




2024 November

 **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
				Let's Do Happy Drawing 一起欢乐绘画 9:30am - 11am (Blk 160)	Closed 中心关闭
				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	
				Grandparents Workshop 祖父母讲座 10:30am - 12:30pm	
				Let's Celebrate Birthday 一起来庆祝生日 3:30pm - 5pm	

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

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
Let's Zumba Gold 一起跳尊巴 9am - 10am	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 一起欢乐绘画 9:30am - 11am (Blk 160)	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 Play Music with Ukulele 一起玩音乐 - 尤克里里琴 11am - 12:30pm	Fall Risk Screening 跌倒风险筛查 9am - 1pm		
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	Strategise with Kakis 游戏时间 3:30pm - 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	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
11	12	13	14	15	16
Let's Qigong 一起练气功 9am - 10am	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	Centre Closed for Townhall 中心关闭 员工培训	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		
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	Strategise with Kakis 游戏时间 3:30pm - 5:30pm		17 Nov (Sunday) Our Golden Age 我们的 黄金岁月 12pm - 5pm
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Understanding the Importance of Will Planning 遗嘱规划 4pm - 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		

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MON

TUE

WED

THU

FRI

SAT

18

19

20

21

22

23

Let's Qigong
一起练气功
9am - 10am

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
一起欢乐绘画
9:30am - 11am (Blk 160)

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 Play Music with Ukulele
一起玩音乐 - 尤克里里琴
11am - 12:30pm

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

Strategise with Kakis
游戏时间
1:30pm - 5:30pm

Strategise with Kakis
游戏时间
3:30pm - 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

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
25	26	27	28	29	30
Let's Qigong 一起练气功 9am - 10am	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 一起欢乐绘画 9:30am - 11am (Blk 160)	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 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 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			
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	IMDA Go Digital Workshop 数码培训课程 3.30pm - 5.30pm	Let's Explore The World 一起探索世界 3:30pm - 5pm	

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