

2025 Dec

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



NTUC Health




Registration Required

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Brisk Walk – Jurong Lake Gardens Meeting Point: Lakeside MRT, near the Station Control. 7.30am to 11.30am	Let's Makan together & Bingo 9.30am - 11.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Exercise on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am		Let's Exercise by Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Stay Well Series - Mini Health Talk (Inhouse) 1pm - 2pm	Let's CALM 1.0 (8-week) programme 10am – 11am	Let's Do Seated Exercise 1pm - 2pm	Let's CALM 1.0 (8-week) programme 10am – 11am	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Strategise with Kakis (Carrom board & Card games) (Men Only) 3pm - 4.30pm	Strategise with Kakis (Carrom board & Card games) (Men Only) 3pm - 4.30pm	Let's Learn Basic English 3pm to 4pm	Let's Do Zentangle 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
8	9	10	11	12	13
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30 am	Centre Closure: Company Event	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Exercise on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30 am		
Let's Talk News (SPH) 11am - 12noon		Let's CALM 1.0 (8-week) programme 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Stay Well Series - Mini Health Talk (Inhouse) 11am - 12pm	Let's Learn Digital "Learn Dialect The Smart Way (Bilingual) 2.30pm - 3.30pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's do Craftwork (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm		
Strategise with Kakis (Carrom board & Card games) 3pm - 4.30pm	Let's Learn Basic "FUN" Coding 3pm - 4.30pm	Let's Makan Together (Tea Break) & In House's Talk (Specially for Minority Racial) 2pm - 4pm	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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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Makan together & Brithday X Christmas Celebration 9.30am - 11.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Exercise on Zoom (Chairobics or FunDance) 10am - 11am	Stay Well Series - Mini Health Talk (Inhouse) 11am - 12pm		Let's Exercise by Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's Do Piloxing 1pm - 2pm	Let's Learn Flora Arranging 2pm - 3.30pm	Let's Go GaiGai (Peranakan Museum) 1pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Gen Together (Healthy Body, Happy Mind) Ngee Ann Polytechnic 2pm - 4pm	
Let's Talk About The Healthy 365 App 2.30pm - 4pm	Let's Learn Basic "FUN" Coding 3pm - 4.30pm		Let's Do Zentangle 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
22	23	24	25	26	27
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Centre Closure: Christmas Day (Public Holiday)	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Exercise on Zoom (Chairobics or FunDance) 10am - 11am			Let's Exercise by Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Centre Closure: Christmas Day's Eve		Let's Do Diamond Art (X'mas) (Specially for New members) Limited to 8 pax only 1pm - 3pm	
Let's Do Piloxing 1pm - 2pm	Let's Play Boccia 3pm to 4pm			Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's Learn Basic "FUN" Coding 3pm - 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	

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am			
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Do Exercise on Zoom (Chairobics or FunDance) 10am - 11am	Let's Celebrate and Ring in 2026: Joy, Sharing & Celebration! 11am - 1pm			
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm				
Let's Do Piloxing 1pm - 2pm	Let's Learn Basic "FUN" Coding 3pm - 4.30pm	Center Closure: New Year's Eve			
Let's Learn Digital "Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm					
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm				

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	晨光健步 – Jurong Lake Gardens 集合地点: Lakeside MRT (地铁站控制处附件) 7.30am to 11.30am	一起来Makan与游戏时间 Bingo 9.30am - 11.30am	一起做户外伸展运动 也一起Lim Kopi (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起跟Razak线上做运动 (用水瓶当运动器材) 10am - 11am	一起跟线上教练做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am		一起跟线上教练做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	迷你健康讲座 1pm - 2pm	“力量与平衡训练” "CALM 1.0" (8-week) 10am – 11am	一起做运动 (坐式) 1pm - 2pm	力量与平衡训练 "CALM 1.0" (8-week) 10am – 11am	
一起做Piloxing有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	一起来打太极 1pm - 2pm	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	
益智游戏时间 (男士专属) 3pm - 4.30pm	益智游戏时间 (男士专属) 3pm - 4.30pm	一起来学英语 (基础) 3pm to 4pm	一起来做缠绕画 2.30pm - 4pm	一起学习日本和谐粉彩 (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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8	9	10	11	12	13
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	一起做运动 (坐式) (F4) 9.30am - 10.30 am	中心休业: 公司活动	
一起跟Razak线上做运动 (用水瓶当运动器材) 10am - 11am	一起跟线上教练做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am	一起来Makan (F4) 10.30am - 11.30 am		
分享时段“时事新闻” 11am - 12noon		“力量与平衡训练” "CALM 1.0" (8-week) 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	迷你健康讲座 11am - 12pm	一起学科技 “双语轻松学方言” 2pm - 3.30pm		
一起来"K"歌 2.15pm - 4.45pm (Limited to 15paxs)	一起做手工艺品 (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	一起来打太极 1pm - 2pm	一起做再循环手工艺 2.30pm - 4pm		
益智游戏时间 (男士专属) 3pm - 4.30pm	"趣味编程"基础班 3pm - 4.30pm	一起来Makan(午茶时光) 与健康课题探讨 (少数族裔专属) 2pm - 4pm	一起做缠绕画 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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15	16	17	18	19	20
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am	一起来Makan 庆祝生日与圣诞佳节 9.30am - 11.30am	一起做户外伸展运动 也一起Lim Kopi (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起跟Razak线上做运动 (用水瓶当运动器材) 10am - 11am	一起跟线上教练做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	迷你健康讲座 11am - 12pm		一起跟线上教练做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起做椅子瑜伽 2pm - 3pm	一起来打太极 1pm - 2pm	一起做运动 (坐式) 1pm - 2pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
一起做Piloxing有氧拳击 1pm - 2pm	一起学习插花艺术 2pm - 3.30pm	一起去gai gai! (峇峇娘惹博物馆) 1pm - 4pm	一起做再循环手工艺 2.30pm - 4pm	让我们一起动起来 (健康体魄, 快乐心灵) 义安理工学院 2pm - 4pm	
一起来学习 "The Healthy 365 App" 2.30pm - 4pm	"趣味编程"基础班 3pm - 4.30pm		一起做缠绕画 2.30pm - 4pm	一起学习日本和谐粉彩 (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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22	23	24	25	26	27
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am	中心休业： 圣诞节（公共假期）	一起Lim Kopi 与益智游戏时间 (男士专属) 9.30am - 11.30am	
一起跟Razak线上做运动 (用水瓶当运动器材) 10am - 11am	一起跟线上教练做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am			一起跟线上教练做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起做椅子瑜伽 2pm - 3pm	中心休业：圣诞前夕		圣诞钻石画工作坊 (专为新加入的乐龄朋友举办) Limited to 8 pax only 1pm - 3pm	
一起做Piloxing有氧拳击 1pm - 2pm	一起来玩地掷球 3pm to 4pm			一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
一起来"K"歌 2.15pm - 4.45pm (Limited to 15paxs)	"趣味编程“基础班 3pm - 4.30pm			一起学习日本和谐粉彩 (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	

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一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am			
一起跟Razak线上做运动 (用水瓶当运动器材) 10am - 11am	一起跟线上教练做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	迎接2026: 欢乐、分享与庆祝! 11am - 1pm			
分享时段“时事新闻” 11am - 12noon	一起做椅子瑜伽 2pm - 3pm				
一起做Piloxing有氧拳击 1pm - 2pm	"趣味编程"基础班 3pm - 4.30pm	中心休业：新年前夕			
一起学科技 “双语轻松学方言” 2pm – 3.30pm					
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm				

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