




2024 September

 **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)






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 learn Sewing 9am-10.30am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm Let's Gen Together - Tertiary 3pm - 5pm	Let's Aerobics 8am - 9am Let's Learn Singing 11.30am-12.30pm Let's Learn Thai Yoga Massage 3pm - 5pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Sewing 9.30am-10.30am Let's Learn Indian Dance 11.30am-12.30pm Digital - IMDA Go-Digital - Workshop 2pm-3.30pm	Let's Kpop 9am-10am Let's Gen Together - Tertiary 9am-12pm Let's Listen NEA Talk 2.30pm-3.30pm	Let's Zumba Gold 9.15am - 10.15am Let's Aqua Aerobics 9.30am - 11.45am Let's Makan Together - out house 12pm-1pm Let's Do Paper Art 2pm to 4pm Let's Jam Ukulele 2pm-4pm	Let's Join RN zone 11 open house 9am-1pm
9	10	11	12	13	14
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's learn Sewing 9am-10.30am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm Let's Gen Together - Tertiary 3pm - 5pm	Let's Aerobics 8am - 9am Let's learn Dotting Art 9am-11am	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's do haircut 9am-12.30pm Let's Learn Indian Dance 11.30am-12.30pm	Let's Kpop 9am-10am Let do Haircut 10am-12pm Let Celebrate Birthday 1pm-2pm Let Gen Together - Tertiary 2-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Aqua Aerobics 9.30am - 11.45am Let's Makan Together - out house 12pm-1pm Let's Drumfit 1pm-2pm Let's Jam Ukulele 2pm-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.

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ntuc Health

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 Let's learn Sewing 9am-10.30am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm Let's Gen Together - Tertiary 3pm - 5pm	Let's Aerobics 8am - 9am Let's Learn Chaocoal Painting 9am-11am Let's Learn Singing 11.30am-12.30pm Let's learn Cooking 2pm-3pm Let's listen Volunteer opportunity (SG Care) 3pm-4pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Sewing 9.30am-10.30am Let's Learn Indian Dance 11.30am-12.30pm	Let's Kpop 8am-9am Let's do Mindfulness Gardening 9am-12pm Let's Learn Calligraphy 2.30pm-4.30pm	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 Makan Together Outdoor 12pm-1pm Let's Drum fit 1pm-2pm Let's Jam with Ukulele 2pm-4pm	Let's Jam With Flute 9.30am-10.30am

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's learn Sewing 9am-10.30am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm Let's Gen Together - Tertiary 3pm - 5pm	Let's Aerobics 8am - 9am Let's learn Pastel on Ceramic 9am-11am Let's Learn Cooking 2pm-4pm	Let's Steel Combat 8am-9am Let's Tachi (IL) 9.15am-10.15am Let's Learn Indian Dance 11.30am-12.30pm Let's Gen Together - Tertiary 2.30pm-4.30pm	Let's Kpop 9am-10am Let's Do Gardening 9am-12pm Let's learn Sustainability 2pm-4pm	Let's Zumba Gold 9.15am - 10.15am Let's Go Gai Gai 9am-2pm Let's Jam Ukulele 2.30pm-4.30pm	Let's Jam With Flute Let's Gen Together - Tertiary 11am-1pm
30					
Let's learn Line Dance 8am-10am Let's Zumba Gold 9am - 10am Let's learn Sewing 9am-10.30am Let's learn Acrylic Painting 10.30am-12pm Let's Learn Tamil 12pm-1pm Let's Gen Together - Tertiary 3pm - 5pm					

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