2026 March

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	SUN
2	3	4	5	6	7	8
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Brisk Walk - NTU Yunan Garden (Meeting Point: NTUC Health AAC, Nanyang) 8am - 11am	Let's Makan together & Bingo 9.30am - 11.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	Ramadhan Charity Porridge Distribution @ Nanyang Community Center 4pm - 5pm	Ramadhan Charity Porridge Distribution @ Nanyang Community Center 4pm - 5pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Exercise with Resistance Band (Limited to 20 paxs) 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am		
Let's Talk News (SPH) with NTU 11am - 12noon		Let's Do Crossfit 10am - 11am		Let's Do Nagomi (Interest Group) 1.30pm - 3pm		
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Do Seated Exercise 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm		
Let's Learn Digital Literacy (Impact Colliders) 2pm - 4pm		Let's Do Zentangle 2.30pm - 4pm		Let's Celebrate with Youths 3.30pm - 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	Iftar (Breaking Fast) @ Bukit Batok West NTUC Health AAC (Meeting Point: Boon Lay Mrt) Specially for Malay seniors 6.30pm - 8.30pm		

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MON	TUE	WED	THU	FRI	SAT	SUN
9	10	11	12	13	14	15
Let's Aerobics 10am - 11am	Centre Closure: Company Event	Community Health Post 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	Ramadhan Charity, Porridge Distribution @ Nanyang Community Center 4pm - 5pm	Ramadhan Charity, Porridge Distribution @ Nanyang Community Center 4pm - 5pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am		Let's Exercise with Weights (Limited to 20 paxs) 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am		
Let's Talk News (SPH) with NTU 11am - 12noon		Let's Do Crossfit 10am - 11am				
Let's Do Piloxing 1pm - 2pm		Let's Do Seated Exercise 1pm - 2pm	Let's Learn to Repair 2pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)		Let's Do Zentangle 2.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 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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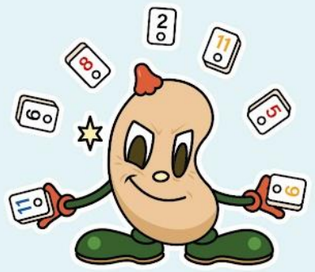

MON	TUE	WED	THU	FRI	SAT	SUN
16	17	18	19	20	21	22
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 paxs) 10am - 11am	Let's Makan together & Birthday's Celebration 9.30am - 11.30am	Let's Do Outdoor Exercise & Breakfast together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am		
Let's Exercise - Live Stream (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Do Crossfit 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am		
Let's Talk News (SPH) with NTU 11am - 12noon						
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Do Seated Exercise 1pm - 2pm	Let's Learn to Repair 2pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm		
	Let's Learn Basic English 3pm to 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 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	Strategise with Kakis（Rummy O） 4pm - 5pm		

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MON	TUE	WED	THU	FRI	SAT	SUN
23	24	25	26	27	28	29
Centre Closure : Hari Raya Puasa (Public Holiday)	Let's Chair Zumba 10am - 11am	Let's Makan together & Hari Raya Celebration 9.30am - 11.30am	Let's Go Gai Gai & Gen Together @ Hwa Chong Institution 8.30am - 11.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am		
	Let's Do Rhythm Workout 10am - 11am			Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am		
	Let's Do Chair Yoga 2pm - 3pm	Let's Do Seated Exercise 1pm - 2pm	Let's Learn to Repair 2pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm		
	Let's Learn Flora Arranging 2pm - 3pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 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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MON	TUE	WED	THU	FRI	SAT
30	31				
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am				
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am				
Let's Talk News (SPH) with NTU 11am - 12noon					
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm				
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)					
Strategise with Kakis （Rummy O） 4pm - 5pm	Strategise with Kakis （Rummy O） 4pm - 5pm				

2026 三月

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MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
一起来做有氧运 动 10am - 11am	一起来做椅子尊巴运 动 10am - 11am	晨光健步 - 南洋理工云南园 (集合地点 : NTUC Health AAC, Nanyang) 8am - 11am	一起来Makan与 游戏时间 9.30am - 11.30am	一起做户外伸展运动, 并一起吃早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	斋戒月慈善粥派 发活动 @ Nanyang Community Center 4pm - 5pm	斋戒月慈善粥派 发活动 @ Nanyang Community Center 4pm - 5pm
一起与线上教练做运动(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) (仅限 20 位参与者) 10am - 11am		一起与线上教练做运动(阻力带运动器材) 10am - 11am		
分享时段“时事新闻” 11am - 12noon		一起动起来(坐式舞动) 10am - 11am		一起做日本和 谐粉彩(兴趣小组) 1.30pm - 3pm		
一起来做Piloxing有氧拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起来做运 动(坐式) 1pm - 2pm	一起做再循 环手艺 2.30pm - 4pm	一起做日本和 谐粉彩(基础班) 3pm - 4.30pm		
一起来学 习数码技能(Impact Colliders) 2pm - 4pm		一起来做缠绕画 2.30pm - 4pm		乐龄X青年欢乐聚 3.30pm - 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	马来开斋餐 @ Bukit Batok West NTUC Health AAC (集合地点 : Boon Lay Mrt) 少数族裔 专属 6.30pm - 8.30pm		

