




2025 March

Requires Registration

 **Centre Name:** Active Ageing Centre (Nanyang)
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817
 **Centre Contact:** 89400462 (Whatsapp Only)



ntuc Health

MON

TUE

WED

THU

FRI

SAT

3	4	5	6	7	8
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	HPB -Steady-La 9.30am - 11.00am Check with Centre for details	Fun with Kakis 9.30am - 10.30am Let's Makan Together 10.30am - 11.30am	Exercise by Razak - Resistance Band 10am - 11am	
CrossFit Exercise (2pm - 3pm)	Exercise by Razak- Water Bottle 10am - 11am	Exercise by Razak - Modified Boxing 10am - 11am	Let's Walking Football (JCP Blk 493) 10am - 1130am Check with centre for details	Centre Closed (Company Event) 12pm - 6pm	
Fun with Exergame 3pm - 4pm	HayDays with Horses (Limited to 12 pax only) 2pm-4pm Registration Required	Interest Group (Tai Chi) 2pm - 3pm Check with centre for details	HayDays with Horses (JCP Blk 493) 2pm - 4pm Check with centre for details		
			Let's Do Zentangle 2.30pm - 4pm		

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Aerobics 10am - 11am	Centre Closed AIC Training 9am - 1pm	Services Wellness - CHP 9am - 12pm	Let's Celebrate Birthday 9.30am - 11.30am	Exercise by Razak - Resistance Band 10am - 11am	Intergenerational Programme - Singapore Polytechnic 9.30am - 12.30pm Registration Required
	HayDays with Horses (Limited to 12 pax only) 2pm-4pm Registration Required	HPB -Steady-La 10.00am - 11.30am Check with Centre for details	Let's Walking Football (JCP Blk 493) 10am - 1130am Check with centre for details		
Career Talk (Seeking Part-Time Employment) by Centre for Seniors 2.30pm - 4.30pm	DDM Art Programme 3pm - 4pm	Exercise by Razak - Modified Boxing 10am - 11am	HayDays with Horses (JCP Blk 493) 2pm - 4pm Check with centre for details	Fun with Kakis (Games Day) 2pm - 4pm	
		Interest Group (Tai Chi) 2pm - 3pm Check with centre for details	Intergenerational Programme (ACS International) 2.00pm - 4.00pm Registration Required		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Aerobics 10am - 11am	Let's Lim Kopi (Men Only) 9.30am - 11.00 am	HPB -Steady-La 9.30am -11.00am Check with Centre for details	Fun with Kakis Hari Raya Celebration 9.30am - 11.30am Registration Required	Exercise by Razak - Resistance Band 10am - 11 am	
CrossFit Exercise 2pm - 3pm	Let's Chair Zumba 10am - 11am	Exercise by Razak - Modified Boxing 10am - 11am	Let's Walking Football (JCP Blk 493) 10am - 1130am Check with centre for details	Cycling without Ages@JP 9.30am - 12pm Registration Required	
Fun with Exergame 3pm - 4pm	Exercise by Razak- Water Bottle 10am - 11am	Interest Group (Tai Chi) 2pm - 3pm Check with centre for details	HayDays with Horses (JCP Blk 493) 2pm - 4pm Check with centre for details		
			Let's Do Zentangle 2.30pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services Wellness - CHP 9am - 12pm	Fun with Kakis 9.30am - 10.30am	Exercise by Razak - Resistance Band 10am - 11am	
	Exercise by Razak- Water Bottle 10am - 11am	HPB -Steady-La 9.30 am - 11.00am Registration Required	Let's Makan Together 10.30am - 11.30 am	Cycling without Ages@JP 9.30am - 12pm Registration Required	
CSR with AAC- Singing by The Melodie 1.30pm - 3.30pm		Graceful Movement Exercise 9.30am - 10.30am Registration Required	Let's Walking Football (JCP Blk 493) 10am - 1130am Check with centre for details	Fun with Kaki's (Bingo) 2.30pm - 3.30pm	
		Interest Group (Tai Chi) 2pm - 3pm Check with centre for details	HayDays with Horses (JCP Blk 493) 2pm - 4pm Check with centre for details		
			Let's Do Zentangle 2.30pm - 4pm		
31					
Hari Raya Puasa (Public Holiday)					

