

CHP schedule: Every 3rd Thursday of the Month  
(To start off with once a month)

# 2024 December

📍 **Centre Name:** Active Ageing Centre (Care) (Pasir Ris Central)  
 🏠 **Centre Address:** Blk 112, Pasir Ris Central, #01-657, S510112  
 📞 **Centre Contact:** 82922681






MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Play Flute 9am-9.30am Let's Do Acrylic Painting 10.30am-12pm	Let's Aerobics 8am - 9am Let's Celebrate Birthday 1pm-2pm IMDA Go Digital Workshop 2pm-3pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Do Coin Knot 9am-10.30am Let's Tachi (IL) 9.15am-10.15am Let's Do Bead Art 10.30-11.30am Let's Walking football 4-5.30pm	Let's Kpop 9am-10am Let's Do Nail Art 10am-12pm Let's Do Calligraphy 2.30pm-4.30pm	Let's Zumba Gold 9.15am - 10.15am	
9	10	11	12	13	14
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 10.30am-12pm	Let's Aerobics 8am - 9am Let's Mindfulness 9am-12pm Let's Drumming 1-2pm Let's Cooking 2pm-4pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Do Bead Art 10.30-11.30am Let's Cooking 10am-12pm Let's walking football 4pm-5.30pm	Let's Kpop 9am-10am Let's Do Health Carnival 9am-12pm Let's Do Press Flower 2pm-4pm Let's Go Gai Gai 4pm-9pm	Let's Zumba Gold 9.15am - 10.15am Let's Do Press Flower 9.30am-11am Let's Do Drumming 1pm-2pm Let's Jam Ukulele 2pm-4pm Let's Do Christmas 7.30pm-9pm	

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

16	17	18	19	20	21
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am OTAH! Programme 2.30pm - 4pm	Let's Aerobics 8am - 9am Let's Do Button Knot 9am-10.30am Let's Thai Yoga 3pm-5pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Beading 10.30am-11.30am Let;s Do Zentangle 2pm-4pm Let's Walking Football 4pm-5.30pm	Let's Kpop 8am-9am Let's Haircut 10am-12pm Let's Calligraphy 2.30pm-4.30pm Let's Do CHP 2pm-5pm	Let's Zumba Gold 9.15am - 10.15am	Let's Jam With Flute 9.30am-10.30am

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**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
23	24	25 Christmas	26	27	28
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Go Gai Gai 10.30am - 12pm Communal Dining Outdoor 12pm-1pm	Let's Aerobics 8am - 9am	Public Holiday	Let's Kpop 9am-10am Let's Go Gai Gai 10.30am-1pm Communal Dining Outdoor 1pm-2pm	Let's Zumba Gold 9.15am - 10.45am Let's Go Gai Gai 10am-12pm Communal Dining Outdoor 12pm-1pm	
30	31				
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's go Gai Gai 10.30am-1pm Communal Dining Outdoor 1pm-2pm	Let's Aerobics 8am - 9am				

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