

# 2025 January

\*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
		1 	2 Let's Kpop Lite 9:30am - 10:30am	3 Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am  Let's Makan Together* 12:00pm - 1:00pm	4
6 Let's Steel Tonic* 9:00am - 10:00am	7 Fun with Tech (Nintendo Switch) 11:00am - 12:00pm	8 Let's Chair Zumba 9:00am - 10:00am	9 Let's Kpop Lite 9:30am - 10:30am	10 Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am  Let's Makan Together* 12:00pm - 1:00pm	11
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Walking Football* 10:00am - 11:30am			
Fun with Tech (Nintendo Switch) 11:00am - 12:00pm		Ukulele (Basic) 09:30am - 11:00am			
		Ukulele Techniques 11:30am - 1:00pm			
		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.

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MON	TUE	WED	THU	FRI	SAT
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 11:00am - 12.00pm	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	
Preserved Flower Arrangement* 9:30am - 12:30pm	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Exercise with Razak Modified Boxing (Seated) 10:00am - 10:45am	Paper Quilling Workshop 2:00pm - 3:00pm	Let's Makan Together* 12:00pm - 1:00pm	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am		Walking Football* 10:00am - 11:30am		Digital - IMDA Go-Digital session 2:30pm - 4:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm		Ukulele (Basic) 09:30am - 11:00am			
		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Let's Steel Tonic* 9:00am - 10:00am	Rolling Good Time (Registration Day) 9.30am - 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	Fun with Tech (Nintendo Switch) 11:00am - 12.00pm	Let's Exercise with Razak Modified Boxing (Seated) 10:00am - 10:45am		Let's Makan Together* 12:00pm - 1:00pm	
	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Walking Football* 10:00am - 11:30am			
		Ukulele (Basic) 09:30am - 11:00am			
		Ukulele Techniques 11:30am - 1:00pm			
		Let's Do Recycle Art 2:00pm - 4:00pm			

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MON

TUE

WED

THU

FRI

SAT

27	28	29	30	31	
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 11:00am - 12.00pm			Let's Exercise with Razak Resistance Band (Seated) 10:00am - 10:45am	
Let's Lim Kopi (Male Exclusive) 10:00am - 11:00am				Let's Makan Together* 12:00pm - 1:00pm	
Fun with Tech (Nintendo Switch) 11:00am - 12.00pm					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			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	
				一起来makan 12:00pm - 1:00pm	
				新年红包袋手工制作装饰 2:00pm - 4:00pm	
6	7	8	9	10	11
一起做 Steel Tonic* 9:00 am - 10:00am	电子游戏时间 11:00am - 12:00pm	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	一起玩乌克兰丽丽 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
电子游戏时间 11:00am - 12:00pm		一起跟Razak线上坐椅子 修改拳击练习 10:00am - 10:45am			
		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			

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起做 Steel Tonic* 9:00 am - 10:00am	电子游戏时间 11:00am - 12:00pm	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	
永生花插花共作坊 9:30am - 12:30pm	新春购物团(兀兰工业区) 1:00pm - 4:00pm	一起玩乌克兰丽(初级) 9:30am - 11:00am	卷纸艺术(初级) 2:00pm - 3:00pm	一起来makan 12:00pm - 1:00pm	
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		IMDA 数码技能咨询服务 2:30pm - 4:00pm	
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			
20	21	22	23	24	25
一起做 Steel Tonic* 9:00 am - 10:00am	Rolling Good Time 体操 (注册日) 9:30 am - 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	电子游戏时间 11:00am - 12:00pm	一起玩乌克兰丽(初级) 9:30am - 11:00am		一起来makan 12:00pm - 1:00pm	
电子游戏时间 11:00am - 12:00pm	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			
		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			

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**NTUC Health**

MON

TUE

WED

THU

FRI

SAT

27

28

29

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



新年快乐  
HAPPY CHINESE  
NEW YEAR  
2025  
YEAR OF THE SNAKE

一起跟Razak线上坐椅子  
阻力带运动  
10:00am - 10:45am

一起来makan  
12:00pm - 1:00pm

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