练气功 9:30am - 10:30am	Let's Stretch Exercise 一起拉伸操 9:30am - 10:30am	Chinese New Year	Chinese New Year	Let's Do Happy Drawing (Blk 160) 一起欢乐绘画 (Blk 160) 9:30am - 11am	
Let's Join Spring Festival Couplets Writing 一起来参加春联书写 3:30pm - 5:30pm					
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 3:30pm - 5pm	
Let's Makan Together 一起来聚餐 5:15pm - 6pm					

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