

2025 July

Registration Required

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Chair Zumba 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Fun with Kakis (Bingo) 9.30am - 10.30am	Exercise by Razak - Resistance Band 10am - 11am	
	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Taichi 1pm - 2pm	Let's Makan Together 10.30am - 11.30 am		
	Let's Do Chair Yoga 2pm - 3pm	Let's Gen Together (Westwood) 2.30pm - 4pm	Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi 2.30pm - 4.30pm	
	Digital Coaching Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm		Let's Do Recycling Art 2.30pm - 4pm		
	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Do Zentangle 2.30pm - 4pm	Strategise with Kakis (Rummy O) 2.30pm - 5pm	
		Strategise with Kakis (Rummy O) 2pm - 5pm			
7	8	9	10	11	12
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Celebrate Birthday 9.30am - 11.30am	Exercise by Razak - Resistance Band 10am - 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 Go GaiGai NICA Seniors Camp Showcase (Limited to 12pax) 9am - 12am	Let's Do Seated Exercise 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm		HAPPY Programme 10am - 11am	Let's Gen Together (ACSI) 2pm - 3pm	Digital Literacy I By Miillenia Institutue 3.30pm - 4.30pm	
	Let's Do Chair Yoga 2pm - 3pm		Let's Do Recycling Art 3pm - 4.30pm	Let's Do Nagomi 2.30pm - 4.30pm	
Digital Literacy II By Miillenia Institutue 3pm - 4.30pm	Let's Do Craftwork (DDM Art Programme) 3pm - 4pm (limited to 20 pax)	Let's Taichi 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm		
Fun with Exergame 3pm - 4pm	Let's Gen Together (RVH) 3pm - 5pm	Let's Volunteer Together "From the Heart - Be a Happy & Healthy Senior Volunteers" 2.30pm - 4.30pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	
Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	HAPPY Programme 10am - 11am	Let's Do Seated Exercise 9.30am - 10.30am	Let's Lim Kopi (Men Only) 9.30am - 11.00am	Let's Go GaiGai with AIC Legacy Planning Campaign Marquee Event
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 Makan Together (F4) 10.30am - 11.30 am	Exercise by Razak - Resistance Band 10am - 11am	
	Let's Do Chair Yoga 2pm - 3pm				
Let's Do Piloxing 1pm - 2pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Go GaiGai ActiveX WAC Learning Journey 2.30pm - 4.30pm	
Let's KTV Together 2pm - 5pm (Limited to 15pax)		Let's Learn to Repair 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm		
		Strategise with Kakis (Rummy O) 2pm - 5pm	Life Review (Tsao) Part 1 2.30pm - 4.30pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2.30pm - 5pm
21	22	23	24	25	26
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's celebrate "Racial Harmony Day" 09.30am - 11.30 am	Exercise by Razak - Resistance Band 10am - 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 Do Chair Yoga 2pm - 3pm	HAPPY Programme 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Health Talk "Be a Super Agers" (Mandarin) 1.30pm - 2.30pm	
Let's Do Piloxing 1pm - 2pm	Digital Coaching "Collage of Photos" 3pm - 4.30pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
	Let's Gen Together (RVH) 3pm - 5pm	Life Review (Tsao) - Part 2 2.30pm - 4.30pm	Let's Do Zentangle 2.30pm - 4pm		
Fun with Exergame 3pm - 4pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	HAPPY Programme 10am - 11am	Let's Makan Together 9.30am - 10.30 am		
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairbics or FunDance) 10am - 11am		Current Affairs U&Me 10.30am - 11.30am		
Let's Do Piloxing 1pm - 2pm			Let's Do Seated Exercise 1pm - 2pm		
Dave & Friends 1.30pm - 3.30pm		Life Review (Tsao) - Part 3 2.30pm - 4.30pm	Let's Do Recycling Art 2.30pm - 4pm		
	Digital Coaching Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm		Let's Do Zentangle 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm		