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MON	TUE	WED	THU	FRI	SAT	SUN
9	10	11	12	13	14	15
一起来做有氧运动 10am - 11am	中心休业: 公司活动	“社区保健站”-CHP 服务 9am - 12pm	一起来做运动(坐式) (F4) 9.30am - 10.30am	一起 Lim Kopi 与 益智游戏时间 (男士专属) 9.30am - 11.30am	斋戒月慈善粥派发活动 @ Nanyang Community Center 4pm - 5pm	斋戒月慈善粥派发活动 @ Nanyang Community Center 4pm - 5pm
一起在线上做运动 (用水瓶当运动器材) 10am - 11am		一起动起来(阻力带运动) (仅限 20 位参与者) 10am - 11am	一起来Makan (F4) 10.30am - 11.30am	一起与线上教练做运动 (阻力带运动器材) 10am - 11am		
分享时段“时事新闻” 11am - 12noon		一起动起来(坐式舞动) 10am - 11am				
一起来做Piloxing有氧拳击 1pm - 2pm		一起来做运动(坐式) 1pm - 2pm	一起学习动手修理小物件 - (南洋社区修理手作咖啡馆) 2.30pm - 4.30pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15 pax)		一起来做缠绕画 2.30pm - 4pm	一起做再循环手艺 2.30pm - 4pm	一起做日本和谐粉彩 (基础班) 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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16	17	18	19	20	21	22
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(阻力带运动) (仅限 20 位参与者) 10am - 11am	一起来Makan & 庆祝生日 9.30am - 11.30am	一起做户外伸展运动，并一起吃早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am		
一起在线上做运动 (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(坐式舞动) 10am - 11am		一起与线上教练做运动 (阻力带运动器材) 10am - 11am		
分享时段“时事新闻” 11am - 12noon						
一起来做Piloxing有氧拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm	一起来做运动(坐式) 1pm - 2pm	一起学习动手修理小物件 - (南洋社区修理手作咖啡馆) 2.30pm - 4.30pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm		
	一起来学习"英语口语”基础 3pm to 4pm	一起来做缠绕画 2.30pm - 4pm	一起做再循环手艺 2.30pm - 4pm	一起做日本和谐粉彩 (基础班) 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	游戏时间 （Rummy O） 4pm - 5pm		

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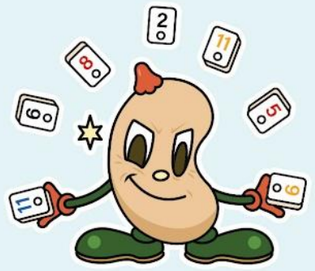

MON	TUE	WED	THU	FRI	SAT	SUN
23	24	25	26	27	28	29
中心休业： 开斋节 (公共假期)	一起来做椅子尊巴运动 10am - 11am	一起来Makan欢庆开斋节 9.30am - 11.30am	一起去 Gai Gai & 代际互动时光 （华侨中学） 8.30am - 11.30am	一起 Lim Kopi 与 益智游戏时间 (男士专属) 9.30am - 11.30am		
	一起动起来(坐式舞动) 10am - 11am			一起与线上教练做运动 (阻力带运动器材) 10am - 11am		
	一起来做椅子瑜伽 2pm - 3pm	一起来做运动(坐式) 1pm - 2pm	一起学习动手修理小物件 - (南洋社区修理手作咖啡馆) 2.30pm - 4.30pm	一起做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm		
	一起学习插花艺术 2pm - 3pm	一起来做缠绕画 2.30pm - 4pm	一起做再循环手艺 2.30pm - 4pm	一起做日本和谐粉彩 (基础班) 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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MON	TUE	WED	THU	FRI	SAT
30	31				
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am				
一起在线上做运动 (用水瓶当运动器材) 10am - 11am	一起动起来(坐式舞动) 10am - 11am				
分享时段“时事新闻” 11am - 12noon					
一起来做Piloxing有氧拳击 1pm - 2pm	一起来做椅子瑜伽 2pm - 3pm				
一起来“K" 歌 2.15pm - 4.45pm (只限15paxs)					
游戏时间 （Rummy O） 4pm - 5pm	游戏时间 （Rummy O） 4pm - 5pm				