

2025 Aug

Registration Required

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



 NTUC Health

MON	TUE	WED	THU	FRI	SUN
				1 Exercise by Razak - Resistance Band 10am - 11am Let's Do Nagomi 2.30pm - 4.30pm Strategise with Kakis (Rummy O) 2.30pm - 5pm	3 Let's Go GaiGai "National Day Concert at Gardens by the Bay" 3pm - 10pm
4	5	6	7	8	10
Let's Aerobics 10am - 11am Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am Let's Do Piloxing 1pm - 2pm Let's CrossFit 2pm - 3pm Fun with Exergame 3pm - 4pm Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Chair Zumba 10am - 11am Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm Let's Do Chair Yoga 2pm - 3pm Let's Gen Together (RVH) 3pm - 5pm Strategise with Kakis (Rummy O) 2pm - 5pm	Services - Wellness - CHP 9am - 12pm HAPPY Programme 10am - 11am Life Review (Tsao) Part 4 2.30pm - 4.30pm Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Celebrate Singapore National Day 9.30am - 11.30am Let's Do Seated Exercise 1pm - 2pm Let's Gen Together (ACSI) 2pm - 3pm Let's Do Recycling Art 3pm - 4.30pm Let's Do Zentangle 2.30pm - 4pm Strategise with Kakis (Rummy O) 2pm - 5pm	Exercise by Razak - Resistance Band 10am - 11am Let's Do Nagomi 2.30pm - 4.30pm Strategise with Kakis (Rummy O) 2.30pm - 5pm	
11	12	13	14	15	17
Centre Closed (Off in-lieu for Singapore National Day)	Let's Chair Zumba 10am - 11am Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am Let's Do Chair Yoga 2pm - 3pm Let's Do Craftwork (DDM Art Programme) 3pm - 4pm (limited to 20 pax) Strategise with Kakis (Rummy O) 2pm - 5pm	HAPPY Programme 10am - 11am Digital Coaching Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm Let's Taichi 1pm - 2pm Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Makan Together 9.30am - 10.30 am Bingo 10.30am - 11.30am Let's Do Seated Exercise 1pm - 2pm Let's Do Recycling Art 2.30pm - 4pm Let's Do Zentangle 2.30pm - 4pm Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Lim Kopi (Men Only) 9.30am - 11.00am Exercise by Razak - Resistance Band 10am - 11am Centre Closed for Corporate Event 12pm	

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MON	TUE	WED	THU	FRI	SUN
18	19	20	21	22	24
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's celebrate Birthday 09.30am - 11.30 am	Functional Screening (FS) By SGO team 9am - 1pm	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	HAPPY Programme 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Health Talk "Be a Super Agers - P2" (Mandarin) 2.30pm - 3.30pm	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm		Let's Gen Together (ACSI) 2pm - 3pm		
Let's KTV Together 2pm - 4.30pm (Limited to 15pax)	Digital Coaching "Collage of Photos" 3pm - 4.30pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 3pm - 4.30pm	Let's Do Nagomi 2.30pm - 4.30pm	
	Let's Gen Together (RVH) 3pm - 5pm	Let's Learn to Repair (P2) 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 3.30pm - 5pm	
25	26	27	28	29	31
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	HAPPY Programme 10am - 11am	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Exercise by Razak - Resistance Band 10am - 11am	
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 Taichi 1pm - 2pm	Let's Makan Together (F4) 9.30am - 10.30 am		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Gen Together (Wood Grove Sec) 3pm - 5pm	Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi 2.30pm - 4.30pm	
Let's KTV Together 2pm - 4.30pm (Limited to 15pax)	Let's Volunteer Together - P2 "From the Heart - Be a Happy & Healthy Senior Volunteers" 2pm - 3pm		Digital Coaching Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm		
		Let's Do Zentangle 2.30pm - 4pm			
Strategise with Kakis (Rummy O) 2pm - 5pm	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) 2.30pm - 5pm	

