




2024 May

 **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	THUR	FRI	SAT
		1	2	3	4
		Labour Day	Jewellery Beading 3:30pm-6:30pm	Singing Class 3:30pm-5:30pm	Closed
6	7	8	9	10	11
	Qigong 9am-10am	Line Dance 9:30am-11am			Closed
	Stretch Exercise 10:15am - 11:30am				
Rummy O 3:30pm-5:30pm	Joy In A Pot 3:30pm-5:30pm	Karaoke 1:30pm-5:30pm	Jewellery Beading 3:30pm-6:30pm	Singing Class 3:30pm-5:30pm	
13	14	15	16	17	18
	Qigong 9am-10am	Line Dance 9:30am-11am		Centre Closed	Closed
Happy Hour 3:30pm-5:30pm	Stretch Exercise 10:15am-11:30am			(Townhall)	
Rummy O 3:30pm-5:30pm	Ukulele Class 4pm-6pm	Karaoke 1:30pm-5:30pm	Happy Drawing 3:30pm-5:30pm		
20	21	22	23	24	25
	Qigong 9am-10am	Vesak Day			Closed
	Stretch Exercise 10am-11:30am				
	Community Health Post 9am-12pm				
Rummy O 3:30pm-5:30pm	BINGO 3:30pm-5:30pm		Happy Drawing 3:30pm-5:30pm	Singing Class 3:30pm-5:30pm	
27	28	29	30	31	
Rummy O 3:30pm-5:30pm	Qigong 9am-10am	Line Dance 9:30am-11am			

2024 五月份

📍 Centre Name: AACC (马西岭) - 活跃乐龄节目
 🏠 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
		1	2	3	4
		劳动节	串珠课程 午3:30至午 6:30	欢乐歌唱 午3:30至午5:30	中心关闭
6	7	8	9	10	11
	气功 早9:00至早10:00	排舞 早9:30至早11:00			中心关闭
	拉伸操 早10:00至早11:30				
拉密噢 午3:30至午5:30	乐乐锅 午3:30至午 5:30	卡拉OK 午1:30至午5:30	串珠课程 午3:30至午 6:30	欢乐歌唱 午3:30至午5:30	
13	14	15	16	17	18
	保健站 早9:00至午12:00	排舞 早9:30至早11:00		中心关闭	中心关闭
	气功 早9:00至早10:00				
欢乐时光 午3:30至午5:30	拉伸操 早10:00至早11:30				
拉密噢 午3:30至午5:30	尤克里里琴 午4:00至午6:00	卡拉OK 午1:30至午5:30	快乐绘画 午3:30至午5:30		
20	21	22	23	24	25
	气功 早 9:00至早10:00	卫塞节			中心休息
欢乐时光 午3:30至午4:30	拉伸操 早10:00至早11:30				
	保健站 早9:00至午12:00				
拉密噢 午3:30至午5:30	宾果 午3:30至午5:30		快乐绘画 午3:30至午5:30	欢乐歌唱 午3:30至午5:30	
27	28	29	30	31	
拉密噢 午3:30至午5:30	气功 @早9:00至早10:00	排舞 早9:30至早11:00			
	拉伸操 @早10:15至早11:30	卡拉OK 午1:30至午5:30	快乐绘画 午3:30至午5:30	欢乐歌唱 午3:30至午5:30	