

2024 December

*Nominal fee of \$3 per session

*Only for selected Seniors only

Centre Name: Active Ageing Centre (Woodlands East)
Centre Address: Blk 691C Woodlands Drive 73 #01-43 (S)733691
Centre Contact: 6715 6754 / 6715 6755



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Steel Tonic* 9:00am - 10:00am	Be Organised Workshop (Mandarin - 1 of 4) 10:30am - 12.30pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	CENTER CLOSE (Staff Event)	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Exercise with Razak Modified Boxing (Seated) 10:00am - 10:45am			
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm		Walking Football* 10:00am - 11:30am			
		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			
9	10	11	12	13	14
Let's Steel Tonic* 9:00am - 10:00am	Be Organised Workshop (Mandarin - 2 of 4) 10:30am - 12.30pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Exercise with Razak Modified Boxing (Seated) 10:00am - 10:45am		Let's celebrate CNY Festive (Decoration with Ang Bao) 2:00pm - 4:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm		Walking Football* 10:00am - 11:30am		Tech Trek: The Digital Learning Experience (Republic Polytechnic) 10:00am - 12.30am	
		Ukulele Techniques 11:30am - 1:00pm		Health Carnival (Ngee Ann Polytechnic) 1:30pm - 4:30pm	
		Let's Do Recycle Art 2:00pm - 4:00pm			

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	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Steel Tonic* 9:00am - 10:00am	Be Organised Workshop (Mandarin - 3 of 4) 10:30am - 12.30pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Chronic Disease Talk (National Healthcare Group) 2:00pm - 4.00pm	Ukulele Techniques 11:30am - 1:00pm		Let's celebrate CNY Festive (Decoration with Ang Bao) 2:00pm - 4:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm		Let's Exercise with Razak Modified Boxing (Seated) 10:00am - 10:45am		Digital - IMDA Go-Digital session 2:30pm - 4:00pm	
		Walking Football* 10:00am - 11:30am			
		Let's Do Recycle Art 2:00pm - 4:00pm			
23	24	25	26	27	28
Let's Steel Tonic* 9:00am - 10:00am	Be Organised Workshop (Mandarin - 4 of 4) 10:30am - 12.30pm		Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	CHRISTMAS EVE (CENTER CLOSED)			Let's Makan Together* 12:00pm - 1:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm				Let's celebrate CNY Festive (Decoration with Ang Bao) 2:00pm - 4:00pm	
				SCAM Prevention Talk (Singapore Police Force) 3:00pm - 4:30pm	

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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 10:00am - 12.00pm				
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	NEW YEAR EVE (CENTRE CLOSED HALF-DAY)				
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm					

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做 Steel Tonic* 9:00 am - 10:00am	活跃年长者系列 “断舍离”整理术 (1 of 4) 10:30am - 12:30pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	中心关闭 (员工活动日)	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 4:00pm	一起跟Razak线上坐椅子 修改拳击练习 10:00am - 10:45am			
电子游戏时间 11:00am - 12:00pm		步行足球* 10:00am - 11:30am			
		尤克里里琴技巧 11:30am - 1:00pm			
		一起做再循环工艺 2:00pm - 4:00pm			
9	10	11	12	13	14
一起做 Steel Tonic* 9:00 am - 10:00am	活跃年长者系列 “断舍离”整理术 (2 of 4) 10:30am - 12:30pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 4:00pm	一起跟Razak线上坐椅子 修改拳击练习 10:00am - 10:45am		新年红包袋手工制作装饰 10:00pm - 12:00pm	
电子游戏时间 11:00am - 12:00pm		步行足球* 10:00am - 11:30am		数字化学习体验 10.00am - 12.30pm	
		尤克里里琴技巧 11:30am - 1:00pm		健康嘉年华 由义安理工学院主办 1:30pm - 4.30pm	
		一起做再循环工艺 2:00pm - 4:00pm			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起做 Steel Tonic* 9:00 am - 10:00am	活跃年长者系列 “断舍离”整理术 (3 of 4) 10:30am - 12:30pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	游戏时间 Rummy-O 2:00pm - 4:00pm	一起跟Razak线上坐椅子 修改拳击练习 10:00am - 10:45am		新年红包袋手工制作装饰 2:00pm - 4:00pm	
电子游戏时间 11:00am - 12:00pm		步行足球 10:00am - 11:30am		IMDA 数码技能咨询服务 2:30pm - 4:00pm	
		尤克里里琴技巧 11:30am - 1:00pm			
		一起做再循环工艺 2:00pm - 4:00pm			
23	24	25	26	27	28
一起做 Steel Tonic* 9:00 am - 10:00am	活跃年长者系列 “断舍离”整理术 (4 of 4) 10:30am - 12:30pm		一起跳 K-pop Lite 9:30am - 10:30am	一起跟Razak线上坐椅子 阻力带运动 10:00am - 10:45am	
一起喝咖啡 (只限男性) 10:00am - 11:00am	圣诞节前夕 (中心休业)			一起来MAKAN* 12:00pm - 1:00pm	
电子游戏时间 11:00am - 12:00pm				新年红包袋手工制作装饰 2:00pm - 4:00pm	
				预防诈骗讲座 由新加坡警察部队主办 3:00pm - 4:30pm	

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

30

31

一起做 Steel Tonic*
9:00 am - 10:00am

电子游戏时间
11:00am - 12:00pm

一起喝咖啡
(只限男性)
10:00am - 11:00am

电子游戏时间
11:00am - 12:00pm

**除夕夜
(中心休业)**

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