




2024 November

 **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	2
				Let's Zumba Gold 9.15am - 10.15am Let's Aqua Aerobics 9.30am - 10.30am Let's Makan Together - out house 11am-12pm Let's Do Paper Art 2pm to 4pm Let Strategis Kaki 3.30pm-4.30pm	
4	5	6	7	8	9
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Learn Tamil 12pm-1pm Let's celebrate Birthday 1pm-2pm OTAH! Programme 2.30pm - 4pm	Let's Aerobics 8am - 9am Let's Go Gai Gai 9am-4pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Do Bead Art 10.30-11.30am Let's Learn Indian Dance 11.30am-12.30pm Let's Gen Together - Tertiary 2-4pm Let's Pick Up- Tagalog 4.30pm-5.30pm	Let's Kpop 9am-10am Let's do Haircut 10am-12pm Let's Do Calligraphy 2.30pm-4.30pm Let's Gen Together - Secondary 2-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Strategis Kakis 9am-11am	Let's Jam Flute 9.30am-10.30am Let's learn Decoupage Workshop 9am-12.30pm Let's Pick Up Korean 1pm to 2pm

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。

2024 November

 **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

11	12	13	14	15	16
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's Do Acrylic Painting 10.30am-12pm Let's Pick Up (Tamil) 12pm-1pm OTAH! Programme 2.30pm - 4pm	Let's Aerobics 8am - 9am Let's Do Flu jab 10am-12pm Let's Pick Up (Korean) 2pm-3pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Beading 10.30am-11.30am Let's Learn Indian Dance 11.30am-12.30pm Let's Gen Together - Tertiary 2-4pm Let's Pick Up- Tagalog 4.30pm-5.30pm	Let's Kpop 8am-9am Let's Gen Together - Kindergarden 10am-11am Let's Learn Photo Skill 2pm-4pm Let's Pick Up (Korean) 4.30pm-5.30pm	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 Pick Up (Korean) 2pm-3pm

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。

2024 November

 **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
18	19	20	21	22	23
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm IMDA Go Digital 2pm-4pm	Let's Aerobics 8am - 9am Let's Go Gai Gai 9am-2pm Let's Learn To Cook 2.30pm-4.30pm Let's Pick Up (Korean) 5pm-6pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Do Bead Art 10.30am-11.30am Let's Learn Indian Dance 11.30am-12.30pm Let's Pick Up (Tagalog) 4.30pm-5.30pm	Let's Kpop 9am-10am Let's Do Sewing 10am-12pm Let's Do health check 2pm-5pm Let's Do Calligraphy 2.30pm-4.30pm	Let's Zumba Gold 9.15am - 11.45am Let's Makan Together - Outdoor 12pm-1pm Let's Jam Ukulele 2pm-3.30pm Let's Gen Together - Tertiary 4pm-6pm	Let's Jam With Flute Bike Maintenance sharing (collaborate with VC) - Vidacity canteen 2pm-3.30pm
25	26	27	28	29	30
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's learn Acrylic Painting 10.30am-12pm Let's Compete RummyO 2pm - 5pm	Let's Aerobics 8am - 9am Let's Learn Singing 11am-1pm Let's Thai Yoga Massage 2.30pm-4pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Learn Bead 10.30am-11.30am Let's Learn Indian Dance 11.30am-12.30pm Let's Learn Dotting Art 2pm-4pm	Let's Kpop 9am-10am Let's Learn Sewing 10am - 12pm Let's Learn Pastel on Ceramic 4pm-6pm	Let's Zumba Gold 9.15am - 11.45am Let's Makan Together - Outdoor 12pm-1pm Let's Jam Ukulele 2pm-4pm	Let's Jam With Flute

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。