

2024 April

*Nominal fee of \$2 per session

📍 **Centre Name:** Active Ageing Centre (Care) (Kampung Admiralty)
 🏠 **Centre Address:** 676 Woodlands Drive 71 #06-01 Singapore 730676
 📞 **Centre Contact:** 6870 8500



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Community Health Post 9am-1pm
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm	Calligraphy (Advance) 10am - 12pm
English Club (A) : 9:15am - 10:15am	Zoom exercise with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	MFS Intergen (Games) 10am - 11am	Square Steps (Inter):10am - 11am	Digital Life Club @Woodlands 10am - 12pm
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm	Fun! Fund ARTEC Coding (02/12): 9:30am - 11am	Square Steps (Adv) 10am - 11am	Opera Singing: 2pm - 3:30pm	
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm	Nagomi Art (A): 2pm - 3:30pm	Ukulele: 11am - 12pm	Recycled Art (B): 2pm - 4pm	
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm		Nagomi Art (C): 1pm -2:30pm		
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm		Nagomi Art (B): 2:30pm -4pm		
Recycled Art: 2pm - 4pm			Games : 2pm - 4pm		
8	9	10	11	12	13
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am		Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am		CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm	
English Club (A) : 9:15am - 10:15am	Zoom exercise with Razak : 10:00am - 10:45am		MFS Intergen (Cultural) 10am - 11am	Square Steps (Inter):10am - 11am	
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm		Square Steps (Adv) 10am - 11am	Opera Singing: 2:00pm - 3:30pm	
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm		Ukulele: 11am - 12pm	Recycled Art (B): 2pm - 4pm	
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm		Nagomi Art (B): 2:30pm -4pm	Calligraphy class (Beginner): 3:30pm - 5:00pm	
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm		Games : 2pm - 4pm		
Recycled Art: 2pm - 4pm					

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Community Health Post (CHP) 9am-1pm
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel :9:30am - 12:30pm	
English Club (A) : 9:15am - 10:15am	Zoom exercise with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	MFS Intergen (Healthy lifestyle) 10am - 11am	Square Steps (Inter):10am - 11am	
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm	Fun! Fund ARTec Coding (03/12): 9:30am - 11am	Square Steps (Adv) 10am -11am	Opera Singing: 2:00pm - 3:30pm	
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm	Wellness talk: Dance, Move, Express (Eng):10:30am - 12:30pm	Ukulele: 11am - 12pm	Recycled Art (B): 2pm - 4pm	
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm	Nagomi Art (A): 2pm - 3:30pm	Nagomi Art (C): 1pm -2:30pm		
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm		Nagomi Art (B): 2:30pm -4pm		
Recycled Art: 2pm - 4pm			Games : 2pm - 4pm		
22	23	24	25	26	27
Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Gardening: 8:30am - 9:30am	Nparks Gardening Workshop: 9:30am - 12:00
Kpop X-Lite: 9:30am - 10:30am	Qi Gong: 8:30am - 9:30am	CHP: 9am - 6pm	CHP: 9am - 6pm	Glockenspiel : 9:30am -12:30pm	
English Club (A) : 9:15am - 10:15am	Zoom exercise with Razak : 10:00am - 10:45am	Taichi : 9:30am - 10:30am	MFS Intergen(Craft) 10am - 11am	Square Steps (Inter):10am - 11am	
English Club (B) : 10:45am - 11:45am	Zentangle Art: 11am - 12pm	Fun! Fund ARTec Coding (04/12): 9:30am - 11am	Square Steps (Adv) 10am - 11am	Opera Singing: 2:00pm - 3:30pm	
Ukulele : 10:30am-11:30am	Crochet: 2pm - 4pm	Wellness talk: Dance, Move, Express (Eng):10:30am - 12:30pm	Ukulele: 11am - 12pm	Recycled Art (B): 2pm - 4pm	
Grace Choir : 12:30pm - 2:30pm	Line Dancing (A): 2pm - 3pm	Nagomi Art (A): 2pm - 3:30pm	Nagomi Art (B): 2:30pm - 4pm	Calligraphy class (Beginner): 3:30pm - 5:00pm	
Steel Combat* 2:30pm - 3:30pm	Line Dancing (B): 3pm - 4pm		Games : 2pm - 4pm		
Recycled Art: 2pm - 4pm					

