

2026 September

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	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Talk News 一起聊新闻 @10am-11am	Let's Brisk Walk (Offsite @ Jurong West Stadium) 一起健步走 (户外活动@裕廊西体育场) @7.30am-9am	Happy Program 推广健康老龄化计划(运动) @9.30am-10.30am	Digital - Fab Lab Series - Laser Cutting Workshop (Offsite) 激光切割工作坊 (异地活动) @10am-1pm	
	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Walking Football (Offsite) 一起来踢球 (异地活动) @9am-1130am		Inhouse Facilitator-Led: Live stream Exercise (Theraband) 一起线上做运动 (弹力带拉筋操) @10am-11am	
		Let's CrossFit 一起做 CrossFit @10am-11am		Fun with Kakis (Just Be Happy) 游戏时间 (Just Be Happy) @11am-12pm	
	Let's Exercise - Online Video (Chairbics) 一起线上做运动 (有氧运动) @1pm-2pm	Let's Celebrate Birthday 一起来庆生 @11am-1pm	Let's Pick Up Malay 一起学(马来语 - 初级) @11am-12pm	Stay Well Series - Health Talk (Pickleball: Keeping Your Heart in the Game) 保健系列 - 健康讲座 @1pm-2pm	
			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	
	Grooving Down Memory Lane @ 2pm-3pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @2pm-3pm	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	

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MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
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 Brisk Walk (Offsite @ Jurong West Stadium) 一起健步走 (户外活动@裕廊西体育场) @7.30am-9am	Happy Program 推广健康老龄化计划 (运动) @9.30am-10.30am	Let's Gen Together (Offsite) (Clementi Town Secondary) 代际交流 (异地) (锦文中学) @9.30am-12pm		Functional Screening (Blk 859) 健康检查 (大牌859) @9am-1pm
Let's Gen Together (Clementi Town Secondary) 代际交流 (锦文中学) @10am-12pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's CrossFit 一起做 CrossFit @10am-11am	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 Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Exercise - Online Video (Chairbics) 一起线上做运动 (有氧运动) @1pm-2pm	Fun with Kakis (Bingo) 游戏时间 (宾果) @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 @12pm-1pm		
Stay Well Series - Health Talk (Importance of Foot Care in Elderly with Diabetes) 保健系列 - 健康讲座 (糖尿病老年人足部 护理 的重要性) @2pm-3.30pm	Let's Get Together (Minority Exclusive) 当我们同在一起 (仅限少数民族) @2pm-3.30pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动 (拳击运动) @1pm-2pm	Scent healing (Pain management: knee, thigh, lower back) 心灵系列 - 芳香疗愈 (疼痛管理: 膝部、 大腿、下背部) @2pm-3pm	Stay Well Series - Health Talk (Aortic Aneurysm: Understanding a Silent Condition) 保健系列 - 健康讲座 @1pm-2pm		
		Let's do Leaf Carving 一起做叶雕 @2pm-3pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	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	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 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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 Brisk Walk (Offsite @ Jurong West Stadium) 一起健步走 (户外活动@裕廊西体育场) @7.30am-9am	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 预先护理计划引导 @9am-5pm	Centre closed for Whole Day 中心全天关闭	
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	ACP facilitation 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		
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm		Let's CrossFit 一起做 CrossFit @10am-11am	Digital - Fab Lab Series - Digital Embroidery Workshop (Offsite) 数码刺绣工作坊 @10am-1pm		
		Let's Makan Together 一起来 makan @11am-12pm	Let's Appreciate our Volunteer 义工感谢会 @11am-12.30pm		
Let's KTV Together 一起来 K歌 @2pm-4pm	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		
	Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-5pm	Let's Volunteer Together 一起当义工 @2pm-3pm	Let's do Paper Craft 一起做工 艺 @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		

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
Digital - Fab Lab Series - 3D Printing Workshop(Offsite) 3D 打印工作坊 (异地活动) @10am-4pm	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	
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	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	F4 - Let's Makan Together 一起来 makan - F4 @11am-12pm	Kaki's That Play Together, Stays Together 乐伴同行, 乐伴同心 @11am-12.30pm	
Let's Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am	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	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Stay Well Series - Health Talk (Know Your Heart: Prevention and Early Detection) 保健系列 - 健康讲座 @1pm-2pm	
Let's Learn to Cook (Male Exclusive) 一起学烹饪 (男士) @11am-12.30pm	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	Scent healing (Pain management: knee, thigh, lower back) 心灵系列 - 芳香疗愈 (疼痛管理: 膝部、大腿、下背部) @2pm-3pm	Scent healing (Pain management: knee, thigh, lower back) 心灵系列 - 芳香疗愈 (疼痛管理: 膝部、大腿、下背部) @2pm-3pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @2pm-3pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm		Let's Do Paper Art 一起做纸艺 @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	

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MON	TUE	WED	THU	FRI	SAT
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			
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	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 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 Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	Fun with Kakis (Games) 游戏时间(游戏) @2pm-3pm			
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	Let's do Art&Craft (DDMA) 一起做手工 @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			

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