




# 2026 April

Registration Required

 **Centre Name:** AAC (Nanyang)  
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817  
 **Centre Contact:** 6715 6752






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		<b>Let's Do Brisk Walk - NTU Yunan Garden (Meeting Point: NTUC Health AAC, Nanyang) 8am - 11am</b>	<b>Let's Makan together &amp; Bingo 9.30am - 11.30am</b>	<b>Centre Closure: Good Friday (Public Holiday)</b>	<b>Let's Gen &amp; Gai Gai Together - (CN Yang Scholars' Club @ CHJIMES) 8.30am - 1.30pm</b>
		<b>Let's Do Rhythm Workout 10am - 11am</b>			
		<b>Let's Do Seated Exercise 1pm - 2pm</b>	<b>Let's Learn to Repair - Repair Café Club 2pm - 4pm</b>		
		<b>Let's Do Zentangle 2.30pm - 4pm</b>	<b>Let's Do Recycling Art 2.30pm - 4pm</b>		
		<b>Strategise with Kakis (Rummy O) 4pm - 5pm</b>	<b>Strategise with Kakis (Rummy O) 4pm - 5pm</b>		

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Exercise with Weights (Limited to 20 paxs) 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon			Let's Talk About SG Culture Pass 11.30am-12noon		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Do Rhythm Workout 10am - 11am	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Gen Together Jurong West Secondary School 2.30pm-4pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)		Let's Do Seated Exercise 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
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	

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MON	TUE	WED	THU	FRI	SAT
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 pax) 10am - 11am	Let's Makan together & Birthday's Celebration 9.30am - 11.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	Let's Go Gai Gai - Duck Tour 9am - 12noon
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Do Rhythm Workout 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Do Seated Exercise 1pm - 2pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm		
Let's Do Piloxing 1pm - 2pm	Let's Talk About Cares Service Learning with Singapore Polytechnic 2.30pm-4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Dave & Friends 1.30pm - 3.30pm	Let's Do Art & Craft DDMA 3:30pm-4:30pm	Let's Learn Digital Skills for Life (DSL) - Be Safe, Smart and Kind Online 2.30pm-4.30pm		Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
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	

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MON	TUE	WED	THU	FRI	SAT
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Health Talk (Eat Good Feel Good Lah' Pt 1) 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	Let's Go Gai Gai - Journey to the East (SG Culture Pass) 10am-2pm
Let's Exercise - Live Stream on Zoom (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon					
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Do Rhythm Workout 10am - 11am	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's Gen Together - Yuan Ching Secondary School 2pm-4pm	Let's Gen Together Clementi Town Secondary School 3.45pm-5.30	Let's Do Seated Exercise 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	

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Registration Required

MON	TUE	WED	THU	FRI	SAT
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am	Let's Makan together & Health Talk (Eat Good Feel Good Lah' Pt 2) 9.30am - 11.30am		
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Do Rhythm Workout 10am - 11am			
		Let's Do Seated Exercise 1pm - 2pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm		
Let's Talk News (SPH) with NTU 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Go Gai Gai & Learn Bernina @ Plonner NTUC Health AAC 1.45pm - 3.45pm	Let's Do Recycling Art 2.30pm - 4pm		
Let's Do Piloxing 1pm - 2pm	Let's Learn Art & Craft (Leather Workshop) 3.15pm - 4.45pm	Let's Do Zentangle 2.30pm - 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		

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# 2026 四月

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标有颜色的项目须报名

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		<b>晨光健步 - 南洋理工大学云南园 (集合地点: NTUC Health AAC, Nanyang) 8am - 11am</b>	<b>一起 Makan 与 游戏时间 9.30am - 11.30am</b>	<b>中心休业: 耶稣受难日 (公告假期)</b>	<b>一起去Gai Gai “乐龄 × 青年”代际互动 CN Yang Scholars' Club @ CHJIMES 8.30am - 1.30pm</b>
		<b>一起来做椅子尊巴运动 10am - 11am</b>			
		<b>一起来做运动(坐式) 1pm - 2pm</b>	<b>一起学习动手修理小物件 - (南洋巧匠乐修咖啡屋) 2pm - 4pm</b>		
		<b>一起来做缠绕画 2.30pm - 4pm</b>	<b>一起做再循环手工艺 2.30pm - 4pm</b>		
		<b>游戏时间 (Rummy O) 4pm - 5pm</b>	<b>游戏时间 (Rummy O) 4pm - 5pm</b>		

