

2024 May

 **Centre Name:** NTUC Health Active Ageing Centre (Marsiling)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



MON	TUE	WED	THU	FRI	SAT
		1 Public Holiday (Labour Day)	2 HPB Tai Chi @ 10am - 11am Paper Quilling @ 2pm - 3pm Sailing at the Bay @ 4pm - 9pm	3 YouTube Exercise @ 10am - 11am Line Dance @ 1pm - 3pm	4
6 CHP Health Coach @ 9am - 5pm Crochet @ 9.30am - 11am YouTube Exercise @ 10am - 11am Knitting @ 11am - 12.30pm Hari Raya Fiesta @ 3pm - 5pm	7 HPB Steady Lah @ 10am - 11.30am Zen Art @ 1pm - 2pm Intergen w/Hwa Chong Institution @ 3pm - 5pm	8 CHP Health Coach @ 9am - 5pm CHP Nurse @ 9.30am - 12.30pm HPB Low Impact Aerobics @ 10am - 11am Learning Journey @ AMK Public Library @ 10.15am - 2pm	9 HPB Tai Chi @ 10am - 11am Rummikub Workshop @ 11.15am - 12.15pm Intergen w/Riverside Sec Sch @ 3pm - 4pm	10 YouTube Exercise @ 10am - 11am Digital Training @ 10am - 6pm Line Dance @ 1pm - 3pm	11 One Heart 2024 by Republic Polytechnic @10am - 2pm
13 CHP Health Coach @ 9am - 5pm Joyful Seated Workout @ 10am - 11am Instant Cafe @ 1pm - 2pm Karaoke @ 2pm - 5pm	14 HPB Steady Lah @ 10am - 11.30am Zentangle @ 11am - 12pm Zen Art @ 1pm - 2pm Intergen w/Marsiling Sec Sch @ 3pm - 5pm	15 CHP Health Coach @ 9am - 5pm HPB Low Impact Aerobics @ 10am - 11am DIY Sewing @ 11am - 12.30pm	16 HPB Tai Chi @ 10am - 11am Intergen w/Hwa Chong Institution @ 11am - 1pm Paper Quilling @ 2pm - 3pm	17 Centre Closed	18 One Heart 2024 by Republic Polytechnic @10am - 2pm
20 CHP Health Coach @ 9am - 5pm Crochet @ 9.30am - 11am Knitting @ 11am - 12.30pm	21 HPB Steady Lah @ 10am - 11.30am Zen Art @ 1pm - 2pm Intergen w/Riverside Sec Sch @ 3pm - 4pm	22 Public Holiday (Vesak Day)	23 HPB Tai Chi @ 10am - 11am Baking Demo @ 2pm - 3pm Bake & Bond @ 3pm - 4pm	24 YouTube Exercise @ 10am - 11am E2gether Home-Cooked Vegetable Rice @ 12pm - 1pm Happy Moment @ 1.30pm - 3pm	25
27 CHP Health Coach @ 9am - 5pm Joyful Seated Workout @ 10am-11am Singing Camp @ 3pm - 4pm	28 HPB Steady Lah @ 10am - 11.30am Zentangle @ 11am - 12pm Zen Art @ 1pm - 2pm Adult Conversational English @ 3pm - 4pm	29 CHP Health Coach @ 9am - 5pm CHP Nurse @ 9.30am - 12.30pm HPB Low Impact Aerobics @ 10am - 11am DIY Sewing @ 11am - 12.30pm Karaoke @ 2pm - 5pm	30 HPB Tai Chi @ 10am - 11am Mantou Oppa @ 2pm - 3pm Instant Cafe @ 3pm - 4pm	31 YouTube Exercise @ 10am - 11am Digital Training @ 10am - 6pm Line Dance @ 1pm - 3pm	

* Programmes and activities may be changed or adjusted without prior notice. Please call for more details, or to register with us.

