




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

# 2025 January

 **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

1 New Year		2	3	4	
		Public Holiday	Let's Kpop 9am-10am Let's Do Hair Cut 10am-12pm Let's Do CNY Ang Pow 2pm-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Do Aqua Aerobic 9.30am-11.45am Let's Learn Ukulele 10.30am-12pm Let's Communal Dining outdoor 12-1pm Let's Do Drumfit 1pm-2pm Let's Do paper Art 2pm-4pm Let Jam Ukulele 2pm - 4pm	
6	7	8	9	10	11
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 10.30am-12pm Let's Learn Tamil Lesson 12pm-1pm Let's Celebrate Birthday 2pm-4pm	Let's Aerobics 8am - 9am Let's Do Beat Art 9.30am-11.30pm Let's Learn Digital on Life 2-4pm Let's Learn Nail Art 4pm-6pm	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Do Indian Dance 11.30am-12.30pm Let's Cooking 2pm-4pm Let's walking football 4pm-5.30pm	Let's Kpop 9am-10am Let's Do Aqua Aerobic 9.30am-11.45pm Let's Do Communal Dining Outdoor 12pm-1pm Let's do Caligraphy 2.30pm-4.30pm	Let's Zumba Gold 9.15am - 10.15am Let's Do Crossfit 10am-11am Let's Do Ukulele lesson 10.30am-12pm Let's Do Drumming 1pm-2pm Let's Jam Ukulele 2pm-4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON

TUE

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SAT

13	14	15	16	17	18
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Go Gai Gai 8.30am - 4pm	Let's Aerobics 8am - 9am Let's Do Beat Art 9.30am-11.30am	Let's Steel Combat (Steel Programs SG) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Indian Dance 11.30am-12.30am Let's Do Intergen 2.30pm-4pm Let's Do health talk 3pm-3.45pm Let's Walking Football 4pm-5.30pm	Let's Kpop 8am-9am Let's Do Aqua Aerobic 9.30am-11.45pm Let's Do communal Dining 12pm-1pm Let's do Angpow Lantern 2pm-4pm Let's Do CHP 2pm-5pm	Let's Zumba Gold 9.15am - 10.15am Let's Do Crossfit 10am-11am Let's Learn Ukulele 10.30am-12pm Let's Do Drumfit 1pm-2pm Let's Jam Ukulele 2pm-4pm Let's do CALM 2.30pm-5pm	CPR AED 9am-12pm

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**NTUC Health**

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Learn Acrylic Painting 10.30am - 12pm Let's Do Tamil Lesson 12pm-1pm Let's do charcoal Painting 2-4pm	Let's Aerobics 8am - 9am Let's do CALM 9.30am-10.30am Let's Learn Punch Needle 10am-12pm Let's Learn Acrylic on Small Canvas 2pm-4pm	Let's Learn Steel Combat 8am-9pm Let's Learn Tai chi 9.15am-10.15am Let's Learn Indian Dance 11.30am-12.30pm Let's do intergen 2.30pm-4pm Let's Do walking Football 4pm-5.30pm	Let's Kpop 9am-10am Let's Learn Aqua Aerobic 9.30am-11.45am Communal Dining Outdoor 12pm-1pm Let's Learn Calligraphy 2.30pm-4.30pm	Let's Zumba Gold 9.15am - 10.45am Let's Do Cross Fit 10am-11am Let's Learn Ukulele 10.30am-12pm Let's Do Drumfit 12.15pm-1.30pm Let Jam Ukulele 2pm-4pm	3d Printing 1pm-3pm
27	28	29 Chinese New Year	30 Chinese New Year	31	
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do acrylic Painting 10.30am-12pm Let's Learn Tamil Lesson 12p-1pm	Let's Aerobics 8am - 9am	Public Holiday	Public Holiday	Let's Do Zumba 9.15am-10.15am Let's Do Aqua Aerobic 9.30am-10.30am Let do Communal Dining 12pm-1pm	

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