




2026 Jan

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





Registration Required

MON

TUE

WED

THU

FRI




SAT

			1	2	3
			Centre Closure: New Year 2026 (Public Holiday)	Let's Do Outdoor Exercise & Breakfast together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
				Let's Exercise with Razak - Resistance Band 10am - 11am	
				Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
				Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
				Strategies with Kakis (Rummy O) 4pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Gen Together - Brisk Walk, Breakfast & Learn CN Yang Scholars' Club @ NTU 8am - 1pm	Let's Makan together & Bingo 9.30am - 11.30am	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 Exercise with Razak on Zoom (Chairbics or FunDance) 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am		Let's Exercise with Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Stay Well Series - Mini Health talk (Inhouse) 1pm - 2pm	
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	Let's Learn Basic "FUN" Coding 3.15pm - 4.45pm	Let's Makan Together (Tea time) & In House's Talk (Specially for Minority Racial) 2pm - 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
12	13	14	15	16	17
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30 am	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 Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30 am	Let's Exercise with Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Let's Gen Together National Junior College 1pm - 4pm	
Let's Do Piloxing 1pm - 2pm	Let's Learn Basic "FUN" Coding 3.15pm - 4.45pm	Let's Gen Together National Junior College 1pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)			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 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Let's Support ADL+ 2.0 Research V2 9am - 5.30pm	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am	Let's Makan together & Fun Games 9.30am - 11.30am	Let's Support ADL+ 2.0 Research V2 9am - 12.30pm	Let's Go Gai Gai Oceanarium (Specially for newly IB-joined seniors only, limited to 45 pax) 9am - 2pm
Let's Aerobics 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am		Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
Let's Learn About Project Citizens with the Founders' Memorial! 10am - 12noon		Let's Taichi 1pm - 2pm	Let's Do Seated Exercise 1pm - 2pm	Let's Exercise with Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Learn the Nourish & Thrive (NUH) 1.30pm - 4pm	Let's Go Gai Gai (NY & BL) LTN Interactive Sharing Session (SPH) 1.45pm - 5pm	Let's Do Diamond Art (CNY) (Specially for newly joined seniors) Limited to 8 paxs only 1pm - 3pm	
Let's Do Piloxing 1pm - 2pm	Let's Learn Flora Arranging 2pm - 3.30pm	Let's Learn Basic English 3pm to 4pm	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	Let's Learn Basic "FUN" Coding 3.15pm - 4.45pm		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 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Birthday 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 Learn About Project Citizens with the Founders' Memorial! 10am - 12noon	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am		Exercise by Razak - Resistance Band 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Stay Well Series - Mini Health talk (Inhouse) 1pm - 2pm	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Learn the Nourish & Thrive (NUH) 1.30pm - 4pm	Let's Do Recycling Art 2.30pm - 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 3.15pm - 4.45pm		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
			1	2	3
			中心休业: 元旦 2026 (公共假期)	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	
				一起跟线上教练做运动 (阻力带) 10am - 11am	
				一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
				一起做日本和谐粉彩 (基础班) 3pm - 4.30pm	
				游戏时间 (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	一起去 Gai Gai 乐龄X青年晨光健步、 吃早餐与研学 CN Yang Scholars' Club @ NTU 8am - 1pm	一起来 Makan 与 游戏 时间 (Bingo) 9.30am - 11.30am	一起 Lim Kopi &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	一起动起来(坐式舞动) 10am - 11am	一起动起来! (重量与弹力带运动) 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” (SPH) 11am - 12noon		一起跟线上教练做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm	迷你健康讲座 1pm - 2pm	
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	“趣味编程”基础班 3.15pm - 4.45pm	一起来 Makan (午茶时光) & 健康课题探讨 (少数族裔专属I) 2pm - 4pm	一起来做缠绕画 2.30pm - 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
12	13	14	15	16	17
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	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 Razak 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! (重量与弹力带运动) 10am - 11am	一起来Makan (F4) 10.30am - 11.30 am	一起跟线上教练做运动 (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	一起跟线上教练做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm	乐龄X青年欢乐聚 National Junior College 1pm - 4pm	
一起做Piloxing 有氧拳击 1pm - 2pm	“趣味编程”基础班 3.15pm - 4.45pm	乐龄X青年欢乐聚 National Junior College 1pm - 4pm	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	
一起来“K”歌 2.15pm - 4.45pm (Limited to 15paxs)			一起来做缠绕画 2.30pm - 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
19	20	21	22	23	24
ADL+ 2.0 研究课题 V2 9am - 5.30pm	一起做椅子尊巴 10am - 11am	一起动起来！ (重量与弹力带运动) 10am - 11am	一起来 Makan & 益智游戏 9.30am - 11.30am	ADL+ 2.0 研究课题 V2 9am - 12.30pm	一起去 Gai Gai 探索新加坡海洋生态馆！ (专为新加入乐龄朋友 举办， 仅限45位年长者) 9am - 2pm
一起做有氧运动 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起跟线上教练做运动 (改良拳击) 10am - 11am		一起 Lim Kopi &益智游戏时 间 (男士专属) 9.30am - 11.30am	
新加坡建国故事分享会 (1) 10am - 12noon		一起来打太极 1pm - 2pm	一起做运动(坐式) 1pm - 2pm	一起跟线上教练做运动 (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	一起学习烹调健康轻食营养 餐 (NUH) (仅限 20 位参加者) 1.30pm - 4pm	一起去 Gai Gai (NY&GP) LTN 互动分享会 (SPH) 1.45pm - 5pm	钻石画工作坊 (专为新加入乐龄朋友举办) (仅限8位参加者) 1pm - 3pm	
一起做Piloxing 有氧拳击 1pm - 2pm	一起学习插花艺术 2pm - 3.30pm	一起来学英语(基础) 3pm to 4pm	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	“趣味编程”基础班 3.15pm - 4.45pm		一起来做缠绕画 2.30pm - 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
26	27	28	29	30	31
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	Let's Makan together & Birthday Celebration 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	
新加坡建国故事分享会 (2) 10am - 12noon	一起动起来(坐式舞动) 10am - 11am	一起动起来! (重量与弹力带运动) 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” (SPH) 11am - 12noon		一起跟线上教练做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm	迷你健康讲座 1pm - 2pm	
一起做Piloxing 有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	一起学习烹调健康 轻食营养餐 (NUH) (仅限 20 位参加者) 1.30pm - 4pm	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	
一起来“K”歌 2.15pm - 4.45pm (Limited to 15paxs)	“趣味编程”基础班 3.15pm - 4.45pm		一起来做缠绕画 2.30pm - 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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