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MON		TUE		WED		THU		FRI		SAT	
29		30									
Gardening: 8:30am - 9:30am		Gardening: 8:30am - 9:30am									
Kpop X-Lite: 9:30am - 10:30am		Qi Gong: 8:30am - 9:30am									
English Club (A) : 9:15am - 10:15am		Zoom exercise with Razak 10:00am - 10:45am									
English Club (B) : 10:45am - 11:45am		Zentangle Art: 11am - 12pm									
Ukulele : 10:30am-11:30am		Crochet: 2pm - 4pm									
Grace Choir : 12:30pm - 2:30pm		Line Dancing (A): 2pm - 3pm									
Steel Combat* 2:30pm - 3:30pm		Line Dancing (B): 3pm - 4pm									
Recycled Art: 2pm - 4pm											

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	社区护士站 : 9am - 1pm
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30	书法 : 10am - 12pm
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	MFS IG (游戏) : 10am - 11am	方步操 : 10am - 11am	数码技能 : 10am - 12pm
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm	Fun! Fund ARTEc 编码 : 9:30am-11:00am	方步操 : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm	粉彩画画 (A) : 2:00pm - 3:30pm	Zumba @ The Plaza : 10am-11am	环宝艺术 (B): 2pm - 4pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm		四弦琴练 : 11:00am - 12:00pm		
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm		粉彩画画 (C) : 1pm - 2:30pm		
环宝艺术 : 2pm - 4pm			粉彩画画 (B) : 2:30pm - 4pm		
			游戏日 : 2pm - 4pm		
8	9	10	11	12	13
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am		园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am		社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30	
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am		MFS IG (文化) : 10am - 11am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm		方步操 : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm		四弦琴练 : 11am - 12pm	环宝艺术 (B): 2pm - 4pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm		粉彩画画 (B) : 2:30pm - 4pm	书法新班: 3:30pm - 5:00pm	
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm		游戏日 : 2pm - 4pm		
环宝艺术 : 2pm - 4pm					
15	16	17	18	19	20
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	社区护士站 : 9am - 1pm
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30pm	
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	MFS IG (健康生活): 10am - 11am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm	Fun! Fund ARTEc 编码 : 9:30am-11:00am	方步操 : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm	健康讲座(英语): Dance, Move, Express! :10:30am - 12:30noon	四弦琴练 : 11am - 12pm	环宝艺术 (B): 2pm - 4pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm	粉彩画画 (A) : 2:00pm - 3:30pm	粉彩画画 (C) : 1pm - 2:30pm		
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm		粉彩画画 (B) : 2:30pm - 4pm		
环宝艺术 : 2pm - 4pm			游戏日 : 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am	Nparks 园艺工作坊: 9:30am - 12:00pm
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am	社区护士站 : 9am - 6pm	社区护士站 : 9am - 6pm	钟琴音乐课 : 9:30am - 12:30pm	
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am	太极 (A) : 9:30 am -10:30 am	MFS IG(手工) : 10am - 11am	方步操 : 10am - 11am	
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm	Fun! Fund ARTec 编码 : 9:30am-11:00am	方步操 : 10am - 11am	粤曲: 2pm - 4pm	
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm	数码技能 : 10:30am - 11:30 am	四弦琴练 : 11am - 12pm	环宝艺术 (B): 2pm - 4pm	
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm	健康讲座(英语): Dance, Move, Express! :10:30am - 12:30noon	粉彩画画 (B) : 2:30pm - 4pm	书法新班: 3:30pm - 5:00pm	
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm	粉彩画画 (A) : 2:00pm - 3:30pm	游戏日 : 2pm - 4pm		
环宝艺术 : 2pm - 4pm					
29	30				
园艺 : 8:30am - 9:30am	园艺 : 8:30am - 9:30am				
KPop X Lite 舞蹈 9.30 - 10.30am	气功 : 8:30am - 9:30am				
英语会话(A): 9:15am - 10:15am	与Razak一起运动:10:00-10:45am				
英语会话(B): 10:45am - 11:45am	禅绕画 : 11am - 12pm				
四弦琴练 : 10:30am - 11:30am	钩针: 2pm - 4pm				
尔雅抖音唱班 : 12:30pm - 2:30pm	排舞 (A) : 2pm - 3pm				
钢铁拳击 : 2:30pm - 3:30pm	排舞 (B) : 3pm - 4pm				
环宝艺术 : 2pm - 4pm					