

2026 October

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



Highlighted text: by invite/registration/need payment

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			Centre Closed 中心关闭 @9am-3.30pm	Inhouse Facilitator-Led: Live stream Exercise(Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am		Let's Join Hi Tea (Blk 732) 一起参加下午茶 (大牌732) @3pm-5pm
				Let's Makan Together 一起来 makan @11am-12pm		
				Stay Well Series - Health Talk (Safe Medication Use in Older Adults: Sometimes Less Is More) 保健系列 - 健康讲座 @1pm-2pm		
				Let's Do Recycle Art 一起做再循环工艺 @2.30pm-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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 October

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 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
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 Gen Together (NUS) 代际交流 (新加坡国立大学) @10am-12pm	Let's CrossFit 一起做CrossFit @10am-11am	Let's Walking Football (Finals) 一起来踢球 (总决赛) @7.45am-12pm	
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am	Let's CrossFit 一起做CrossFit @11am-12pm		Let's Pick Up Malay 一起学(马来语 - 初级) @11am-12pm	Inhouse Facilitator-Led: Live stream Exercise(Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am	
Let's Celebrate Birthday 一起来庆生@11am-1pm	Let's Exercise - Online Video (Chairbics) 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	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Get Together (Minority Exclusive) 当我们同在一起 (仅限少数民族) @11.30am-1pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Let's Gen Together (NTU) 代际交流 (南洋理工大学) @2pm-4pm	Stay Well Series - Health Talk (Ageing and Mental Health: What You Can Do to Stay Well) 保健系列 - 健康讲座 @1pm-2pm	
Stay Well Series - Health Talk (NTUC Health: Become smarter in making healthy habits) 保健系列 - 健康讲座 @2pm-3.30pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm		Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @2pm-3pm	
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 Do Paper Art 一起做纸艺 @3pm-4pm	
				Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October

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 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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 Gen Together(NUS) 代际交流 (新加坡国立大学) @10am-12pm	Let's CrossFit 一起做 CrossFit @10am-11am	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 CrossFit 一起做 CrossFit @11am-12pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm		Fun with Kakis (Bingo) 游戏时间 (宾果) @11am-12pm	
Let's Lim Kopi (Male exclusive) 一起喝咖啡 (只限男性) @11am-12pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动 (有氧运动) @1pm-2pm	Let's Go Gai Gai (Yakult Factory) 一起去 Gai Gai (养乐多工厂) @2pm-3.30pm	Let's Makan Together 一起来 makan @11am-12pm	Stay Well Series - Health Talk (Nutrition for healthy ageing) 保健系列 - 健康讲座 @1pm-2pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	Centre Closed 中心关闭 @2pm-6pm	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 (中文) @1pm-3pm	Let's Do Recycle Art 一起做再循环工艺 @2.30pm-4pm	
Let's KTV Together 一起来 K歌 @2pm-4pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm		Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2026 October

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 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 预先护理计划引导 @9am-5pm	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 预先护理计划引导 @9am-5pm	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 Go Gai Gai (Digital for Life Festival 2026) 一起去 Gai Gai (Digital for Life Festival 2026) @9.45am-12.30pm
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Let's Gen Together (NUS) 代际交流 (新加坡国立大学) @10am-12pm	F4 - Let's Makan Together 一起来 makan - F4 @11am-12pm	Stay Well Series - Health Talk (Preventing Chronic Disease in Older Adults Healthy Ageing Through Screening and Vaccination) 保健系列 - 健康讲座 @1pm-2pm	
Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @11am-12pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动(拳击运动) @1pm-2pm			
Let's Gen Together (NJC) 代际交流 (国家初级学院) @2pm-4pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	Let's do Leaf Carving 一起做叶雕 @2pm-3pm	Let's Exercise - Online Video (Theraband) 一起线上做运动(弹力带拉筋操) @1pm-2pm	Guardians of the Green 环保活动 - 绿色护卫队 @2pm-3pm	
	Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm		Let's Gen Together (NTU) 代际交流 (南洋理工大学) @2pm-4pm		
			Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	Let's Do Paper Craft 一起做纸艺 @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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2026 October

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 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
Inhouse Facilitator-Led: Live stream Exercise (Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Centre Closed For Full Day 中心关闭整天	Let's Gen Together (NUS) 代际交流 (新加坡国立大学) @10am-12pm	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				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 (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm	Let's Makan Together 一起来 makan @11am-12pm	Stay Well Series - Health Talk (Preventing Falls, Preserving Independence) 保健系列 - 健康讲座 @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 (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	
Let's KTV Together 一起来K歌 @2pm-4pm		Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Let's Gen Together (NTU) 代际交流 (南洋理工大学) @2pm-4pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm	
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	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。