




2026 February

Registration Required

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






ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Brisk Walk - NTU Yunan Garden (Meeting Point: NTUC Health AAC, Nanyang) 8am - 11am	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 Peggy on Zoom (Water Bottle) 10am - 11am	Let's Do Crossfit 10am - 11am	Let's Exercise with Resistance Band (Limited to 20 paxs) 10am - 11am		Let's Exercise with Peggy on Zoom (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon		Let's Do Crossfit 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm		Let's Learn to Repair (Recruitment Workshop) 2.30pm - 4.30pm	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 3.15pm - 4.45pm	Let's Learn the Nourish & Thrive (NUH) 1.30pm - 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
9	10	11	12	13	14
Let's Gen Together St Joseph's Institution 9am -11 am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Birthday Celebration 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	Centre Closure : Company Event
Let's Aerobics 10am - 11am	Let's Do Crossfit 10am - 11am	Let's Exercise with Weights (Limited to 20 paxs) 10am - 11am		Let's Exercise with Peggy on Zoom (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Do Crossfit 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm	Let's Talk About Brain Bank Singapore & Dementia Singapore 2pm - 3.30pm		Let's Do Recycling Art 2.30pm - 4pm		
Let's Sing Together & Enjoy Oldies Dave & Friends 2pm- 3.30pm	Let's Learn the Basic "FUN" Coding 3.15pm - 4.45pm	Let's Learn the Nourish & Thrive (NUH) 1.30pm - 4pm	Let's Do Zentangle 2.30pm - 4pm		
	Let's Do Art & Craft (DDMA) 3:30pm-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		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Aerobics 10am - 11am	Centre Closure : Chinese New Year (Public Holiday)	Centre Closure : Chinese New Year (Public Holiday)	Let's Makan Together & Let's Celebrate Chinese New Year! 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 Peggy on Zoom (Water Bottle) 10am - 11am				Let's Exercise with Peggy on Zoom (Resistance Band) 10am - 11am	
Centre Closure : Chinese New Year Eve			Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
			Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
			Let's Do Zentangle 2.30pm - 4pm	Let's Gen Together & Fun Games with Youths 3.30pm - 4.30pm	
			Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 Gen Together Nan Hua High School's Teachers 9am - 12noon	
Let's Exercise with Peggy on Zoom (Water Bottle) 10am - 11am	Let's Do Crossfit 10am - 11am	Let's Do Crossfit 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Peggy on Zoom (Resistance Band) 10am - 11am	
Let's Talk News (SPH) with NTU 11am - 12noon			Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Learn Flora Arranging 2pm - 3.30pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's Learn the Basic "FUN" Coding 3.15pm - 4.45pm	Let's Learn Basic English 3pm to 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Gen Together: Fun Games with Youths 3.30pm - 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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2026 二月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	晨光健步 NTU Yunan Garden (集合地点: NTUC Health AAC, Nanyang) 8am - 11am	一起来 Makan 与 游戏时间 (Bingo) 9.30am - 11.30am	一起做户外伸展运动, 并一起吃早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起跟 Peggy 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) (仅限 20 位参加者) 10am - 11am		一起跟 Peggy 线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” (SPH) 11am - 12noon		一起动起来(坐式舞动) 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		一起为自己和邻里: 小物修理初体验 (南洋社区修理手作 咖啡馆) 2.30pm - 4.30pm	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 (只限 15人)	“趣味编程”基础班 3.15pm - 4.45pm	一起学习烹调健康 轻食营养 (NUH) (仅限 20 位参加者) 1.30pm - 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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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
乐龄X青年欢乐聚 (St Joseph's Institution) 9am - 11 am	一起做椅子尊巴 10am - 11am	"社区保健站 - CHP服务 9am - 12pm"	一起来 Makan & 庆祝生日 9.30am - 11.30am	一起 Lim Kopi & 益智游戏时间 (男士专属) 9.30am - 11.30am	中心休业通知： 公司活动
一起做有氧运动 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起动起来！ (重量运动) 10am - 11am		一起跟 Peggy 线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” (SPH) 11am - 12noon	一起做椅子瑜伽 2pm - 3pm	一起动起来(坐式舞动) 10am - 11am	一起做运动(坐式) 1pm - 2pm		
一起做Piloxing 有氧拳击 1pm - 2pm	与 脑库新加坡和 新加坡失智症机构 专题交流会 2pm - 3.30pm		一起做再循环手工艺 2.30pm - 4pm		
一起旧歌新唱 Dave & Friends 2pm- 3.30pm	“趣味编程”基础班 3.15pm - 4.45pm	一起学习烹调 健康轻食营养 (NUH) (仅限 20 位参加者) 1.30pm - 4pm	一起来做缠绕画 2.30pm - 4pm		
	一起来做手工 艺品 DDMA 3:30pm-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		

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16	17	18	19	20	21
一起做有氧运 动 10am - 11am	中心休业： 农历新年 (公共假期)	中心休业： 农历新年 (公共假期)	一起来 Makan 欢聚庆新年 9.30am - 11.30am	一起做户外伸展运动， 并一起吃早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起跟 Peggy 线上 做运动 (用水瓶当运 动器材) 10am - 11am				一起跟 Peggy 线上做运动 (阻力带) 10am - 11am	
中心休业： 除夕 (CNY Eve)			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	
			一起做再循 环手 艺 2.30pm - 4pm	一起做日本和 谐粉彩 (基础班) 3pm - 4.30pm	
			一起来做 缠绕画 2.30pm - 4pm	青年陪你玩:代 际互动时光 3.30pm - 4.30pm	
			游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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23	24	25	26	27	28
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	乐龄X老师欢乐聚 Nan Hua High School's Teachers 9am - 12pm	
一起跟 Peggy 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Makan (F4) 10.30am - 11.30 am	一起跟 Peggy 线上做运 动 (阻力带) 10am - 11am	
分享时段“时事新闻” (SPH) 11am - 12noon			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	一起做椅子瑜伽 2pm - 3pm	一起学习插花艺术 2pm - 3.30pm	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	
"一起来“K”歌 2.15pm - 4.45pm (只限 15人)"	"趣味编程‘基础班 3.15pm - 4.45pm	一起来学英语(基础) 3pm to 4pm	一起来做缠绕画 2.30pm - 4pm	青年陪你玩: 代际互动时光 3.30pm - 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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