




2024 November

*Nominal fee of \$3 per session

 **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
					HPB-Rolling Good Times (Session 12 of 12) 9:30am - 11:00am	
					Fun with Tech (Nintendo Switch) 10:00am - 12.00pm	
4	5	6	7	8	9	
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 10:00am - 12.00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Center Closed Staff Event (12:00pm to 6:00pm)		
Let's Drink Kopi Session (Male Exclusive) 10:30am - 11:30am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Exercise with Razak (Modified Boxing) 10:00am - 10:45am	Fun with Tech (Nintendo Switch) 2:00pm - 5:00pm			
Fun with Tech (Nintendo Switch) 10:00am - 12.00pm		Let's Jam with Ukulele 11:30am - 1:00pm				
		Let's Do Recycle Art 2:00pm - 4:00pm				
11	12	13	14	15	16	
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 10:00am - 12.00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Quarterly AAC Town Hall Staff Only (Center Closed)		
Let's Drink Kopi Session (Male Exclusive) 10:30am - 11:30am	Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Exercise with Razak (Modified Boxing) 10:00am - 10:45am	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm			
Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm		Let's Jam with Ukulele 11:30am - 1:00pm				
		Let's Do Recycle Art 2:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT	
18	19	20	21	22	23	
Let's Steel Tonic* 9:00am - 10:00am	Fun with Tech (Nintendo Switch) 10:00am - 12:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am		
Let's Drink Kopi Session (Male Exclusive) 10:30am - 11:30am	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Let's Exercise with Razak (Modified Boxing) 10:00am - 10:45am	Fun with Tech (Nintendo Switch) 2:00pm - 5:00pm	Communal Dining* 12:00pm - 1:00pm		
Fun with Tech (Nintendo Switch) 10:00am - 12:00pm		Let's Jam with Ukulele 11:30am - 1:00pm		Fun with Tech (Nintendo switch) 10:00am - 12:00pm		
		Let's Do Recycle Art 2:00pm - 4:00pm				
25	26	27	28	29		30
Let's Steel Tonic* 9:00am - 10:00am	Let's Learn New Dishes (Using SkillsFuture) 9.00am - 12.00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Kpop Lite 9:30am - 10:30am	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am		
Let's Drink Kopi Session (Male Exclusive) 10:30am - 11:30am	Fun with Tech (Nintendo switch) 10:00am - 12:00pm	Let's Exercise with Razak (Modified Boxing) 10:00am - 10:45am	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Communal Dining* 12:00pm - 1:00pm		
Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	Let's Jam with Ukulele 11:30am - 1:00pm		Digital - IMDA Go-Digital session 2:30pm - 4:00pm		
		Let's Do Recycle Art 2:00pm - 4:00pm				

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MON

TUE

WED

THU

FRI

SAT

1

2

Rolling Program 体操
 (Session 12 of 12)
 9:30am - 11:00am

电子游戏时间
 (Nintendo Switch)
 11:00am - 12:00pm

4

5

6

7

8

9

一起做 Steel Tonic*
 9:00 am - 10:00am

电子游戏时间
 (Nintendo Switch)
 10:00am - 12:00pm

一起跳椅子尊巴
 9:00am - 10:00am

一起跳 K-pop Lite
 9:30am - 10:30am

一起喝咖啡
 (只限男性*)
 10:30am - 11:30am

游戏时间
 (Rummy-O)
 2:00pm - 4:00pm

一起跟 Razak 线上做运动
 10:00am - 10:45am

电子游戏时间
 (Nintendo Switch)
 2:00pm - 5:00pm

**中心关闭因员工活动日
 下午休业
 12:00pm - 6:00pm**

电子游戏时间
 (Nintendo Switch)
 10:00am - 12:00pm

一起玩 乌克兰丽丽
 11:30am - 1:00pm

一起做再循环工艺
 2:00pm - 4:00pm

11

12

13

14

15

16

一起做 Steel Tonic*
 9:00 am - 10:00am

电子游戏时间
 (Nintendo Switch)
 10:00am - 12:00pm

一起跳椅子尊巴
 9:00am - 10:00am

一起跳 K-pop Lite
 9:30am - 10:30am

一起喝咖啡
 (只限男性*)
 10:30am - 11:30am

游戏时间
 (Rummy-O)
 2:00pm - 4:00pm

一起跟 Razak 线上做运动
 10:00am - 10:45am

游戏时间
 (Rummy-O)
 2:00pm - 5:00pm

**季度 AAC 全体会议
 (中心休业)**

游戏时间
 (Rummy-O)
 2:00pm - 4:00pm

一起玩 乌克兰丽丽
 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
18	19	20	21	22	23
一起做 Steel Tonic* 9:00 am - 10:00am	电子游戏时间 (Nintendo Switch) 10:00am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	电子游戏时间 (Nintendo Switch) 11:00am - 12:00pm	
一起喝咖啡 (只限男性*) 10:30am - 11:30am	游戏时间 (Rummy-O) 2:00pm - 4:00pm	一起跟Razak线上做运动 10:00am - 10:45am	电子游戏时间 (Nintendo Switch) 2:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm	
电子游戏时间 (Nintendo Switch) 10:00am - 12:00pm		一起玩乌克兰丽 11:30am - 1:00pm		游戏时间 (Rummy-O) 2:00pm - 4:00pm	
		一起做再循环工艺 2:00pm - 4:00pm			
25	26	27	28	29	
一起做 Steel Tonic* 9:00 am - 10:00am	学习新菜品工作坊 (可以用 SkillsFuture) 9:00 am - 12:00pm	一起跳椅子尊巴 9:00am - 10:00am	一起跳 K-pop Lite 9:30am - 10:30am	电子游戏时间 (Nintendo Switch) 11:00am - 12:00pm	
一起喝咖啡 (只限男性*) 10:30am - 11:30am	电子游戏时间 (Nintendo Switch) 10:00am - 12:00pm	一起跟Razak线上做运动 10:00am - 10:45am	游戏时间 (Rummy-O) 2:00pm - 5:00pm	一起来makan 12:00pm - 1:00pm	
游戏时间 (Rummy-O) 2:00pm - 4:00pm	游戏时间 (Rummy-O) 2:00pm - 4:00pm	一起玩乌克兰丽 11:30am - 1:00pm		IMDA 数码技能咨询服务 2:30pm - 4:00pm	
		一起做再循环工艺 2:00pm - 4:00pm			

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