




2026 July

Registration Required

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



MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		Let's Walking Football @ Pionner NTUC Health AAC 9am-12noon	Let's Makan together & Strategise with Kakis (Bingo) 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
		Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
		Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm-2pm		
		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
		Let's Intergen Together Westwood Secondary School 2pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft - Basic Clay Craft & Paint 2pm - 4pm	
		Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise 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
6	7	8	9	10	11
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai with WINGS Club Nature Walk & Bird Photography (Kingfisher Wetlands @ Gardens By The Bay) 8am - 12noon	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Community Health Post 9am - 12pm	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Do Streaching Exercise 10am - 11am			
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft - Basic Sketching 2pm - 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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai- Hay Dairies Pte Ltd (Goat Farm) (Specially for new IB) 8.30am - 12noon	Let's Makan together & Birthday 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Walking Football @ Pionner NTUC Health AAC 9am-12noon		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Do Streaching Exercise 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
Let's Intergen Together Xingan Primary School 2.30pm - 4pm		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Do Recycling Art 2.30pm - 4pm		
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Let's Learn Digital Skills for Life (DSL) Set up and Use Smart Devices – Operate Hardware 2pm - 4pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai - Abbott Manufacturing Singapore Private Limited 9am - 1.30pm	Let's Makan together & Celebrate Racial Harmony 9.30am - 11.30am	Let's Learn Integrated Health & Digital Wellness Skill (The Rehab Circle) 9am - 12noon	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Community Health Post 9am - 12pm		Let's Do Outdoor Exercise & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Do Streaching Exercise 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
Let's Intergen Together Xingan Primary School 2.30pm - 4pm		Let's Talk About CPF Support Schemes (MRSS & MMSS) + Anti-scam 1.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Intergen Together Boon Lay Secondary School 3pm - 4.30pm	
Let's Learn Drone Flying Appreciation Workshop Ngee Ann Poly (Limited to 15 seniors) 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	

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Registration Required

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 pax) 10am - 11am	Let's Makan together & Fun Games 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Go Gai Gai - Asian Civilization Museum 1pm - 4pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
Let's Talk About - SNSA Stroke Awareness Sessions 2pm - 3.30pm	Let's Learn Art & Craft (Leather Workshop) 3.15pm - 4.45pm		Let's Do Recycling Art 2.30pm - 4pm	Guardians of the Greens (TJ x NY) 2pm - 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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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2026 七月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起来体验健步足球 @ Pionner NTUC Health AAC 9am-12noon	一起来Makan 与 游戏时 间(Bingo) 9.30am - 11.30am	一起来Lim Kopi 与玩益 智游戏 (专属男士时段) 9.30am - 11.30am	
		一起动起来(哑铃与弹力 带运动) (只限20位) 10am - 11am		一起来做线上运动 (弹力带) (Resistance Band) 10am - 11am	
		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起来做运动(坐式) 1pm-2pm		
		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起学习动手修理小物 件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
		“乐龄x青年” 代际互动 Westwood Secondary School 2pm - 4pm	一起来做再循环手工 2.30pm - 4pm	一起动手玩艺术 (基础黏土手作与彩绘) 2pm - 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	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	与 WINGS Club一起去 Gai Gai with 自然生态漫步与观鸟摄影 (Kingfisher Wetlands @ Gardens By The Bay) 8am - 12noon	一起来做运动(坐式) (F4) 9.30am - 10.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	“社区保健” CHP服务 9am - 12pm	一起来Makan (F4) 10.30am - 11.30am	一起来做线上运动 (弹力带) (Resistance Band) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起来做伸展运动 10am - 11am			
一起来做 Piloxing 有氧 拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
一起来“K”歌 2.15pm - 4.45pm (只限15位)		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做再循环手工 2.30pm - 4pm	一起动手玩艺术 (基础素描入门) 2pm - 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	游戏时间 (Rummy O) 4pm - 5pm	

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一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起去 Gai Gai, Hay Dairies Pte Ltd (Goat Farm) (特面向新加入长者) 8.30am - 12noon	一起Makan 与 庆生 9.30am - 11.30am	一起来 Lim Kopi 与玩益智 游戏 (专属男士时段) 9.30am - 11.30am	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起来体验健步足球 @ Pionner NTUC Health AAC 9am-12noon		一起来做线上运动 (弹力带) (Resistance Band) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起来做伸展运动 10am - 11am	一起来做运动(坐式) 1pm-2pm		
一起来做 Piloxing 有氧拳 击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
“乐龄 x 青少年” 代际互动 Xingan Primary School 2.30pm - 4pm		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做再循环手工 2.30pm - 4pm		
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	一起学习数码生活技能 (DSL) 智能设备的安装与使用基 础 2pm - 4pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm	

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20	21	22	23	24	25
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起去 Gai Gai - Abbott 新加坡制造工厂之 旅 9am - 1.30pm	一起 Makan 共庆种族和谐 日 9.30am - 11.30am	一起来学习疼痛管理、健身 与数字技能工作坊 (The Rehab Circle) 9am - 12noon	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	“社区保健” CHP服务 9am - 12pm		一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
分享时段“时事新闻” 11am - 12noon		一起来做伸展运动 10am - 11am	一起来做运动(坐式) 1pm-2pm	一起来做线上运动 (弹力带) (Resistance Band) 10am - 11am	
		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起学习动手修理小物件 (南洋巧匠 乐修咖啡屋) 2pm - 4pm		
一起来做 Piloxing 有氧拳 击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做再循环手工 2.30pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
“乐龄 x 青少年”代际互动 Xingan Primary School 2.30pm - 4pm		一起来学习: CPF 支持计划 与防诈骗专题讲座 (MRSS & MMSS) 1.30pm - 4pm		“乐龄 x 青少年”代际互动 Boon Lay Secondary School 3pm - 4.30pm	
一起体验无人机飞行工作坊 义安理工学院 (只限15位) 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	

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27	28	29	30	31	
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起动起来(哑铃与弹力带运动) (只限20位) 10am - 11am	一起 Makan 与 玩益智游戏 9.30am - 11.30am	一起来Lim Kopi 与玩益智游戏 (专属男士时段) 9.30am - 11.30am	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am		一起来做线上运动 (弹力带) (Resistance Band) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做运动(坐式) 1pm-2pm		
一起来做 Piloxing 有氧拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起去 Gai Gai - 亚洲文明博物馆参观之旅 1pm - 4pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
一起来听健康讲座 “中风认知与预防” (SNSA) 2pm - 3.30pm	一起来学习制作手工艺品 (皮革手作) 3.15pm - 4.45pm		一起来做再循环手工 2.30pm - 4pm	”绿意守护者“回收课程 (TJ x NY) 2pm - 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	游戏时间 (Rummy O) 4pm - 5pm	

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