

2026 February

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



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MON	TUE	WED	THU	FRI	SAT
					2 Feb(Sun) High Tea event(Blk 732)@3pm-5pm
2	3	4	5	6	7
Let's Exercise - Online Video (Fun Dance)@10am-11am	Let's Talk News@10am-11am	Let's Celebrate Birthday@10am-12pm	Happy Program@10am-11am	Let's Exercise - Online Video (Waterbottle)@10am-11am	
Stay Well Series - Health Talk@11am-12pm	Let's Chair Yoga(IL)@11am-12pm		Fun with Kakis(Just Be Happy)@11am-12pm	Fun with Tech/ Exergame@11am-12pm	
Let's Exercise - Online Video (Peggy)@1pm-2pm	Let's Exercise - Online Video (Thomas)@1pm-2pm	Let's Exercise - Online Video (Peggy)@2pm-3pm	Let's CrossFit@1pm-2pm	Let's Yum Cha Together@1pm-2pm	
Let's KTV together@2pm-4pm	Let's Talk About PRAISE@2pm-3.30pm	Fun with Kakis(Games)@3pm-4pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Do Recycle Art@2pm-4pm	
Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	
9	10	11	12	13	14
Let's Gen Together with SJI@9.30am-11am	Let's Talk News@10am-11am	Fun with Kakis (Bingo)@10am-11am	Happy Program@10am-11am	Let's Exercise - Online Video (Waterbottle)@10am-11am	
Let's Volunteer Together@11am-12 pm	Let's Chair Yoga(IL)@11am-12pm	Let's Makan Together@11am-12pm	Let's CrossFit@1pm-2pm	Stay Well Series - Health Talk@11am-12pm	
Let's Exercise - Online Video (Peggy)@1pm-2pm	Let's Pick Up Malay@1pm-2pm	Let's do Leaf Carving@2pm-3pm	Grooving Down Memory Lane @ 2pm-3pm	Centre closed for half day	
Let's Learn to Cook(Male Exclusive)@2.30pm-4pm	Let's Exercise - Online Video (Thomas)@2pm-3pm	Fun with Kakis (Games)@3pm-4pm	Community Health Post (CHP)@2pm-5pm		
Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Exercise - Online Video (Fun Dance)@10am-11am	Centre closed for Chinese New Year	Centre closed for Chinese New Year	Happy Program@10am-11am	Let's Exercise - Online Video (Waterbottle)@10am-11am	
Let's Talk News@11am-12pm			Fun with Kakis(Just Be Happy)@11am-12pm		
Centre closed for Chinese New Year			Let's CrossFit@1pm-2pm	Let's Makan Together@1130am-130pm	
			Grooving Down Memory Lane @ 2pm-3pm	Let's Gen Together with Jurong West Sec@2.30pm-4pm	
			Strategise with Kakis (RUMMY	Strategise with Kakis (RUMMY	
23	24	25	26	27	28
Let's Exercise - Online Video (Fun Dance)@10am-11am	Let's Talk News@10am-11am	Fun with Kakis (Bingo)@10am-11am	Happy Program@10am-11am	Let's Exercise - Online Video (Waterbottle)@10am-11am	
Let's Volunteer Together@11am-12pm	Let's Chair Yoga(IL)@11am-12pm	Let's Exercise - Online Video (Peggy)@11am-12pm		Fun with Tech/ Exergame@11am-12pm	
	Let's Makan Together - F4@12pm-1pm		Grooving Down Memory Lane @ 2pm-3pm		
Let's Exercise - Online Video (Peggy)@1pm-2pm	Let's Pick Up Malay@1pm-2pm	Stay Well Series - Health Talk@2pm-3pm	Community Health Post (CHP)@2pm-5pm	Let's Talk About CPF & CNY Lohei@1pm-5pm	
Let's KTV together@2pm-4pm	Let's Exercise - Online Video (Thomas)@2pm-3pm	Fun with Kakis(Games)@3pm-4pm	Let's Go Gai Gai (Oceanarium)@1pm-6pm		
Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm	Strategise with Kakis (RUMMY O)@4pm-5pm		

