

2024 October

📍 **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
	1	2	3	4	5
	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
		Stay Well Series (Seniors Do Life) 精神健康讲座 10am - 12pm	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	
		Let's Play Music with Ukulele 一起玩音乐 - 尤克里里琴 11am - 12:30pm			
		Healthier Minds, Healthier Lives (NTU) 健康讲座 (NTU) 1pm - 2pm			
	Don't Tikam with Your Health 健康不是一场游戏 3:30pm - 4:30pm	Strategise with Kakis 游戏时间 2pm - 5:30pm	Grace Assembly Choir 合唱团 3pm - 4pm		
	Let's Pick Up Malay 一起学马来语 4:30pm - 5:30pm	Let's KTV Together 一起来K歌 2pm - 5:30pm	Let's Learn To Sing 一起学歌唱 4pm - 5:30pm	Let's Do Calligraphy 一起写书法 3:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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	Stay Well Series (Seniors Do Life) 精神健康讲座 10am - 12pm	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 (Happy Voices) 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	Don't Tikam with Your Health 健康不是一场游戏 3:30pm - 4:30pm	Strategise with Kakis 游戏时间 1:30pm - 5:30pm	Strategise with Kakis 游戏时间 3:30pm - 5:30pm		13 Oct (Sunday)
Let's Makan Together 一起来聚餐 5:15pm - 6pm	Let's Pick Up Malay 一起学马来语 4:30pm - 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 Celebrate Birthday 一起来庆祝生日 3:30pm - 5pm	Dance Blast (NUS) 爆炸舞蹈 (国立大学) 10am - 2pm

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	Community Health Post 保健站 9am - 12pm	Stay Well Series (Seniors Do Life) 精神健康讲座 10am - 12pm	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 Play Music with Ukulele 一起玩音乐 - 尤克里里琴 11am - 12:30pm			
Let's Steel Combat 一起做有氧搏击活动 (只限男士) 4:15pm - 5:15pm	Don't Tikam with Your Health 健康不是一场游戏 3:30pm - 4:30pm	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 Pick Up Malay 一起学马来语 4:30pm - 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

21

22

23

24

25

28

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 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

Don't Tikam with
Your Health
健康不是一场游戏
3:30pm - 4:30pm

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 Pick Up Malay
一起学马来语
4:30pm - 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

Fun With Nintendo
电子游戏时间
3:30pm - 5:30pm

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MON	TUE	WED	THU	FRI	SAT
28	29	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 Line Dance 一起跳排舞 9:30am - 11am	Deepavali 屠妖节		
Let's Learn Knitting 一起来学针织 3:30pm - 5pm		Let's Play Music with Ukulele 一起玩音乐 - 尤克里里琴 11am - 12:30pm			
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	Fun With Nintendo 电子游戏时间 3:30pm - 5:30pm	Let's KTV Together 一起来K歌 1:30pm - 5:30pm			

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