2024 五月

 **Centre Name:** 职总保健活跃乐龄中心 (马西岭)
 **Centre Address:** Blk 180A Marsiling Road #01-2208 Spore 731180
 **Centre Contact:** 6250 3634 / 8163 2714



星期一		星期二		星期三		星期四		星期五		星期六	
				1		2		3		4	
				公共假期 (劳动节)		HPB 太极 @ 10am - 11am 衍纸 @ 2pm - 3pm 海湾航行 @ 4pm - 9pm		YouTube运动 @ 10am - 11am Line Dance @ 1pm - 3pm			
6		7		8		9		10		11	
社区保健顾问 @ 9am - 5pm		HPB Steady Lah 运动 @ 10am - 11.30am		社区保健顾问 @ 9am - 5pm		HPB 太极 @ 10am - 11am		YouTube运动 @ 10am - 11am		与Republic Polytechnic的学生互动 @10am - 2pm	
钩针 @ 9.30am - 11am		粉彩画画 @ 1pm - 2pm		社区护士 @ 9.30am - 12.30pm		数字麻将基础课程 @ 11.15am - 12.15pm		数码课程 @ 10am - 6pm			
YouTube运动 @ 10am - 11am		与Hwa Chong Institution的学生互动 @ 3pm - 5pm		HPB 低冲击有氧运动 @ 10am - 11am		与Riverside Sec Sch的学生互动 @ 3pm - 4pm		排舞 @ 1pm - 3pm			
针织 @ 11am - 12.30pm				学习之旅 @ 宏茂桥图书馆 @ 10.15am - 2pm							
欢庆开斋节 @ 3pm - 5pm											
13		14		15		16		17		18	
社区保健顾问 @ 9am - 5pm		HPB Steady Lah 运动 @ 10am - 11.30am		社区保健顾问 @ 9am - 5pm		HPB 太极 @ 10am - 11am		中心无运营		与Republic Polytechnic的学生互动 @10am - 2pm	
欢乐坐式健身操 @ 10am-11am		禅绕画工作坊 @ 11am - 12pm		HPB 低冲击有氧运动 @ 10am - 11am		与Hwa Chong Institution 的学生互动 @ 11am - 1pm					
速食站 @ 1pm-2pm		粉彩画画 @ 1pm - 2pm		缝纫工作坊 @ 11am - 12.30pm		衍纸 @ 2pm - 3pm					
卡拉OK @ 2pm - 5pm		与Marsiling Sec Sch的学生互动 @ 3pm - 5pm									
20		21		22		23		24		25	
社区保健顾问 @ 9am - 5pm		HPB Steady Lah 运动 @ 10am - 11.30am		公共假期 (卫塞节)		HPB 太极 @ 10am - 11am		YouTube运动 @ 10am - 11am			
钩针 @ 9.30am - 11am		粉彩画画 @ 1pm - 2pm				烘焙工作坊 @ 2pm - 3pm		一起吃家常菜饭 @ 12pm - 1pm			
针织 @ 11am - 12.30pm		与Riverside Sec Sch的学生互动 @ 3pm - 4pm				烘焙联盟 @ 3pm - 4pm		良辰美景 @ 1.30pm - 3pm			
27		28		29		30		31			
社区保健顾问 @ 9am - 5pm		HPB Steady Lah 运动 @ 10am - 11.30am		社区保健顾问 @ 9am - 5pm		HPB 太极 @ 10am - 11am		YouTube运动 @ 10am - 11am			
欢乐坐式健身操 @ 10am-11am		禅绕画工作坊 @ 11am - 12pm		社区护士 @ 9.30am - 12.30pm		馒头哥哥 @ 2pm - 3pm		数码课程 @ 10am - 6pm			
唱歌大本营 @ 3pm - 4pm		粉彩画画 @ 1pm - 2pm		HPB 低冲击有氧运动 @ 10am - 11am				排舞 @ 1pm - 3pm			
		成人英语会话 @ 3pm - 4pm		缝纫工作坊 @ 11am - 12.30pm							
				卡拉OK @ 2pm - 5pm							

* 活动可能会有更改或变动, 恕不另行通知。欲知更多详情或如有兴趣请拨电与我们联系。