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2025 三月

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NTUC Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起做有氧运动 10am - 11am	一起跳椅子尊巴 10am - 11am	HPB 防跌课程 Steady-La 10am - 11.30am (需要注册)	游戏时间 930am - 10.30am	一起跟 Razak 线上做运动 弹力带拉筋操 10am - 11am	中心关闭 12pm - 6pm
	一起来 makan 10.30am - 11.30am				
一起做 CrossFit 2pm - 3pm	一起跟 Razak 线上运动 水壶运动 10am - 11am	一起跟 Razak 线上运动 - 拳击运动 2pm - 3pm	一起来踢球 (JCP 大牌 493) 10am - 1130am 向中心查询更多信息		
电子游戏时间 4pm - 5pm	HayDays 马儿互动课程 2pm - 4pm 需要注册	太极拳(兴趣小组) 2pm - 3pm 详情请向中心咨询	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm 向中心查询更多信息		
			一起做禅绕画 2.30pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
一起做有氧运动 10am - 11am	因活动而关闭的中心 9am - 1pm	服务 - 社区保健站 (CHP) 9am - 12pm 需要注册	一起来庆祝生日 9.30am - 11.30am	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am	代际交流项目 (Singapore Polytechnic) 9.30am - 12.30pm 需要注册
	HayDays 马儿互动课程 2pm - 4pm 需要注册	HPB 防跌课程 Steady-La 10.00 am - 11.30am 需要注册	一起来踢球 (JCP 大牌 493) 10am - 11.30am 向信息中心 查询		
职业介绍 (Centre for Seniors) 寻找兼职机会 2.30pm - 4.30pm		一起跟 Razak 线上运动 拳击运动 10am - 11am	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm 向信息中心 查询	一起来游戏 (Games Day) 2pm - 4pm	
	DDM 工艺美术 3pm - 4pm	太极拳(兴趣小组) 2pm - 3pm 详情请向中心咨询	代际交流项目 (ACS International) 2pm - 4pm 需要注册		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
一起做有氧运动 10am - 11am	一起喝咖啡 (仅限男性) 9.30am - 11am	HPB 防跌课程 Steady-La 10.00am - 11.30am 需要注册	开斋节庆祝 9.30am - 11.30am 需要注册	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am	
	一起跳椅子尊巴 10am - 11am	一起跟 Razak 线上运动 拳击运动 10am - 11am			
一起做 CrossFit 2pm - 3pm	一起跟 Razak 线上运动 水壶运动 10am - 11am	太极拳(兴趣小组) 2pm - 3pm 详情请向中心咨询	一起来踢球 (JCP 大牌 493) 10am - 1130am	自行车运动@ Jurong Point 9.30am - 12pm 需要注册	
			HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm 向信息中心查询		
电子游戏时间 3pm - 4pm			一起学禅绕画 2.30pm - 4pm		

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24	25	26	27	28	29
一起做有氧运动 10am - 11am	一起跳椅子尊巴 10am - 11am	一起跟 Razak 线上运动 拳击运动 10am - 11am	游戏时间 930am - 10am	无年龄骑行 @ Jurong Point 9.30am - 12.30pm 需要注册	
一起做 CrossFit 2pm - 3pm		HPB 防跌课程 Steady-La 10am - 11.00am (需要评估)	一起来 makan 10am - 11am	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am	
一起来和 Dave 唱歌跳舞 1.30pm - 3.30pm 需要注册	一起跟 Razak 线上运动 水壶运动 10am - 11am	一起跟 Razak 线上运动 水壶运动 2pm - 3pm	一起来踢球 (JCP 大牌 493) 10am - 1130am	游戏时间 (游戏日) 2pm - 3pm	
			HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm 向信息中心 查询	一起学咖啡袋 艺术 2pm - - 4pm	
			一起学禅绕画 2.30pm - 4pm		

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一起做有氧运动 10am - 11am	一起跳椅子尊巴 10am - 11am	服务 - 社区保健站 (CHP) 9am - 12pm 需要注册	游戏时间 930am - 10am	无年龄骑行 @ Jurong Point 9.30am - 12.30pm 需要注册	
一起做 CrossFit 2pm - 3pm		HPB 防跌课程 Steady-La 10.00 am - 11.30am 需要注册	一起来 makan 10am - 11am		
电子游戏时间 3pm - 4pm	一起跳尊巴 1pm - 2pm	优美动作训练 9.30am - 10.30am 需要注册	一起来踢球 (JCP 大牌 493) 10am - 1130am	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am	
	HayDays 马儿互动课程 2pm - 4pm 需要注册	太极拳(兴趣小组) 2pm - 3pm 详情请向中心咨询	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm 向信息中心 查询		
			一起学禅绕画 2.30pm - 4pm	游戏时间 (Bingo) 230am - 3.30pm	
31					
开斋节 (公共假期)					

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