




# 2025 February

Requires Registration

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



**ntuc Health**

MON

TUE

WED

THU

FRI

SAT




|   |   |   |  |   | 1 |
|---|---|---|--|---|---|
| 3                                       | 4   | 5   | 6  | 7   | 8 |
| <b>Let's Aerobics</b><br>10am - 11am    | <b>Let's Chair Zumba</b><br>10am - 11am     | <b>Services Wellness - CHP</b><br>9am - 12pm<br><b>Referral Only / No Walk-in</b> | <b>Exercise by Razak - Water Bottle</b><br>10am-11am   | <b>Exercise by Razak - Resistance Band</b><br>10am - 11am                   |   |
|   |   | <b>HPB -Steady-La</b><br>10am - 11.30am<br><b>*Assessment Required*</b>           | <b>Let's Walking Football (JCP Blk 493)</b><br>10am - 1130am<br><b>Check with centre for details</b> |   |   |
| <b>CrossFit Exercise</b><br>(2pm - 3pm) | <b>Let's Zumba</b><br>1pm - 2pm             | <b>Exercise by Razak - Modified Boxing</b><br>2pm - 2.40pm                        | <b>HayDays with Horses (JCP Blk 493)</b><br>2pm - 4pm<br><b>Check with centre for details</b>        | <b>Lou Hei With CPF Board (2pm - 4pm)</b><br><b>(Registration Required)</b> |   |
| <b>Fun with Exergame</b><br>4pm - 5pm   | <b>Let's Do Coffee Bag Art</b><br>2pm - 4pm |   | <b>Let's Do Zentangle</b><br>2.30pm - 4pm  |   |   |

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| MON                                     | TUE  | WED   | THU   | FRI  | SAT   |
|---|--|---|---|--|---|
| 10                                      | 11   | 12  | 13  | 14   | 15  |
| Let's Aerobics<br>10am - 11am           | Let's Lim Kopi (Men Only)<br>9.30am - 11.00 am                                 | Exercise by Razak -<br>Modified Boxing<br>10am - 11am             | Let's Celebrate Birthday<br>9.30am - 11.00am  | Exercise by Razak -<br>Resistance Band<br>10am - 11 am   | Collaboration with SP Rotaract<br>Club x SP Christian Fellowship<br>Clubx<br>9.30am - 12.30pm |
| CrossFit Exercise<br>2pm - 3pm          | Let's Chair Zumba<br>10am - 11am   | HPB -Steady-La<br>10am - 11.30am<br>Check with Centre for details | Let's Walking Football<br>(JCP Blk 493)<br>10am - 1130am<br>Check with centre for details | Online Scam Awareness Talk cum<br>Focus Group Discussion (SIT)<br>2pm - 4pm<br>Registration required             |   |
| Fun with Exergame<br>3pm - 4pm          | Let's Zumba<br>1pm - 2pm   |   | HayDays with Horses<br>(JCP Blk 493)<br>2pm - 4pm<br>(Check with centre)                  |  |   |
| 17                                      | 18   | 19  | 20  | 21   | 22  |
| Let's Aerobics<br>10am - 11am           | Let's Chair Zumba<br>10am - 11am   | Services Wellness - CHP<br>9am - 12pm                             | Fun with Kakis<br>9.30am - 10am   | NUH Diabetes Research<br>(For seniors diagnosed with<br>Diabetes only)<br>9.30am-4.30pm<br>Registration Required |   |
| CrossFit Exercise<br>2pm - 3pm          | Let's Zumba<br>1pm - 2pm   | HPB -Steady-La<br>10am - 11.30am<br>Registration Required         | Let's Makan Together<br>10am - 11am<br>SFA Food   |  |   |
| Healthy 365 Talk by Senior<br>2pm - 4pm | HayDays with Horses<br>(Limited to 20 pax)<br>2pm-4pm<br>Registration Required | Exercise by Razak -<br>Modified Boxing<br>10am - 11am             | Let's Walking Football<br>(JCP Blk 493)<br>10am - 1130am<br>Check with centre for details | Exercise by Razak -<br>Resistance Band<br>10am - 11am  |   |
| Fun with Exergame<br>3pm - 4pm          |  | Exercise by Razak -<br>Water Bottle<br>2pm - 3pm                  | HayDays with Horses<br>(JCP Blk 493)<br>2pm - 4pm<br>(Check with centre)                  | Cancer Prevention Society Talk<br>(Eating Right For Cancer<br>Prevention)<br>2pm-4pm<br>Registration Required    |   |
|   |  |   | Let's Do Zentangle<br>2.30pm - 4pm  |  |   |

