

2026 Aug

Registration Required

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



 NTUC Health

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Stretching Exercise 10am - 11am	Let's Makan Together & Fun with Kakis (Bingo) 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Exclusive Only) 9.30am - 11.30am	Let's Celebrate Nanyang National Day Carnival @ Open Space b/w Blk 817 & 832 Ticket to purchase from Nanyang CC: \$3 & \$5 5pm - 9.30pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Gen Together with PaxOcean Singapore Pte Ltd (Selected seniors only) 1pm - 5pm		
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm		Let's Do Recycling Art 2.30pm - 4pm	Let's Do Arts & Craft (Interest Group) 1.30pm - 3pm	
Let's Talk About Say YES to Waste Less (SYTWL) by (NEA) 2pm-3pm					
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 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
Centre Closure: National Day (Public Holiday)	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
	Let's Do Rhythm Workout 10am - 11am	Let's Do Stretching Exercise 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
		Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am			
	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Centre Closure: Company Event (Half Day)	Let's Do Art & Craft (Nagomi) Trial Class (Limited to 20 pax) 2pm-3.45pm	
	Let's Do Art & Craft DDMA 3:00pm-4:30pm			Let's Do Arts & Craft (Clay Art) (Limited to 15 pax) 2pm-3.45pm	
	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
17	18	19	20	21	22
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Let's Brisk Walk with WINGS Club & Bird Photography (Singapore Botanic Gardens Orchid Garden) 8am - 12noon	Let's Makan together & Let's Celebrate Birthday 9.30am - 11.30am	Let's Lim Kopi & Fun with Kakis (Men Only) 9.30am - 11.30am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Rhythm Workout 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Digital - Fab Lab Series - 3D Printing Workshop @ NTUC Health AAC (Pioneer) 10am - 4pm	Let's Do Stretching Exercise 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Arts & Craft 1.30pm - 3pm	
Let's Piloxing 1pm - 2pm	Let's Do Arts & Craft (Green Hands, Creative Heart) 2pm - 3.30pm	Let's Learn Digital Skills for Life (DSL) & Smartphone Tips & Skills 2pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Stay Well Series - Piece of Mine 2pm-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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Fun with Kakis 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 - Strike Fun: Bowling with Rotary Club of Singapore 11:30am - 1.30pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Stretching Exercise 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft 1.30pm - 3pm	
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Do Recycling Art 2.30pm - 4pm	Stay Well Series - Piece of Mine 2pm-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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

31

Let's Aerobics
10am - 11am

**Let's Exercise with
Inhouse Facilitator
(Water Bottle)**
10am - 11am

**Let's Talk News
(SPH)**
11am - 12noon

Let's Piloxing
1pm - 2pm

**Strategise with Kakis
(Rummy O)**
4pm - 5pm

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2026 八月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起来做伸展运动 10am - 11am	一起来Makan 与 游戏时间(Bingo) 9.30am - 11.30am	一起来Lim Kopi 与玩益智游戏 (专属男士时段) 9.30am - 11.30am	南洋国庆嘉年华 地点: 817座与832座之间的空地 门票可向南洋民众俱乐部 (Nanyang CC)购买: \$3 及 \$5 5pm - 9.30pm
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am		一起来做线上运动(弹力带) (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	太平洋海工 (新加坡) Pte Ltd 代际互动活动 (仅限长者参加) 1pm - 5pm		
一起来做 Piloxing 有氧拳击 1pm - 2pm	一起烘焙, 品尝咖啡 2pm - 4pm		一起来做再循环手工 2.30pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
一起学习: 响应国家环境局(NEA)倡导的“少浪费, 多环保”计划 2pm-3pm	一起来做椅子瑜伽 2pm - 3pm				
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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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
中心休业： 国庆日(公共假期)	一起来做椅子尊巴运动 10am - 11am	“社区保健” CHP服务 9am - 12pm	一起来做运动(坐式) (F4) 9.30am - 10.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
	一起动起来(坐式舞动) 10am - 11am	一起来做伸展运动 10am - 11am	一起来Makan (F4) 10.30am - 11.30am	一起来做线上运动(弹力带) (Resistance Band) 10am - 11am	
		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am			
	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	中心休业: 公司活动	和谐粉彩(Nagomi) 体验课 (只限20位) 2pm - 3.45pm	
	"一起来做手工艺品 (DDMA) 3:0pm-4:30pm"	与卫生科学局(HSA)一起 携手欢庆国庆, 共度欢乐 时光 2pm - 4pm		一起体验蜡笔创艺 (Cray Arts) (只限15位) 2pm - 3.30pm	
	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm		游戏时间 (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
一起来做有氧运动 10am - 11am	一起体验龙舟活动 @ 裕廊湖 (仅限已报名长者参加) 10am - 12noon	与 WINGS Club一起去 Gai Gai with 自然生态漫步与观鸟摄影 (Singapore Botanic Gardens) 8am - 12noon	一起Makan 与 庆生 9.30am - 11.30am	一起来Lim Kopi 与玩益智 游戏 (专属男士时段) 9.30am - 11.30am	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起来做伸展运动 10am - 11am		一起来做线上运动(弹力带) (Resistance Band) 10am - 11am	
Let's Learn 3D Printing Workshop @ Pionner NTUC Health AAC 10am - 4pm	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起来做运动(坐式) 1pm-2pm		
分享时段“时事新闻” 11am - 12noon	一起动手做手工 《绿手巧心》创意手作 2pm - 4pm	一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
一起来做 Piloxing 有氧 拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起学习数码生活技能 (DSL) 智能手机基本操作 2pm - 4pm	一起来做再循环手工 2.30pm - 4pm	Let's Learn Peace of Mind Workshop 2pm-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	游戏时间 (Rummy O) 4pm - 5pm	

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24	25	26	27	28	29
一起来做有氧运动 10am - 11am	一起体验龙舟活动 @ 裕廊湖 (仅限已报名长者参加) 10am - 12noon	“社区保健” CHP服务 9am - 12pm	一起 Makan 与 玩益智游戏 9.30am - 11.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	一起去gai gai - 与新加坡扶轮社一起体验保龄球乐趣 11:30am - 1.30pm
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起来做伸展运动 10am - 11am	一起来做运动(坐式) 1pm-2pm	一起来做线上运动(弹力带) (Resistance Band) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am			
		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	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 有氧拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm		一起来做再循环手工 2.30pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
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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MON
31
一起来做有氧运动 10am - 11am
一起来做线上运动 (用水瓶东运动器材) 10am - 11am
分享时段“时事新闻” 11am - 12noon
一起来做 Piloxing 有氧拳击 1pm - 2pm
游戏时间 (Rummy O) 4pm - 5pm

TUE

WED

THU

FRI

SAT

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