


2026 Jun

 **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	4	5	6
Centre Closure: Vesak Day (Public Holiday)	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai with WINGS Club Nature Walk & Bird Photography (Hampstead Wetland Park) 8am - 12noon	Let's Makan together & Bingo 9.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
	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 Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 12.30pm - 1.30pm	
	Let's Do Chair Yoga 2pm - 3pm	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 Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft - Basic Watercolour Painting 2pm - 4pm
	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm

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Registration Required

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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 Do Outdoor Exercise & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	Nanyang Multiracial Dumpling Festival Celebration @ Nanyang CC Level 1 (Ticket redemption at Blk 817, NY AAC, while stocks last.) 9am-11.30am
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Join Senior National Games (Heats) - Boccia 9am - 1pm	Let's Makan Together (F4) 10.30am - 11.30am	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 12.30pm - 1.30pm		
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	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 Go Gai Gai- Hyundai Motor Group Innovation Center 11:30am - 1pm
Let's Piloxing 1pm - 2pm	Let's Do Art & Craft DDMA 3:00pm-4:30pm		Let's Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft - Basic Acrylic Painting 2pm - 4pm	
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	

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Registration Required

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Walking Football @ Pionner NTUC Health AAC 9am-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 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 Learn Digital Skills for Life (DSL) - Communicate Online 2.30pm - 4.30pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Go Gai Gai National Gallery x DBS Group 1.30pm - 5.30pm	
	Let's Talk About Police-RSVP Anti-Scam Engagement (PRAISE) 2pm - 3.30pm	Let's Learn to Repair - Repair Café Club 3pm - 5pm	Let's Learn to Repair - Repair Café Club 3pm - 5pm	Let's Do Art & Craft (Interest Group) 1.30pm - 3pm	
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	Strategies with Kakis (Rummy O) 4pm - 5pm	

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Registration Required

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Celebrate Father's Day 9.30am - 11.30am	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	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 Talk News (SPH) 11am - 12noon		Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm	Volunteer Opportunity Sharing Session 1pm - 2pm	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 (Interest Group) 1.30pm - 3pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's Do Chair Yoga 2pm - 3pm	Let's Learn to Repair - Repair Café Club 3pm - 5pm	Let's Learn to Repair - Repair Café Club 3pm - 5pm	Guardians of the Greens (TJ x NY) 2pm - 5pm	
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	Strategies with Kakis (Rummy O) 4pm - 5pm	

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Registration Required

MON

TUE

WED

THU

FRI

SAT

29	30
Let's Go Gai Gai Yalkult Factory Tour 9.30am - 12 noon	Let's Chair Zumba 10am - 11am
Let's Aerobics 10am - 11am	Let's Do Rhythm Workout 10am - 11am
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm
Let's Piloxing 1pm - 2pm	Let's Learn Art & Craft (Leather Workshop) 3.15pm - 4.45pm
Dave & Friends 1.30pm - 3.30pm	
Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	
中心休业: 卫塞节 (公告假期)	一起来做椅子尊巴运动 10am - 11am	与WINGS Club一起 去Gai Gai 自然生态漫步与观鸟摄影 (汉普斯特德湿地公园) 8am - 12noon	一起来 Makan 与 游戏时 间 (Bingo) 9.30am - 11.30am	一起来 Lim Kopi & 益智 游戏 (男士长者专属) 9.30am - 11.30am		
	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			一起线上做运动 (阻力带) 10am - 11am	
		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起来做坐式运动 12.30pm - 1.30pm			
	一起来做椅子瑜伽 2pm - 3pm	一起坐着舞动起来, 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		
				一起来再循环手 艺 2.30pm - 4pm	一起来做手工: 基础水彩绘画 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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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	“社区保健” CHP 服务 9am - 12pm	一起来做运动 (F4) 9.30am - 10.30am	一起来做户外伸展运动 & 一起吃早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	南洋多元种族粽子节庆祝活动 @ 南洋民众俱乐部一楼 (门票可于Blk 817, 南洋 乐龄活动中心索取, 送完 即止。) 9am-11.30am
一起来做线上运动 (用水瓶当运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起去 Gai Gai: 全国乐龄 运动会(预赛) 9am - 1pm	一起来 Makan (F4) 10.30am - 11.30am	一起线上做运动 (阻力带) 10am - 11am	
		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起来做坐式运动 12.30pm - 1.30pm		
分享时段“时事新闻” 11am - 12noon	一起来做椅子瑜伽 2pm - 3pm	一起坐着舞动起来, 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	一起来 Gai Gai- 现代汽车 集团 创新中心参访 11:30am - 1pm
一起来做 Piloxing 有氧拳 击 1pm - 2pm	一起来做手工艺品 (DDMA) 3:0pm-4:30pm		一起来再循环手工艺 2.30pm - 4pm	一起来做手工: 基础水彩 绘画 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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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起来体验健步足球 @ Pionner NTUC Health AAC 9am-12noon	一起来Makan & 庆祝生日 9.30am - 11.30am	一起来 Lim Kopi & 益智游 戏 (男士长者专属) 9.30am - 11.30am	
一起来做线上运动 (用水瓶当运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am		一起线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起坐着舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做坐式运动 1pm - 2pm		
一起来做 Piloxing 有氧拳 击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起学习数码生活技能 (DSL) 2.30pm-4.30pm	一起来再循环手工艺 2.30pm - 4pm	一起去 Gai Gai: 国家美术馆 × 星展集团 1.30pm - 5.30pm	
	警民-RSVP防诈骗宣导讲 座 (PRAISE) 2pm - 3.30pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 3pm - 5pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 3pm - 5pm	一起动手做创意手工 (兴趣小组) 1.30pm - 3pm	
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
22	23	24	25	26	27
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	“社区保健” CHP 服务 9am - 12pm	一起来Makan & 共庆父 亲节 9.30am - 11.30am	一起来做户外伸展运动 & 一起吃早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
一起来做线上运动 (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) (只限20位) 10am - 11am		一起线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am			
一起来做 Piloxing 有氧 拳击 1pm - 2pm	义工招募与分享会 1pm - 2pm	一起坐着舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来再循环手工艺 2.30pm - 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)	一起来做椅子瑜伽 2pm - 3pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 3pm - 5pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 3pm - 5pm	“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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MON	TUE	WED	THU	FRI	SAT
29	30				
一起去Gai Gai "养乐多工厂参观之旅" 9.30am - 12 noon	一起来做椅子尊巴运动 10am - 11am				
一起来做有氧运动 10am - 11am	一起动起来(坐式舞动) 10am - 11am				
一起来做线上运动 (用水瓶当运动器材) 10am - 11am					
分享时段 "时事新闻" 11am - 12noon	一起来做椅子瑜伽 2pm - 3pm				
一起来做 Piloxing 有氧拳击 1pm - 2pm	一起来学习手工艺品 (皮革手作工作坊) 3.15pm - 4.45pm				
一起来旧歌新唱 Dave & Friends 1.30pm - 3.30pm					
游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm				

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