




2025 April

 **Centre Name:** Active Ageing Centre (Nanyang)
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817
 **Centre Contact:** 89400462 (Whatsapp Only)








MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Chair Zumba 10am - 11am	Steady Lah! 10am - 1130am	Fun with Kakis 9.30am - 10.30am	Exercise by Razak - Resistance Band 10am - 11am	
	Let's Exercise with Razak on Zoom (Chairbics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Makan Together 10.30am - 11.30 am		
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm		Let's Do Seated Exercise 1pm - 2pm		
		Let's Taichi 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm	Fun with Kakis (Just Be Happy) 1pm - 2pm	
	Strategise with Kakis (Rummy O) 3pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	
7	8	9	10	11	12
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Celebrate Hari Raya Puasa 9.30am - 11.30am	Let's join CWAS Trishaw @ Jurong Point 9am to 1130am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairbics or FunDance) 10am - 11am	Steady Lah! 10am - 1130am	Let's Do Walking Football (AAC JCP) 10am - 11.30am	Let's Exercise with Razak on Zoom (Resistance Band) 10am - 11am	
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am			
Let's CrossFit 2pm - 3pm	Let's Do Craftwork (DDM Art Programme) 3pm - 4pm (limited to 20 pax)	Let's Taichi 1pm - 2pm	Let's Do Seated Exercise 1pm - 2pm		
Fun with Exergame 3pm - 4pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Happy, Healthy Huemans & Stabilo Art Appreciation Programme 2.30pm - 4pm (Limited to 25 pax)	Let's Gen Together - Secondary (ACS International) 2.30pm - 4pm	Fun with Kakis (Board Games) 2pm - 4pm	

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
Let's Aerobics 10am - 11am	Let's join CWAS Trishaw @ Jurong Point 9am to 1130am	Steady Lah! 10am - 1130am	Let's Celebrate Birthday 9.30am - 11.30am		
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Walking Football (AAC JCP) 10am - 11.30am		
	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am		Let's Do Seated Exercise 1pm - 2pm		
Let's CrossFit 2pm - 3pm	Let's Do VR Concert @ 1pm to 3pm (limited to 20 pax)	Let's Taichi 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm		
Fun with Exergame 3pm - 4pm	Strategise with Kakis (Rummy O) 3pm - 5pm	Happy, Healthy Huemans & Stabulo Art Appreciation Programme 2.30pm - 4pm (Limited to 25 pax)	Strategise with Kakis (Rummy O) 2pm - 5pm		
21	22	23	24	25	26
Let's Aerobics 10am - 11am	Let's Do Walking Football (Jalan Besar Stadium) 8.30am - 12pm	Services - Wellness - CHP 9am - 12pm	Fun with Kakis 9.30am - 10.30am	Let's Exercise with Razak on Zoom (Resistance Band) 10am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Chair Zumba 10am - 11am	Steady Lah! 10am - 1130am	Let's Makan Together 10.30am - 11.30 am	Let's Lim Kopi (Men Only) 9.30am - 11.00am	
	Current Affair U&Me 1pm - 2pm	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's CrossFit 2pm - 3pm	Happy, Healthy Huemans & Stabulo Art Appreciation Programme 2.30pm - 4pm (Limited to 25 pax)	Let's Taichi 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm		
Fun with Exergame 3pm - 4pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Do Nagomi 2pm - 4pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Go GaiGai (Gardens By the Bay) 1.15pm - 5.30pm	

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MON

TUE

WED

THU

FRI

SAT

28	29	30			
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Centre Closed For Corporate Event			
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am				
Let's CrossFit 2pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm				
Let's Learn to Repair 2pm - 3.30pm	Strategise with Kakis (Rummy O) 3pm - 5pm				

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2025 四月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起做椅子尊巴 10am - 11am	Steady Lah! 保健操! 10am - 1130am	游戏时间 9.30am - 10.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起来makan 10.30am - 11.30am		
	国家文物局 - 沿着记忆的轨迹 2pm - 3pm		一起做运动 (坐式) 1pm - 2pm		
		一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm	游戏时间 (欢喜就好) 1pm - 2pm	
	游戏时间 (Rummy O) 3pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	
7	8	9	10	11	12
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	服务 - 社区保健站 9am - 12pm	一起来庆祝开斋节 9.30am - 11.30am	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am to 1130am	
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	Steady Lah! 保健操! 10am - 1130am	一起来踢球 (AAC JCP) 10am - 11.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
	国家文物局 - 沿着记忆的轨迹 2pm - 3pm	一起跟Razak线上做运动 (改良拳击) 10am - 11am			
一起做CrossFit 2pm - 3pm	一起做工艺品 (DDM Art Programme) 3pm - 4pm (只限20人数)	一起打太极 1pm - 2pm	一起做运动 (坐式) 1pm - 2pm		
电子游戏时间 3pm - 4pm	游戏时间 (Rummy O) 2pm - 5pm	做个健康快乐的人 (Stabilo 彩色节目) 2.30pm - 4pm (只限25人数)	代际交流 - 中学 (英华国际学校) 2.30pm - 4pm	游戏时间 (棋盘游戏) 2pm - 4pm	

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一起做有氧运动 10am - 11am	一起参加 CWAS 三轮车体验活动- 裕廊坊 9am to 1130am	Steady Lah! 保健操! 10am - 1130am	一起来庆祝生日 9.30am - 11.30am		
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起做椅子尊巴 10am - 11am	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起来踢球 (AAC JCP) 10am - 11.30am		
	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am		一起做运动 (坐式) 1pm - 2pm		
一起做CrossFit 2pm - 3pm	一起用虚拟现实观赏表演 @ 1pm to 3pm (只限20人数)	一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm		
电子游戏时间 3pm - 4pm	游戏时间 (Rummy O) 3pm - 5pm	做个健康快乐的人 (Stabilo 彩色节目) 2.30pm - 4pm (只限25人数)	游戏时间 (Rummy O) 2pm - 5pm		
21	22	23	24	25	26
一起做有氧运动 10am - 11am	一起来踢球 (惹兰勿刹体育场) 8.30am - 12pm	服务 - 社区保健站 9am - 12pm	游戏时间 9.30am - 10.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起做椅子尊巴 10am - 11am	Steady Lah! 保健操! 10am - 1130am	一起来makan 10.30am - 11.30 am	一起喝咖啡(只限男性) 9.30am - 11.00am	
	时事新闻你和我 1pm - 2pm	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起做运动 (坐式) 1pm - 2pm		
一起做CrossFit 2pm - 3pm	做个健康快乐的人 (Stabilo 彩色节目) 2.30pm - 4pm (只限25人数)	一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm		
电子游戏时间 3pm - 4pm	游戏时间 (Rummy O) 2pm - 5pm	一起做日本和谐粉彩 2pm - 4pm	游戏时间 (Rummy O) 2pm - 5pm	一起去Gai Gai(滨海湾花园) 1.15pm - 5.30pm	

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28	29	30			
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	中心关闭 (公司活动)			
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am				
一起做CrossFit 2pm - 3pm	国家文物局 - 沿着记忆的轨迹 2pm - 3pm				
一起学维修技能 2pm - 3.30pm (只限25人数)	游戏时间(Rummy O) 3pm - 5pm				

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