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SUN
				1	3
				一起跟 Razak线上做运 动 (阻力带) 10am - 11am	一起去 GaiGai 滨海湾花园国 庆音乐会 3pm - 10pm
				一起做日本和 谐粉彩 2.30pm - 4.30pm	
				游戏时间 (Rummy O) 2.30pm - 5pm	
4	5	6	7	8	10
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起庆祝SG60新加坡国 庆日 9.30am - 11.30am	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	一起跟 Razak线上做运 动 (坐式有氧运 动或趣味舞蹈) 10am - 11am	推广健康老 龄计划 (Happy) 10am - 11am	一起做运 动 (坐式) 1pm - 2pm		
一起做 Piloxing有氧拳 击 1pm - 2pm	国家文物局 - 文化 遗产社区 关怀计划 (踏上 怀旧之旅, 舞 动回忆时 光) 2pm - 3pm		代际交流 (ACSI) 2pm - 3pm		
一起做 CrossFit 2pm - 3pm	一起做椅子瑜 伽 2pm - 3pm	人生回 顾工作 坊 (Tsao) Part 4 2.30pm - 4.30pm	一起做再循 环工 艺 3pm - 4.30pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
电子游戏时间 3pm - 4pm	代际交流 (中学 RVH) 3pm - 5pm		一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 2pm - 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	游戏时间 (Rummy O) 2.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SUN
11	12	13	14	15	17
中心关闭 (因国庆补假休业一天)	一起做椅子尊巴 10am - 11am	推广健康老 龄计划 (Happy) 10am - 11am	一起来 Makan 9.30am - 10.30 am	一起喝咖啡(只限男性 长者) 9.30am - 11.00am	
	一起跟 Razak线上做运 动 (坐式有氧运 动或趣味舞蹈) 10am - 11am		游戏时间 (Bingo) 10.30am - 11.30am	一起跟 Razak线上做运 动 (阻力带) 10am - 11am	
	一起做椅子瑜伽 2pm - 3pm	一起学科技 “双语轻松学方言 ” 2pm - 3.30pm	一起做运 动 (坐式) 1pm - 2pm		
	一起做工 艺品 (DDM Art Programme) 3pm - 4pm (limited to 20 pax)	一起打太极 1pm - 2pm	一起做再循 环工艺 2.30pm - 4pm	中心关闭 12noon - 6pm	
	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm		
18	19	20	21	22	24
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起来庆祝生日 09.30am - 11.30 am	健康功能 筛查 (FS) By SGO team 9am - 1pm	
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	推广健康老 龄计划 (Happy) 10am - 11am	一起做运 动 (坐式) 1pm - 2pm		
一起做 Piloxing有氧拳 击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm		代际交流 (ACSI) 2pm - 3pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
一起来 K 歌 2pm - 4.30pm (Limited to 15pax)	一起学科技 “拍拍照、拼拼 乐” 数码创意 坊” 3pm - 4.30pm	一起打太极 1pm - 2pm	一起做再循 环工艺 3pm - 4.30pm	健康讲座 "如何成为超级乐龄 - P2" (Mandarin) 2.30pm - 3.30pm	
	代际交流 (中学 RVH) 3pm - 5pm	一起学 维修技能 (P2) 2pm - 4pm	一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 2pm - 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	游戏时间 (Rummy O) 3.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SUN
25	26	27	28	29	31
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	推广健康老 龄计划 (Happy) 10am - 11am	一起做运 动 (坐式) (F4) 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	一起跟 Razak线上做运 动 (坐式有氧运 动或趣味舞蹈) 10am - 11am	一起打太极 1pm - 2pm	一起来 Makan (F4) (F4) 9.30am - 10.30 am		
一起做 Piloxing有氧拳 击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	代际交流 (中学 - Wood Grove Sec) 3pm - 5pm	一起做运 动 (坐式) 1pm - 2pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
一起来 K 歌 2pm - 4.30pm (Limited to 15pax)	"一起当义工" 从心出发:做一个快 乐健康的 义工长者 2pm - 3pm		一起做再循 环工 艺 2.30pm - 4pm		
		一起学科技 "双语轻松学方言" 2pm - 3.30pm	一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) (Rummy O) 3pm - 5pm	游戏时间 (Rummy O) (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2.30pm - 5pm	

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