




2024 July

 **Centre Name:** Active Ageing Centre (Care) (Pasir Ris Central)
 **Centre Address:** Blk 112, Pasir Ris Central, #01-657, S510112
 **Centre Contact:** 82922681 (Shilah) / 81686882 (Raymond)






NTUC Health

MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
Let's Zumba Gold 9am - 10am Let's listen Concert 9.30am to 12pm Let's Gen Together - Tertiary 2pm-4pm	Let's Aerobics 8am - 9am Digital - IMDA Go-Digital - Workshop 3.30pm - 4.30pm	Let's Steel Combat (Male Exclusive) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Celebrate (Birthday) 2pm-3pm Movie Time /Let's Makan Together - Inhouse 3pm-5pm	Let's Kpop 9am-10am Let's Haircut 10am-12pm Let's Do good at Tampines Nursing Home 8.30am-12.30pm	Let's Zumba Gold 9.15am - 10.15am Let's Aqua Aerobics 9.30am - 10.30am Let's Aqua Aerobics 10.45am-11.45am Let's Jam with Ukulele 1.30pm-4pm Let's Do Paper Art 2pm to 4pm	Let's Jam With Flute 9.30am-10.30am						
8		9		10		11		12		13	
Let's Zumba Gold 9am - 10am	Let's Aerobics 8am - 9am	Let's Steel Combat (Male Exclusive) 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Haircut (9.30am-12pm)	Let's Kpop 9am-10am Stay Zen - Mindfulness Program 9-12pm	Let's Zumba Gold 9.15am - 10.15am	Let's Jam With Flute 9.30am-10.30am Let's Gen Together - Tertiary 11am-1pm						
Let's Learn English 9am-10am Let's Do Sewing 10am - 12pm Let's Learn Thai Yoga Massage 3pm-5pm	Let's Learn Singing 10.30am-12pm Let's Gen Together- Sec 3pm - 5pm	Let's Gen Together - Sec 3pm - 5pm	Let's Calligraphy 2.30pm-4.30pm	Let's Aqua Aerobics 9.30am - 10.30am Let's Aqua Aerobics 10.45am-11.45am Let's Jam with Ukulele 1.30pm-4pm							
15		16		17		18		19		20	
Let's Zumba Gold 9am - 10am Let's Learn English 9am-10am	Let's Aerobics 8am - 9am Let's Learn Singing 10.30am-12pm	Let's Steel Combat (Male Exclusive) 8am-9am Let's Tachi (IL) 9.15am-10.15am	Let's Kpop 8am-9am Fun with Kakis 3pm-5pm	Let's Zumba Gold 9.15am - 10.15am Let's Aqua Aerobics 9.30am - 10.30am Let's Aqua Aerobics 10.45am-11.45am Let's Jam with Ukulele 1.30pm-4pm	Let's Jam With Flute 9.30am-10.30am Let's Learn CPR AED 9.30am-12.30pm						

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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22		23		24		25		26		27	
Let's Zumba Gold 9am - 10am		Let's Aerobics 8am - 9am		Let's Steel Combat (Male Exclusive) 8am-9am Let's Tachi (IL) 9.15am-10.15am		Let's Kpop 9am-10am Let's Do Beads Art 11am-12pm		Let's Zumba Gold 9.15am - 10.15am		Let's Jam With Flute 9.30am-10.30am Let's Gen Together - Tertiary 11am-1pm	
Stay Well Series - Health Talk by CGH 10am-11am		Let's Learn Singing 10.30am-12pm Let's Learn Thai Yoga Massage 3pm-5pm		Let's Gen Together - Tertiary 3pm-4pm		Let's learn Calligraphy 2.30pm-4.30pm		Let's Aqua Aerobics 9.30am - 10.30am Let's Aqua Aerobics 10.45am-11.45am Let's Learn Ukulele 1.30pm-4pm			
29		30		31							
Let's Zumba Gold 9am - 10am Let's Do Sewing 10am - 12pm		Let's Aerobics 8am - 9am Let's Learn Singing 10.30am-12pm		Let's Steel Combat (Male Exclusive) 8am-9am Let's Tachi (IL) 9.15am-10.15am							
Digital Empowerment through Immersive Technology (DETIT) - AR Trails 1pm-5pm		Let's Gen Together - Sec 3pm-4pm		Drumfit 11am-12pm Let's Gen Together - Sec 3pm-4pm							

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