




# 2025 June

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



Registration Required

MON

TUE

WED

THU

FRI

SAT




2	3	4	5	6	7
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Let's Adaptive Sports (EI)</b> 9am - 11am (Jurong West Swimming Complex)	<b>Let's Makan Together</b> 9.30am - 10.30 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 Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Current Affairs U&Me 10.30am - 11.15am		
			<b>Let's Do Seated Exercise</b> 1pm - 2pm		
Fun with Kakis (Bingo) 1pm - 2pm			Let's Do Recycling Art 2.30pm - 4pm	<b>My Green Fingers</b> 1pm - 2.30pm	
Let's CrossFit 2pm - 3pm	<b>Let's Do Chair Yoga</b> 2pm - 3pm	<b>Let's Taichi</b> 1pm - 2pm	Let's Do Zentangle 2.30pm - 4pm	<b>Let's Do Nagomi</b> 2.30pm - 4.30pm	
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) 2.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed (Off in-lieu for Hari Raya Haji)	Let's Chair Zumba 10am - 11am	Let's Adaptive Sports (EI) 9am - 11am (Jurong West Swimming Complex)	Let's Celebrate Hari Raya Haji 9.30am - 11.30am	Exercise by Razak - Resistance Band 10am - 11am	
	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Services - Wellness - CHP 9am - 12pm			
		Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm		
	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	My Green Fingers 1pm - 2.30pm	
	Let's Do Craftwork (DDM Art Programme) 3pm - 4pm (limited to 20 pax)	Strategise with Kakis (Rummy O) 2pm - 5pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
	Strategise with Kakis (Rummy O) 2pm - 5pm		Strategise with Kakis (Rummy O) 2pm - 5pm	Fun with Kakis (Board Games) 2.30pm - 5pm	
16	17	18	19	20	21
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Adaptive Sports (EI) 9am - 11am (Jurong West Swimming Complex)	Let's Celebrate Fathers Day and Birthday 9.30am - 11.30am	Let's Lim Kopi (Men Only) 9.30am - 11.00am	
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 Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Exercise by Razak - Resistance Band 10am - 11am	
Fun with Kakis (Just Be Happy) 1pm - 2pm		Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	My Green Fingers 1pm - 2.30pm	
Let's CrossFit 2pm - 3pm	Let's Do Chair Yoga 2pm - 3pm	Let's Learn to Repair 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
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) 2.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Services - Wellness - CHP</b> 9am - 12pm	Fun with Kakis 9.30am - 10.30am	Centre Closed for Corporate 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 Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	<b>Let's Makan Together</b> 10.30am - 11.30 am		
		<b>HAPPY Program (Registration)</b> 10am - 11.30am	<b>Let's Do Seated Exercise</b> 1pm - 2pm		
Let's Volunteer Together 1pm - 2pm			Let's Do Recycling Art 2.30pm - 4pm		
Let's CrossFit 2pm - 3pm	<b>Let's Do Chair Yoga</b> 2pm - 3pm	<b>Let's Taichi</b> 1pm - 2pm	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		
30					
<b>Let's join CWAS Trishaw @</b> <b>GBTB 9.15am to 2pm</b>					
<b>Let's Aerobics</b> 10am - 11am					
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am					
Let's CrossFit 2pm - 3pm					
Fun with Exergame 3pm - 4pm					

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# 2025 六月

标有颜色的项目须报名

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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	一起做运动 9am - 11am (裕廊西游泳中心)	一起来 Makan 9.30am - 10.30 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	一起跟Razak线上做运动 (改良拳击) 10am - 11am	时事新闻你和我 10.30am - 11.15am		
			一起做运动 (坐式) 1pm - 2pm		
游戏时间 (Bingo) 1pm - 2pm			一起做再循环工艺 2.30pm - 4pm	园艺课程 1pm - 2.30pm	
一起做CrossFit 2pm - 3pm	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	一起做禅绕画 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
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) 2.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心休业	一起做椅子尊巴 10am - 11am	一起做运动 9am - 11am (裕廊西游泳中心)	一起来庆祝哈芝节 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 (坐式有氧运动或趣味舞蹈) 10am - 11am	服务 - 社区保健站 9am - 12pm			
		一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm		
	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	一起做再循环工艺 2.30pm - 4pm	园艺课程 1pm - 2.30pm	
	一起做工艺品 (DDMA) 3pm - 4pm (只限20人数)	游戏时间(Rummy O) 2pm - 5pm	一起做禅绕画 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
	游戏时间(Rummy O) 2pm - 5pm		游戏时间(Rummy O) 2pm - 5pm	游戏时间(棋盘游戏) 2.30pm - 5pm	
16	17	18	19	20	21
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	一起做运动 9am - 11am (裕廊西游泳中心)	一起来庆祝生日和父亲节 9.30am - 11.30am	一起喝咖啡(只限男性) 9.30am - 11.00am	
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	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm	一起跟Razak线上做运动(阻力带) 10am - 11am	
游戏时间(欢喜就好) 1pm - 2pm		一起打太极 1pm - 2pm	一起做再循环工艺 2.30pm - 4pm	园艺课程 1pm - 2.30pm	
一起做CrossFit 2pm - 3pm	一起做椅子瑜伽 2pm - 3pm	一起学维修技能 2pm - 4pm	一起做禅绕画 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
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) 2.30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 9am - 12pm	游戏时间 9.30am - 10.30am	中心休业	
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	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起来 Makan 10.30am - 11.30 am		
		推广健康老龄化计划 (报名) 10am - 11.30am	一起做运动 (坐式) 1pm - 2pm		
一起当义工 1pm - 2pm			一起做再循环工艺 2.30pm - 4pm		
一起做CrossFit 2pm - 3pm	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	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		
30					
一起参加 CWAS 三轮车体验活动 (滨海湾花园) 9.15am to 2pm					
一起做有氧运动 10am - 11am					
一起跟Razak线上做运动 (水瓶) 10am - 11am					
一起做CrossFit 2pm - 3pm					
电子游戏时间 3pm - 4pm					

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