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	"社区保健站" CHP 服务 9am - 12pm	一起来做运动(坐式) (F4) 9.30am - 10.30am	一起 Lim Kopi & 益智游 戏时间 (男士专属) 9.30am - 11.30am	
一起在线上做运动 (用水瓶当运动器材) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am	一起动起来 (阻力带运动) (只限20位) 10am - 11am	一起来 Makan (F4) 10.30am - 11.30am	一起线上做运动 (阻力带) 10am - 11am	
分享时段"时事新闻" 11am - 12noon		一起动起来 (坐式舞动) 10am - 11am	一起来谈谈"SG Culture Pass" 11.30am-12noon		
一起来做 Piloxing 有氧 运动 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm		一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	"乐龄 × 青年" 代际互动 Jurong West Secondary School 2.30pm-4pm	
一起来"K"歌 2.15pm - 4.45pm (只限15位)		一起来做运动(坐式) 1pm - 2pm	一起做再循环手工艺 2.30pm - 4pm	一起做日本和谐粉彩 (基础班) 3pm - 4.30pm	
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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13	14	15	16	17	18
一起做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起动起来 (阻力带运动) (只限20位) 10am - 11am	一起来 Makan 与庆祝生日 9.30am - 11.30am	一起做户外伸展运动, 也一起吃早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	我们一起去Gai Gai - Duck Tour 9am - 12noon
一起在线上做运动 (用水瓶当运动器材) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am		一起线上做运动 (阻力带) 10am - 11am	
分享时段”时事新闻” 11am - 12noon	一起来做椅子瑜伽 2pm - 3pm	一起来做运动(坐式) 1pm - 2pm	一起学习动手修理小物件 - (南洋巧匠乐修咖啡屋) 2pm - 4pm		
一起来做 Piloxing 有氧 运动 1pm - 2pm	一起与新加坡理工学院 学习“关怀服务” 2.30pm-4pm	一起来做缠绕画 2.30pm - 4pm	一起做再循环手工艺 2.30pm - 4pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
一起来旧歌新唱 Dave & Friends 1.30pm - 3.30pm	一起来做手工艺品 DDMA 3:30pm-4:30pm	一起学习数码生活技能 (DSL) 安全、明智、友善上网 2.30pm-4.30pm		一起做日本和谐粉彩 (基础班) 3pm - 4.30pm	
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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20	21	22	23	24	25
一起做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	”社区保健站” CHP 服务 9am - 12pm	一起来 Makan & 健康饮食讲座 (健康饮食, 身心愉悦 P1) 9.30am - 11.30am	一起 Lim Kopi &益智 游戏时间 (男士专属) 9.30am - 11.30am	一起去 Gai Gai 探索新加坡东部之旅 ( SG Culture Pass) 10am-2pm
一起在线上做运动 (用水瓶当运动器材) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am	一起动起来 (阻力带运动) (只限20位) 10am - 11am		一起线上做运动 (阻力带) 10am - 11am	
分享时段”时事新闻” 11am - 12noon		一起动起来 (坐式舞动) 10am - 11am			
一起来做 Piloxing 有氧 运动 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm		一起学习动手修理小物件 - (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
“乐龄 × 青年” 代际互动 Yuan Ching Sec School 2pm-4pm	“乐龄 × 青年” 代际互动 Clementi Town Sec School 3.45pm-5.30	一起来做运动(坐式) 1pm - 2pm	一起做再循环手工艺 2.30pm - 4pm	一起做日本和谐粉彩 (基础班) 3pm - 4.30pm	
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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27	28	29	30		
一起做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起动起来 (阻力带运动) (只限20位) 10am - 11am	一起来 Makan & 健康饮食讲座 (健康饮食, 身心愉悦 P2) 9.30am - 11.30am		
一起在线上做运动 (用水瓶当运动器材) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am	一起动起来 (坐式舞动) 10am - 11am			
		一起来做运动(坐式) 1pm - 2pm	一起学习动手修理小物件 - (南洋巧匠乐修咖啡屋) 2pm - 4pm		
分享时段”时事新闻” 11am - 12noon	一起来做椅子瑜伽 2pm - 3pm	一起去 Gai Gai 学习缝纫 制作 @ Plonner NTUC Health AAC 1.45pm - 3.45pm	一起做再循环手工艺 2.30pm - 4pm		
一起来做 Piloxing 有氧 运动 1pm - 2pm	一起来学习手工艺品 (皮革手作工作坊) 3.15pm - 4.45pm	一起来做缠绕画 2.30pm - 4pm			
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm		

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