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| MON                            | TUE  | WED  | THU   | FRI  | SAT                                  |
|--------------------------------|--|--|---|--|--------------------------------------|
| 24                             | 25   | 26   | 27  | 28   |                                      |
| Let's Aerobics<br>10am - 11am  | Let's Chair Zumba<br>10am - 11am                       | Exercise by Razak -<br>Modified Boxing<br>10am - 11am                | Fun with Kakis<br>9.30am - 10am   | Cycling without Ages@JP<br>9.30am - 11.30am<br>(Registration Required) |                                      |
| CrossFit Exercise<br>2pm - 3pm | Let's Zumba<br>1pm - 2pm                               | HPB -Steady-La<br>10am - 11.30am<br>Check with Centre for<br>details | Let's Makan Together<br>10am - 11am   | Exercise by Razak -<br>Resistance Band<br>10am - 11 am                 |                                      |
| Fun with Exergame<br>3pm - 4pm | HayDays with Horses<br>2pm-4pm<br>Register with centre | Exercise by Razak -<br>Water Bottle<br>2pm - 3pm                     | Let's Walking Football<br>(JCP Blk 493)<br>10am - 1130am<br>Check with centre | Fun with Kakis<br>(Bingo)<br>2pm - 3pm                                 |                                      |
|                                |  |  |   | HayDays with Horses<br>(JCP Blk 493)<br>2pm - 4pm<br>Check with centre | Let's Do Coffee Bag Art<br>3pm - 4pm |
|                                |  |  | Let's Do Zentangle<br>2.30pm - 4pm  |  |                                      |

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| MON                       | TUE                      | WED  | THU   | FRI                                      | SAT |
|---------------------------|--------------------------|--|---|--|-----|
|                           |                          |  |   |  |     |
| 3                         | 4                        | 5  | 5   | 7  | 8   |
| 一起做有氧运动<br>10am - 11am    | 一起跳椅子尊巴<br>10am - 11am   | 服务 - 社区保健站 (CHP)<br>9am - 12pm                 | 一起跟 Razak 线上运动<br>水壶运动<br>10am - 11am               | 一起跟 Razak 线上做运动<br>弹力带拉筋操<br>10am - 11am |     |
| 一起做 CrossFit<br>2pm - 3pm | 一起跳尊巴<br>1pm - 2pm       | HPB 防跌课程 Steady-La<br>10am - 11.00am<br>(需要评估) | 一起来踢球<br>(JCP 大牌 493)<br>10am - 1130am<br>向中心查询更多信息 |  |     |
| 电子游戏时间<br>4pm - 5pm       | 一起学咖啡袋 艺术<br>2pm - - 4pm | 一起跟 Razak 线上运动 -<br>拳击运动<br>2pm - 2.40pm       | 一起做禅绕画<br>2.30pm - 4pm                              | 新年庆祝 (CPF Board)<br>2pm - 4pm<br>需要注册    |     |

