




2024 October

 **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

3

4

5

HPB-Rolling Good Times
(Session 5 of 12)
9:30am - 11:00am

Let's Chair Zumba
9:00am - 10:00am

Let's Kpop Lite
9:30am - 10:30am

HPB-Rolling Good Times
(Session 6 of 12)
9:30am - 11:00am

Strategise with Kakis
(Rummy-O)
2:00pm - 4:00pm

Let's Exercise with Razak
(Modified Boxing)
10:00am - 10:45am

Wellness, Currency Workshop
(Session 3 of 4)
2:30pm - 4:30pm

Let's Makan Together
(Toast & Kopi)
3:00pm - 4:00pm

Let's Jam with Ukulele
11:30am - 1:00pm

Let's Do Recycle Art
2:00pm - 4:00pm

7

8

9

10

11

12

Let's Steel Tonic
9:00am - 10:00am

HPB-Rolling Good Times
(Session 7 of 12)
9:30am - 11:00am

Let's Chair Zumba
9:00am - 10:00am

Let's Kpop Lite
9:30am - 10:30am

HPB-Rolling Good Times
(Session 8 of 12)
9:30am - 11:00am

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

Wellness, Currency Workshop
(Session 4 of 4)
2:30pm - 4:30pm

Let's Makan Together
(Toast & Kopi)
3:00pm - 4:00pm




Let's Jam with Ukulele
11:30am - 1:00pm

Let's Do Recycle Art
2:00pm - 4:00pm

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 Health

| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|--|-----------|
| 14 | 15 | 16 | 17 | 18 | 19 |
| Let's Steel Tonic 9:00am - 10:00am | HPB-Rolling Good Times (Session 9 of 12) 9:30am - 11:00am | Let's Chair Zumba 9:00am - 10:00am | Let's Kpop Lite 9:30am - 10:30am | HPB-Rolling Good Times (Session 10 of 12) 9:30am - 11:00am | |
| 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 | | Digital - IMDA Go-Digital session 2:30pm - 4:30pm | |
| | | Let's Jam with Ukulele 11:30am - 1:00pm | | Let's Makan Together (Toast & Kopi) 3:00pm - 4:00pm | |
| | | Let's Do Recycle Art 2:00pm - 4:00pm | | | |
| 21 | 22 | 23 | 24 | 25 | 26 |
| Let's Steel Tonic 9:00am - 10:00am | HPB-Rolling Good Times (Session 11 of 12) 9:30am - 11:00am | Let's Chair Zumba 9:00am - 10:00am | Let's Kpop Lite 9:30am - 10:30am | HPB-Rolling Good Times (Session 12 of 12) 9:30am - 11:00am | |
| 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 | | Let's Makan Together (Toast & Kopi) 3:00pm - 4:00pm | |
| | | Let's Jam with Ukulele 11:30am - 1:00pm | | | |
| | | Let's Do Recycle Art 2:00pm - 4:00pm | | | |
| 28 | 29 | 30 | 31 | | |
| Let's Steel Tonic 9:00am - 10:00am | Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm | Let's Chair Zumba 9:00am - 10:00am |  | | |
| Let's Drink Kopi Session (Male Exclusive) 10:30am - 11:30am | | Let's Exercise with Razak (Modified Boxing) 10:00am - 10:45am | | | |
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| MON | TUE | WED | THU | FRI | SAT |
|--------------------------------------|---|--------------------------------------|---|---|-----|
| | 1 | 2 | 3 | 4 | 5 |
| | Rolling Program 体操 (Session 5 of 12) 9:30am - 11:00am | 一起跳椅子尊巴 9:00am - 10:00am | 一起跳 K-pop Lite 9:30am - 10:30am | Rolling Program 体操 (Session 6 of 12) 9:30am - 11:00am | |
| | 游戏时间 (Rummy-O) 2:00pm - 4:00pm | 一起跟 Razak 线上做运动 10:00am - 10:45am | 血汗钱 探寻新加坡钞票变迁之旅 (3 of 4) 2:30pm - 4:30pm | 一起喝咖啡 3:00pm - 4:00pm | |
| | | 一起玩 乌克兰 11:30am - 1:00pm | | | |
| | | 一起做再循环工艺 2:00pm - 4:00pm | | | |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 一起做 Steel Tonic 9:00 am - 10:00am | Rolling Program 体操 (Session 7 of 12) 9:30am - 11:00am | 一起跳椅子尊巴 9:00am - 10:00am | 一起跳 K-pop Lite 9:30am - 10:30am | Rolling Program 体操 (Session 8 of 12) 9:30am - 11:00am | |
| 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 | 血汗钱 探寻新加坡钞票变迁之旅 (4 of 4) 2:30pm - 4:30pm | 一起喝咖啡 3:00pm - 4:00pm | |
| | | 一起玩 乌克兰 11:30am - 1:00pm | | | |
| | | 一起做再循环工艺 2:00pm - 4:00pm | | | |

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| 一起做 Steel Tonic 9:00am - 10:00am | Rolling Program 体操 (Session 9 of 12) 9:30am - 11:00am | 一起跳椅子尊巴 9:00am - 10:00am | 一起跳 K-pop Lite 9:30am - 10:30am | Rolling Program 体操 (Session 10 of 12) 9:30am - 11:00am | |
| 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 | | IMDA 数码技能咨询服务 2:30pm - 4:30pm | |
| | | 一起玩 乌克兰丽 11:30am - 1:00pm | | 一起喝咖啡 3:00pm - 4:00pm | |
| | | 一起做再循环工艺 2:00pm - 4:00pm | | | |
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| 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 | | 一起喝咖啡 3:00pm - 4:00pm | |
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