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2025 七月

标有颜色的项目须报名

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起做椅子尊巴 10am - 11am	一起跟Razak线上做运动 (改良拳击) 10am - 11am	游戏时间 (Bingo) 9.30am - 10.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起打太极 1pm - 2pm	一起来Makan 10.30am - 11.30 am		
	一起做椅子瑜伽 2pm - 3pm	代际交流 (中学 Westwood) 2.30pm - 4pm	一起做运动 (坐式) 1pm - 2pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
	一起学科技 Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm		一起做再循环工艺 2.30pm - 4pm		
	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	一起做禅绕画 2.30pm - 4pm	游戏时间 (Rummy O) 2.30pm - 5pm	
7	8	9	10	11	12
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	服务 - 社区保健站 CHP 9am - 12pm	一起来庆祝生日 9.30am - 11.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am	一起去 GaiGai NICA Seniors Camp Showcase (Limited to 12pax) 9am - 12am	一起做运动 (坐式) 1pm - 2pm		
Let's Do Piloxing 1pm - 2pm		推广健康老龄计划 10am - 11am	代际交流 (国际学校 ACSI) 2pm - 3pm	一起学科技 By Miillenia Institutue 3.30pm - 4.30pm	
	一起做椅子瑜伽 2pm - 3pm		一起做再循环工艺 3pm - 4.30pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
一起学科技 By Miillenia Institutue 3pm - 4.30pm	一起做工艺品 (DDMA) 3pm - 4pm (limited to 20 pax)	一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm		
电子游戏时间 3pm - 4pm	代际交流 (中学 RVH) 3pm - 5pm	"一起当义工" 从心出发: 做一个快乐健康的义工长者 2.30pm - 4.30pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	
游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	推广健康老 龄计划 10am - 11am	一起做运 动 (坐式) 9.30am - 10.30am	一起喝咖啡(只限男性 长者) 9.30am - 11.00am	一起去 GaiGai with AIC Legacy Planning Campaign Marquee Event
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am		一起来 Makan (F4) 10.30am - 11.30 am	一起跟 Razak线上做运动 (阻力带) 10am - 11am	
	一起做椅子瑜伽 2pm - 3pm	一起学 维修技能 2pm - 4pm			
Let's Do Piloxing 1pm - 2pm	国家文物局 - 文化遗产社区关 怀计划 (Grooving down Memory Lane) 2pm - 3pm		一起做再循 环工艺 2.30pm - 4pm	一起去 GaiGai ActiveX WAC Learning Journey 2.30pm - 4.30pm	
一起来 K 歌 2pm - 5pm (Limited to 15pax)		人生回 顾工作坊 (Tsao) Part 1 2.30pm - 4.30pm	一起做禅 绕画 2.30pm - 4pm		
	游戏时间 (Rummy O) 2pm - 5pm		游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2.30pm - 5pm	
21	22	23	24	25	26
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	服务 - 社区保健站 - CHP 9am - 12pm	一起来 庆祝 "种族和 谐日" 09.30am - 11.30 am	一起跟 Razak线上做运动 (阻力带) 10am - 11am	
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运动或趣味舞蹈) 10am - 11am				
	一起做椅子瑜伽 2pm - 3pm	推广健康老 龄计划 10am - 11am	一起做运 动 (坐式) 1pm - 2pm	健康 讲座 "做一位超级乐龄族" (中文) 1.30pm - 2.30pm	
Let's Do Piloxing 1pm - 2pm	一起学科技 "Collage of Photos" 3pm - 4.30pm	一起打太极 1pm - 2pm	一起做再循 环工艺 2.30pm - 4pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
	代际交流 (中学 RVH) 3pm - 5pm	人生回 顾工作坊 (Tsao) - Part 2 2.30pm - 4.30pm	一起做禅 绕画 2.30pm - 4pm		
电子游戏时间 3pm - 4pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm	

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MONTUEWEDTHUFRI SAT

28	29	30	31		
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	推广健康老 龄计划 10am - 11am	一起来 Makan 9.30am - 10.30 am		
一起跟Razak线上做运动 (水瓶) 10am - 11am	一起跟Razak线上做运动 (坐式有氧运 动或趣味舞蹈) 10am - 11am		时事新闻你和我 10.30am - 11.30am		
Let's Do Piloxing 1pm - 2pm		人生回 顾工作坊 - Part 3 2.30pm - 4.30pm	一起做运 动 (坐式) 1pm - 2pm		
Dave & Friends 1.30pm - 3.30pm			一起做再循 环工 艺 2.30pm - 4pm		
	一起学科技 Learn Dialect The Smart Way (Bilingual) 2pm - 3.30pm		一起做禅 绕画 2.30pm - 4pm		
游戏时间 (Rummy O) 2pm - 5pm		游戏时间 (Rummy O) 2pm - 5pm	游戏时间 (Rummy O) 2pm - 5pm		

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