

2026 August

Highlighted text: by invite/registration/need payment

Centre Name: AAC (Gek Poh)
Centre Address: Blk 751 Jurong West Street 73 #01-177, S640751
Centre Contact: 8031 5061



NTUC Health

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
Inhouse Facilitator-Led: Live stream Exercise (Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @9.45am-10.45am	Let's CrossFit 一起做 CrossFit @10am-11am	Happy Program 推广健康老 龄化计划 (运动) @9.30am-10.30am	Inhouse Facilitator-Led: Live stream Exercise (Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am	
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am	Let's Chair Yoga 一起做坐式瑜伽 @10.45am-11.45am	Fun with Kakis (Bingo) 游戏时间 (宾果) @11am-12pm	Fun with Kakis (Just Be Happy) 游戏时间 (Just Be Happy) @11am-12pm	Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @12.30pm-2.30pm	
Let's Lim Kopi (Male exclusive) 一起喝咖啡 (只限男性) @11am-12pm	Let's Makan Together 一起来 makan @11.45am-12.45pm	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 (中文) @1pm-3pm	Let's Gen Together (ACSI) 代际交流 (新加坡英 华国际学校) @2pm-3pm		
Let's Go Gai Gai (Golden Age Talentime 2026) 一起去 Gai Gai (黄金年华2026) @12.30pm-4.15pm	Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @1pm-2pm	Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-5pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动(拳击运动) @3pm-4pm	Let's Do Recycle Art 一起做再循环工艺 @2.30pm-4pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Grooving Down Memory Lane @ 2pm-3pm				
Stay Well Series - Health Talk (Healthy Mind, Healthy Life) 保健系列 - 健康 讲座 (健康心 态, 快乐人生) @2pm-3.30pm					
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

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MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
Centre closed for National Day 中心关闭 - 国庆日	Let's Talk News 一起聊新闻 @10am-11am	Let's Go Gai Gai (Hyundai Motor Group Innovation Centre Singapore) 一起去 Gai Gai (Hyundai Motor Group Innovation Centre Singapore) @9.30am-12.45pm	Happy Program 推广健康老龄化计划 (运动) @9.30am-10.30am	Let's Gen Together (PCF Sparkletots) 代际交流 (PCF Sparkletots) @10am-11am	
	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's CrossFit 一起做 CrossFit @10am-11am			
	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm	Let's Pick Up Malay 一起学 (马来语 - 初级) @11am-12pm	Let's Celebrate Birthday 一起来庆生 @11am-1pm	
		Let's do Leaf carving 一起做叶雕 @2pm-3pm		Let's Exercise - Online Video (Chairobics) 一起线上做运动(拳击运动) @1.30pm-2.30pm	
	Let's KTV Together 一起来 K歌 @2pm-4pm	Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm			
	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Centre closed for Half Day 中心关闭半天	Let's Gen Together (Boon Lay Secondary) 代际交流 (文礼中学) @2.30pm-5.30pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Inhouse Facilitator-Led: Live stream Exercise (Water Bottle) 一起线上做运动 (水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Let's Walking Football (Offsite) 一起来踢球 (异地活动) @9am-1130am	Happy Program 推广健康老 龄化计划 (运动) @9.30am-10.30am	Inhouse Facilitator-Led: Live stream Exercise (Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am	Functional Screening (健康 检查) @9am-1pm
Let's Stretch Band (IL) 一起做 弹力带拉筋操 @10am-11am	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's CrossFit 一起做 CrossFit @10am-11am	F4 - Let's Makan Together 一起来 makan - F4 @11am-12pm	Fun with Kakis (Bingo) 游戏时间 (宾果) @11am-12pm	
Let's Learn to Cook (Male Exclusive) 一起学烹 饪 (男士) @11am-12.30pm					
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 (中文) @1pm-3pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动 (有氧运动) @1pm-2pm	
Let's Get Together (Minority Exclusive) 当我们同在一起 (仅限少数民族) @2pm-3.30pm		Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-5pm	Let's do Paper Craft 一起做工 艺 @2pm-3pm	Let's Gen Together (ACSI) 代际交流 (新加坡英 华国际学校) @2pm-3pm	Let's Do Recycle Art 一起做再循 环工艺 @2.30pm-4pm
	Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm				
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

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MON	TUE	WED	THU	FRI	SAT	SUN
24	25	26	27	28	29	30
Inhouse Facilitator-Led: Live stream Exercise (Water Bottle) 一起线上做运动 (水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Let's CrossFit 一起做 CrossFit @10am-11am	Happy Program 推广健康老龄化计划 (运动) @9.30am-10.30am	Inhouse Facilitator-Led: Live stream Exercise (Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am		
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am			Let's Pick Up Malay 一起学 (马来语 - 初级) @11am-12pm			
Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am-12pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Fun with Kakis (Just Be Happy) 游戏时间 (Just Be Happy) @11am-12pm	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Makan Together 一起来 makan @11am-12pm		
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动 (有氧运动) @1pm-2pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动 (有氧运动) @1pm-2pm		
Let's KTV Together 一起来 K 歌 @2pm-4pm	Let's Talk About Masterplan Refresh (By LTA) 一起来谈总体规划更新 (陆路交通管理局) @2pm-4pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Let's Do Paper Art 一起做纸艺 @3pm-4pm	Let's talk About Stroke (Chinese) 一起来谈中风 (中文) @2.30pm-4pm		
		Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm			
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm		Let's Join Good Old Days Food Fiesta 一起参加昔日美食盛会 @6pm-9pm

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MON	TUE	WED	THU	FRI	SAT
31					
Inhouse Facilitator-Led: Live stream Exercise (Water Bottle) 一起线上做运动(水壶运动) @10am-11am					
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am					
Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am-12pm					
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm					
Fun with Kakis (Just Be Happy) 游戏时间 (Just Be Happy) @2pm-3pm					
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm					

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