




2024 July

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






U Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Qigong 9am - 10am	Let's Stretch Exercise 9.30am - 11am	Let's Line Dance 9.30am - 11am		Let's Do Nagomi Art (Conducted at Blk 160) 10am - 11am	
Let's Steel Combat 4.15pm - 5.15pm		Strategise with Kakis 1.30pm - 5.30pm			
Let's Makan Together 5:15pm - 6pm	Financial Literacy 3:30pm - 5:30pm	Let's KTV Together 1:30pm - 5:30pm	Let's Learn To Sing 3:30pm - 5:30pm	Let's Gen Together 4pm - 5:30pm	Closed
8	9	10	11	12	13
Let's Qigong 9am - 10am	Let's Stretch Exercise 9.30am - 11am	Let's Line Dance 9.30am - 11am			Closed
		Strategise with Kakis 1.30pm - 5.30pm			
Let's Steel Combat 4.15pm - 5.15pm	Let's Do Happy Drawing 3.30pm - 5.30pm	Let's KTV Together 1:30pm - 5:30pm			
Let's Makan Together 5:15pm - 6pm	Let's Jam with Ukulele 4pm - 6pm	Sailing At The Bay 4pm - 7pm	Let's Learn To Sing 3:30pm - 5:30pm	Let's Gen Together 4pm - 5:30pm	
15	16	17	18	19	20
Let's Qigong 9am - 10am	Let's Stretch Exercise 9.30am - 11am	Let's Line Dance 9.30am - 11am		Let's Do Nagomi Art (Conducted at Blk 160) 10am - 11am	Closed
Let's Steel Combat 4.15pm - 5.15pm	Community Health Post 9am - 12pm	Strategise with Kakis 1.30pm - 5.30pm			
Let's Makan Together 5:15pm - 6pm	Let's Celebrate Birthday 3:30pm - 5:30pm	Let's KTV Together 1:30pm - 5:30pm	Let's Learn To Sing 3:30pm - 5:30pm	Let's Gen Together 4pm - 5:30pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 July

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



U Health

MON

TUE

WED

THU

FRI

SAT

22	23	24	25	26	27
Let's Qigong 9am - 10am	Let's Stretch Exercise 9.30am - 11am	Let's Line Dance 9.30am - 11am			Closed
Let's Steel Combat 4.15pm - 5.15pm	Let's Do Happy Drawing 3.30pm - 5.30pm	Strategise with Kakis 1.30pm - 5.30pm			
Let's Makan Together 5:15pm - 6pm	Let's Jam with Ukulele 4pm - 6pm	Let's KTV Together 1:30pm - 5:30pm	IMDA Go Digital Workshop 3.30pm - 5.30pm	Let's Makan Together 3:30pm - 5:30pm	
29	30	31			
Let's Qigong 9am - 10am	Let's Stretch Exercise 9.30am - 11am	Let's Line Dance 9.30am - 11am			
Let's Steel Combat 4.15pm - 5.15pm		Strategise with Kakis 1.30pm - 5.30pm			
Let's Makan Together 5:15pm - 6pm	Let's Do Happy Drawing 3.30pm - 5.30pm	Let's KTV Together 1:30pm - 5:30pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2024 七月

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



星期一 1	星期二 2	星期三 3	星期四 4	星期五 5	星期六 6
一起练气功 早9:00至早10:00	一起拉伸操 早09:30至早11:00	一起跳排舞 早9:30至早11:00		一起做日本和谐粉彩 (Blk 160) 早10:00至早11:00	
一起做有氧搏击活动 (只限男士) 午4:15至午 5:15		游戏时间 午1:30至午5:30			
一起来聚餐 午5:15至午 6:00	管理日常资金 和安全防范诈骗讲座 午3:30至午5:30	一起来K歌 午1:30至午5:30	一起学歌唱 午3:30至午5:30	代际交流 午4:00至午5:30	中心关闭
8	9	10	11	12	13
一起练气功 早9:00至早10:00	一起拉伸操 早09:30至早11:00	一起跳排舞 早9:30至早11:00			中心关闭
一起做有氧搏击活动 (只限男士) 午4:15至午 5:15	一起欢乐绘画 午3:30至午5:30	游戏时间 午1:30至午5:30			
一起来聚餐 午5:15至午 6:00	一起玩尤克里里琴 午4:00至午6:00	一起来K歌 午1:30至午5:30			
		海湾航行 午4:00至午7:00	一起学歌唱 午3:30至午5:30	代际交流 午4:00至午5:30	
15	16	17	18	19	20
一起练气功 早9:00至早10:00	一起拉伸操 早09:30至早11:00	一起跳排舞 早9:30至早11:00		一起做日本和谐粉彩 (Blk 160) 早10:00至早11:00	中心关闭
一起做有氧搏击活动 (只限男士) 午4:15至午 5:15	保健站 早9:00至午12:00	游戏时间 午1:30至午5:30			
一起来聚餐 午5:15至午 6:00	一起来庆祝生日 午3:30至午5:30	一起来K歌 午1:30至午5:30	一起学歌唱 午3:30至午5:30	代际交流 午4:00至午5:30	

2024 七月

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



星期一	星期二	星期三	星期四	星期五	星期六
22	23	24	25	26	27
一起练气功 早9:00至早10:00	一起拉伸操 早09:30至早11:00	一起跳排舞 早9:30至早11:00			中心关闭
一起做有氧搏击活动 (只限男士) 午4:15至午 5:15	一起欢乐绘画 午3:30至午5:30	游戏时间 午1:30至午5:30			
一起来聚餐 午5:15至午 6:00	一起玩尤克里里琴 午4:00至午6:00	一起来K歌 午1:30至午5:30	数码培训课程 午3:30至午5:30	一起来聚餐 午3:30至午5:30	
29	30	31			
一起练气功 早9:00至早10:00	一起拉伸操 早09:30至早11:00	一起跳排舞 早9:30至早11:00			中心关闭
一起做有氧搏击活动 (只限男士) 午4:15至午 5:15		游戏时间 午1:30至午5:30			
一起来聚餐 午5:15至午 6:00	一起欢乐绘画 午3:30至午5:30	一起来K歌 午1:30至午5:30			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。