Are you a senior who wants to keep fit?

Do you love drinking soup?

You are invited to Share a Pot! 欢迎参加大家喝!



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Active Sessions 时间表

T U E	Church of Our Lady Star of the Sea 10 Yishun St 22 Canteen (S)768579 (6257 4229	10.30 – 11.45am	
星期二二	Foundation of Rotary Clubs Singapore Eldercare and Caregivers Centre 386 Bukit Batok West Ave 5 #01-348 (\$)650386 (\$8886 0545	10 – 11am	
W E D 星期三	Admiralty Zone 10 RN 573B Woodlands Dr 16 (S)732573 6996 3944 In collaboration with Covenant Evangelical Free Church	1.30 – 3pm	
	Agape Village 7A Lor 8 Toa Payoh (S)319264 (6801 7407	10.30am – 12nn	
	Tembusu Senior Activity Centre 3 Eunos Cres #01-2585 (S)400003 4 6742 1321	9am – 12nn	
	Wellness Kampung @ 115 115 Yishun Ring Rd #01-495 (S)760115 (6257 4702	10.30am – 12nn	
	Wellness Kampung @ 765 765 Yishun St 72 #01-366 (S)760765 (6257 4842	9am – 12nn	
T H U 星期四	Goodlife! @ Yishun 838 Yishun St 81 #01-322 (S)760838 C 6484 8040 (Please call to register in advance)	9.30am – 12nn 2 nd & 4 th Thu of the month	

F R I	Anglican Senior Centre (Woodlands) 572A Woodlands Ave 1 #01-800 (S)731572 6957 1745	10am– 12.30pm 2 nd Fri of the month
星期五	Blossom Seeds 105 Canberra St #02-01/06 (S)750105 (6259 8614	10.30am-12.30pm
	Life Centre 3 Yishun St 11 #01-01 (S)760123 4 8780 2755 (Justiin); 8689 6934 (Razina) Led by Sree Narayana Mission	10 – 11am (Online & Physical)
	Tzu Chi SEEN @ Bukit Batok 230A Bukit Batok St 21 #02-423 (S)651230 (6355 9066	9 – 11am Fortnightly
	Tzu Chi SEEN @ Nanyang 712B Jurong West St 71 #01-203 (S)642712 (6355 9066	2 9 – 11am Fortnightly
	Wellness Kampung @ 260 260 Yishun St 22 #01-87 (S)760260 (6257 4802	9am – 12nn
S A T	IDeAL@115 Void Deck of 115 Ang Mo Kio Ave 4 (S)560115 (9843 0103	9am – 12.30pm 3 rd Sat of the month
星期 六	Pek Kio Community Centre 21 Gloucester Rd L2 Performance Theatre (S)219458 (8780 2755 (Justiin); 8689 6934 (Razina) Led by Sree Narayana Mission	2 — 3pm Correct as at print (Aug 2022) 印刷时信息准确 (2022年8月)



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