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2026 二月

标有颜色是受邀参/需要注册/需要付费的活动

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MON	TUE	WED	THU	FRI	SAT
					1 二月二日(星期天) 下午茶(大牌732)3pm-5pm
2	3	4	5	6	7
一起线上做运动(跳舞)@10am-11am 保健系列 - 健康讲座 @11-12am	一起聊新闻@10am-11am 一起做坐式瑜伽(IL)@11am-12pm	一起来庆生@10-12pm	推广健康老龄化计划 @10-11am 游戏时间(Just Be Happy)@11am-12pm	一起线上做运动(水瓶 运动)@10am-11am 电子游戏时间@11am-12pm	
一起线上做运动(Peggy)@1pm-2pm	一起线上做运动(Thomas)@1pm-2pm	一起线上做运动(Peggy)@1pm-2pm	一起做CrossFit@1pm-2pm	一起饮茶@1pm-2pm	
一起来K歌@2-4pm	防诈骗讲座2pm-3.30pm	游戏时间(游戏)@3pm-4pm	Grooving Down Memory Lane @ 2pm - 3pm	一起做再循环工艺@2pm-4pm	
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	
9	10	11	12	13	14
代际交流 - 圣若瑟书院 @9.30am-11am	一起聊新闻@10am-11am	游戏时间(宾果)@10am-11am	推广健康老龄化计划 @10-11am	一起线上做运动(水瓶 运动)@10am-11am	
一起当义工@11am-12pm	一起做坐式瑜伽(IL)@11am-12pm	一起来makan11am-12pm	一起做CrossFit@1pm-2pm	保健系列 - 健康讲座 @11am-12pm	
一起线上做运动(Peggy)@1pm-2pm	一起学(马来语 - 初级)@1pm-2pm	一起做Leaf Carving@2pm-3pm	Grooving Down Memory Lane @ 2pm - 3pm	中心关闭半天	
一起学烹饪(男士)@2.30pm-4pm	一起线上做运动(Thomas)@1pm-2pm	游戏时间(游戏)@3pm-4pm	服务 - 社区保健站 @2-5pm		
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm		

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16	17	18	19	20	21
一起线上做运动(跳舞)@10am-11am	中心关闭-农历新年	中心关闭-农历新年	推广健康老龄化计划@10-11am	一起跟 Razak 线上做运动(水瓶运动)@10-11am	
一起聊新闻@11pm-12pm			游戏时间(Just Be Happy)@11am-12pm		
中心关闭-农历新年			一起做CrossFit@1pm-2pm	一起饮茶@11am-130pm	
			Grooving Down Memory Lane @ 2pm - 3pm	代际交流-裕廊西中学@2.30pm-4pm	
			游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	
23	24	25	26	27	28
一起线上做运动(跳舞)@10am-11am	一起聊新闻@10am-11am	游戏时间(宾果)@10am-11am	推广健康老龄化计划@10-11am	一起跟 Razak 线上做运动(水瓶运动)@10-11am	
一起当义工@11am-12pm	一起做坐式瑜伽(IL)@11am-12pm	一起线上做运动(Peggy)@11am-12pm		电子游戏时间@11am-12pm	
	一起来 makan - F4@11am-12pm		Grooving Down Memory Lane @ 2pm - 3pm	一起做再循环工艺@2-4pm	
一起线上做运动(Peggy)@1pm-2pm	一起学(马来语 - 初级)@1-2pm	保健系列 - 健康讲座@2pm-3pm	服务 - 社区保健站@2-5pm	一起来谈(公积金)与捞鱼生@1pm-5pm	
一起来K歌@2-4pm	一起线上做运动(Thomas)@1pm-2pm	游戏时间(游戏)@3pm-4pm	一起去Gai Gai (新加坡海洋生态馆)@1pm-6pm		
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm		

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