




2024 April

 **Centre Name:** Active Ageing Centre (Care) (Wisma Geylang Serai)
 **Centre Address:** 1 ENSKU AMAN, WISMA GEYLANG SERAI, LEVEL 3
 **Centre Contact:** 9488 4575



 ntuc Health

MON

TUE

WED




THU

FRI

SAT

| 1 | 2 | 3 | 4 | 5 | 6 |
|--|--|---|--|--|----|
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | | |
| BIRTHDAY CELEBRATIONS 1500-1700 RUMMY O 1400 - 1600 | ART & CRAFTS 1400 - 1600 Life Series Workshop by Wen Loong, SUSS 1400-1600 | Life Series Workshop by Wen Loong, SUSS 1100-1300 ZENTANGLE 1400 - 1600 | | ZUMBA GOLD 0930-1030 | |
| 8 | 9 | 10 | 11 | 12 | 13 |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | PUBLIC HOLIDAY | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| PROGRAMME CLOSED (MEETING) | ART & CRAFTS 1400 - 1600 | | Life Series Workshop by Wen Loong, SUSS 1400-1600 | Life Series Workshop by Wen Loong, SUSS 1400-1600 | |
| 15 | 16 | 17 | 18 | 19 | 20 |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | | |
| OUTING GARDENS BY THE BAY 1300-1630 | ART & CRAFTS 1400 - 1600 Life Series Workshop by Wen Loong, SUSS 1400-1600 | ZENTANGLE 1400 - 1600 Life Series Workshop by Wen Loong, SUSS 1400-1600 | | ZUMBA GOLD 0930-1030 | |
| 22 | 23 | 25 | 26 | 27 | 28 |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | | |
| RUMMY O 1400 - 1600 | ART & CRAFTS 1400 - 1600 | ZENTANGLE 1400 - 1600 | OTAH PROGRAMME 1500-1600 | ZUMBA GOLD 0930-1030 | |
| 29 | 30 | | | | |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | | | | |
| BIRTHDAY CELEBRATIONS + KARAOKE 1400-1600 | ART & CRAFTS 1400 - 1600 | | | | |

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| | | 1 | 2 | 3 | 4 |
|--|------------------------------|-----------------------------|---|---------------------------------------|----|
| | | PUBLIC HOLIDAY | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| | | | OTAH PROGRAMME 1500-1600 | BIRTHDAY CELEBRATIONS 1500 - 1700 | |
| 6 | 7 | 8 | 9 | 10 | 11 |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| MONTHLY BIRTHDAY CELEBRATION 1500 - 1700 | ART & CRAFTS 1400 - 1600 | ZENTANGLE 1400 - 1600 | OTAH PROGRAMME 1500-1600 | MOTHER'S DAY TEA PARTY 1100 - 1500 | |
| 13 | 14 | 15 | 16 | 17 | 18 |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | LIBRARY OUTING @HARBOURFRONT | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | PROGRAMME CLOSED TOWNHALL | |
| | ART & CRAFTS 1400 - 1600 | PROGRAMME CLOSED (MEETING) | OTAH PROGRAMME 1500-1600 | | |
| 20 | 21 | 22 | 23 | 24 | 25 |
| KARAOKE + LAUGHTER YOGA 1000 - 1200 | | PUBLIC HOLIDAY VESAK DAY | DRUM FIT 1000-1200 | ZUMBA GOLD 0930-1030 | |
| RUMMY O 1400 - 1600 | ART & CRAFTS 1400 - 1600 | | OTAH PROGRAMME 1500-1600 | | |
| 27 | 28 | 29 | 30 | | |
| CHIT-CHAT SESSION (WELLNESS) 1000 - 1100 | | QIGONG 0930 - 1030 | DRUM FIT 1000-1200 | | |
| | ART & CRAFTS 1400 - 1600 | ZENTANGLE 1400 - 1600 | AAC DATA LITERACY TRAINING 1300 - 1700 | | |