




# 2025 May

Highlighted texts require 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




			1	2	3
				Exercise by Razak - Resistance Band 10am - 11am Fun with Kakis (Just Be Happy) 1pm - 2pm <b>Let's Makan Together (Tea-time Snacks)</b> 2pm - 2.30pm Strategise with Kakis (Rummy O) 2.30pm - 5pm	
5	6	7	8	9	10
Centre Close	<b>Let's Chair Zumba</b> 10am - 11am	<b>Steady Lah!</b> 10am - 1130am	<b>Let's Celebrate Vesak Day</b> 9.30am - 11.30am	<b>Let's join CWAS Trishaw @ Jurong Point @ 9am to 1130am</b>	
	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am		Exercise by Razak - Resistance Band 10am - 11am	
	<b>Let's Do Chair Yoga</b> 1pm - 2pm		<b>Let's Do Seated Exercise</b> 1pm - 2pm		
			Let's Do Recycle Art 2.30pm - 4pm		
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 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	
	<b>Happy, Healthy Huemans &amp; Stabilo Art Appreciation Programme</b> 2.30pm - 4pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Strategise with Kakis (Rummy O) 2pm - 5pm	Fun with Kakis (Board Games) 2pm - 4.30pm	

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
	<b>Let's Chair Zumba</b> 10am - 11am	<b>Services - Wellness - CHP</b> 9am - 12pm	<b>Let's Celebrate Birthday &amp; Mothers' Day</b> 9.30am - 11.30am	Exercise by Razak - Resistance Band 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 Do Chair Yoga</b> 1pm - 2pm				
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm		<b>Let's Do Seated Exercise</b> 1pm - 2pm	Let's Talk About The Healthy 365 App 1pm - 2.30pm	
	<b>Let's Do Craftwork (DDM Art Programme)</b> 3pm - 4pm (limited to 20 pax)	<b>Let's Gen Together - Primary</b> (Outing to West Grove Primary School) 1.30pm - 5.00pm	Let's Gen Together - Secondary (ACS International) 2.30pm - 4pm	<b>Let's Do Nagomi</b> 2.30pm - 4.30pm	
	Strategise with Kakis (Rummy O) 4pm - 5pm		Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 2.30pm - 5pm	
19	20	21	22	23	24
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Let's Gen Together - Secondary</b> (Carnival @ Juying Secondary School) 9.30pm - 12.00pm	Fun with Kakis 9.30am - 10.30am	Exercise by Razak - Resistance Band 10am - 11am	<b>AAC Nanyang Open House</b> 9am - 12pm
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>Let's Do Chair Yoga</b> 1pm - 2pm	<b>Let's Taichi</b> 1pm - 2pm	<b>Let's Do Seated Exercise</b> 1pm - 2pm	Let's Talk About The Healthy 365 App 1pm - 2.30pm	
			Let's Do Recycle Art 2.30pm - 4pm		
Let's CrossFit 2pm - 3pm	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 2pm - 3pm	<b>Steady Lah!</b> 2pm - 3.30pm	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) 3pm - 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
26	27	28	29	30	31
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Services - Wellness - CHP</b> 9am - 12pm	<b>Let's Celebrate</b> <b>Duan Wu Festival</b> 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		Exercise by Razak - Resistance Band 10am - 11am	
	<b>Let's Do Chair Yoga</b> 1pm - 2pm		<b>Let's Do Seated Exercise</b> 1pm - 2pm	Current Affair U&Me 1pm - 2pm	
			Let's Do Recycle Art 2.30pm - 4pm		
	National Heritage Board - HeritageCares programmes (Grooving down Memory Lane) 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	
Dave & Friends Do Good at AAC Nanyang @ 1.30pm - 3.30pm	Strategise with Kakis (Rummy O) 3pm - 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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# 2025 五月

标有颜色的项目须报名



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MON

TUE

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SAT

			1	2	3
				一起跟Razak线上做运动（阻力带） 10am - 11am 游戏时间（欢喜就好） 1pm - 2pm 一起来makan（茶点） 2pm - 2.30pm 游戏时间（Rummy O） 2.30pm - 5pm	
5	6	7	8	9	10
中心休业一天	一起做椅子尊巴 10am - 11am	Steady Lah! 保健操! 10am - 1130am	一起来庆祝维塞节 9.30am - 11.30am	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am to 1130am	
	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		一起跟Razak线上做运动（阻力带） 10am - 11am	
	一起做椅子瑜伽 1pm - 2pm		一起做运动（坐式） 1pm - 2pm		
			一起做再循环工艺 2.30pm - 4pm		
	国家文物局 - 沿着记忆的轨迹 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	
	做个健康快乐的人 (Stabilo 彩色节目) 2.30pm - 4pm	游戏时间(Rummy O) 2pm - 5pm	游戏时间(Rummy O) 2pm - 5pm	游戏时间(棋盘游戏) 2pm - 4.30pm	

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
	一起做椅子尊巴 10am - 11am	服务 - 社区保健站 9am - 12pm	一起来庆祝生日和母亲节 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	一起跟Razak线上做运动 (改良拳击) 10am - 11am			
	一起做椅子瑜伽 1pm - 2pm				
	国家文物局 - 沿着记忆的轨迹 2pm - 3pm		一起做运动 (坐式) 1pm - 2pm	一起来谈健康365应用程序 1pm - 2.30pm	
	一起做工 艺品 (DDMA) 3pm - 4pm (只限 20人数)	代际交流 - 小学 (出游伟群小学) 1.30pm - 5.00pm	代际交流 - 中学 (英华国际) 2.30pm - 4pm	一起做日本和 谐粉彩 2.30pm - 4.30pm	
	游戏时间 (Rummy O) 3pm - 5pm		游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 2.30pm - 5pm	
20	21	22	23	24	
一起做有氧运 动 10am - 11am	一起做椅子尊巴 10am - 11am	代际交流 - 中学 (聚英中学嘉年 华) 9.30pm - 12.00pm	游戏时间 9.30am - 10.30am	一起跟Razak线上做运动 (阻力带) 10am - 11am	中心开放日 9am - 12pm
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		
	一起做椅子瑜伽 1pm - 2pm	一起打太极 1pm - 2pm	一起做运动 (坐式) 1pm - 2pm	一起来谈健康365应用程序 1pm - 2.30pm	
			一起做再循 环工 艺 2.30pm - 4pm		
一起做CrossFit 2pm - 3pm	国家文物局 - 沿着记忆的轨迹 2pm - 3pm	Steady Lah! 保健操! 2pm - 3.30pm	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) 3pm - 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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26	27	28	29	30	31
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	一起来庆祝端午节 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		一起跟Razak线上做运动 (阻力带) 10am - 11am	
	一起做椅子瑜伽 1pm - 2pm		一起做运动(坐式) 1pm - 2pm	时事新闻你和我 1pm - 2pm	
			一起做再循环工艺 2.30pm - 4pm		
Dave & Friends 与南洋活跃乐龄中心同乐 @ 1.30pm - 3.30pm	国家文物局 - 沿着记忆的轨迹 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	
游戏时间(Rummy O) 3.30pm - 5pm	游戏时间(Rummy O) 3pm - 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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