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| MON                       | TUE                                 | WED  | THU   | FRI   | SAT  |
|---------------------------|-------------------------------------|--|---|---|--|
| 10                        | 11                                  | 12   | 13  | 14  | 15   |
| 一起做有氧运动<br>10am - 11am    | 一起喝咖啡(只限男性)<br>9.30am - 11.00am     | 一起跟 Razak 线上运动<br>拳击运动<br>10am - 11am          | 一起来庆祝生日<br>9.30am - 11am                                | 一起跟 Razak 线上运动<br>弹力带拉筋操<br>10am - 11am               | SP Rotaract Club x SP<br>Christian Fellowship Clubx 活<br>动协作<br>9.30am - 12.30pm |
| 一起做 CrossFit<br>2pm - 3pm |                                     | HPB 防跌课程 Steady-La<br>10am - 11.00am<br>(需要评估) | 一起来踢球<br>(JCP 大牌 493)<br>10am - 1130am<br>向信息中心 查询      |   |  |
| 电子游戏时间<br>3pm - 4pm       | 一起跳椅子尊巴<br>10am - 11am              | 一起跟 Razak 线上运动<br>水壶运动<br>2pm - 3pm            | HayDays 马儿互动课程<br>(JCP 大牌 493)<br>2pm - 4pm<br>向信息中心 查询 | 线诈骗意识讲座 (STI)<br><br>2pm - 4pm<br><br>需要注册            |  |
|                           | 一起跳尊巴<br>1pm - 2pm                  |  | 一起学禅 绕画<br>2.30pm - 4pm                                 |   |  |
| 17                        | 18                                  | 19   | 20  | 21  |  |
| 一起做有氧运动<br>10am - 11am    | 一起跳椅子尊巴<br>10am - 11am              | 服务 - 社区保健站 (CHP)<br>9am - 12pm                 | 游戏时间<br>930am - 10am                                    | NUS 糖尿病研究<br>适合被诊断为糖尿病的人<br>9.30am - 4.30pm<br>(需要注册) |  |
| 一起做 CrossFit<br>2pm - 3pm |                                     | 一起跟 Razak 线上运动<br>拳击运动<br>10am - 11am          | 一起来 makan<br>10am - 11am<br>(SFA)                       |   |  |
| 365 健康软件介绍<br>2pm - 4pm   | 一起跳尊巴<br>1pm - 2pm                  | 一起跟 Razak 线上运动<br>水壶运动<br>2pm - 3pm            | 一起来踢球<br>(JCP 大牌 493)<br>10am - 1130am                  | 一起跟 Razak 线上运动<br>弹力带拉筋操<br>10am - 11am               |  |
|                           | HayDays 马儿互动课程<br>2pm - 4pm<br>需要注册 |  | HayDays 马儿互动课程<br>(JCP 大牌 493)<br>2pm - 4pm<br>向信息中心 查询 | 防癌讲座<br>(正确饮食预防癌症)<br>2pm - 4pm<br>需要注册               |  |
| 电子游戏时间<br>3pm - 4pm       |                                     |  | 一起学禅 绕画<br>2.30pm - 4pm                                 |   |  |

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| 一起做有氧运动<br>10am - 11am    | 一起跳椅子尊巴<br>10am - 11am              | 一起跟 Razak 线上运动<br>拳击运动<br>10am - 11am          | 游戏时间<br>930am - 10am                                    | 无年龄骑行 @ Juong Point<br>9.30am - 12.30pm<br>需要注册 |  |
| 一起做 CrossFit<br>2pm - 3pm |                                     | HPB 防跌课程 Steady-La<br>10am - 11.00am<br>(需要评估) | 一起来 makan<br>10am - 11am<br>(SFA)                       | 一起跟 Razak 线上运动<br>弹力带拉筋操<br>10am - 11am         |  |
| 电子游戏时间<br>3pm - 4pm       | 一起跳尊巴<br>1pm - 2pm                  | 一起跟 Razak 线上运动<br>水壶运动<br>2pm - 3pm            | 一起来踢球<br>(JCP 大牌 493)<br>10am - 1130am                  | 游戏时间 (游戏日)<br>2pm - 3pm                         |  |
|                           | HayDays 马儿互动课程<br>2pm - 4pm<br>需要注册 |  | HayDays 马儿互动课程<br>(JCP 大牌 493)<br>2pm - 4pm<br>向信息中心 查询 | 一起学咖啡袋 艺术<br>2pm - - 4pm                        |  |
|                           |                                     |  | 一起学禅绕画<br>2.30pm - 4pm                                  |   |  |

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