




2026 May

 **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
				Centre Closure: Labour Day (Public Holiday)	
4	5	6	7	8	9
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Go Gai Gai with WINGS Club (Interest Group) Nature Walk & Bird Photography 8am - 12pm	Let's Makan Together & Mother's Day Celebration 9.30am - 11.30am	Centre Closure: Company Event	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Community Health Post 9am - 12pm			
Let's Talk News (SPH) 11am - 12noon		Let's Do Rhythm Workout 10am - 11am			
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 - Repair Café Club 2pm - 4pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)		Let's Dance & Stay Active (CFS 4-5) 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm		
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
11	12	13	14	15	16
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Exercise with Weights / Resistance Band (Limited to 20 pax) 10am - 11am	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Exercise Outdoor & Breakfast together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	Let's Go Gai Gai- Hyundai Motor Group Innovation Center 11:30am - 1pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
		Let's Do Seated Exercise 1pm - 2pm		Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's Talk News (SPH) 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 1pm - 2pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Go Gai Gai - Mother's Day Celebration @ Jurong Central Plaza NTUC Health AAC (Specially for New IB) 2pm - 4pm	
Let's Do Piloxing 1pm - 2pm	Let's Do Art & Craft DDMA 3:30pm-4:30pm	Let's Learn Digital Skills for Life (DSL) - Explore Information Online 2.30pm-4.30pm	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
18	19	20	21	22	23
Let's Aerobics 10am - 11am	Let's Go Gai Gai & Let's Gen Together with Dunearn Sec School 9am - 11.30am	Let's Go Gai Gai - Bollywood Farm (Specially for New IB) 9am - 11.30am	Let's Makan Together & Let's Celebrate 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 Chair Zumba 10am - 11am	Community Health Post 9am - 12pm		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon	Let's Do Rhythm Workout 10am - 11am	Let's Do Rhythm Workout 10am - 11am	Centre Closure: Company Event (West Cluster Training Session)	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
	Let's Do Chair Yoga 2pm - 3pm	Let's Do Seated Exercise 1pm - 2pm		Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
Let's Do Piloxing 1pm - 2pm	Leave Well Series - Legacy Planning Workshop - Advanced Care Planning by Home Nursing Foundation 2 pm - 3:30 pm	Let's Dance & Stay Active (CFS 4-5) 1pm - 2pm		Let's Gen Together Hua Yi Secondary School 3pm - 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
25	26	27	28	29	30
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Centre Closure: Hari Raya Haji (Public Holiday)	Let's Gen Together Guangyang Secondary School 9.30am - 12pm	Let's Exercise Outdoor & 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 Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News (SPH) 11am - 12noon			Let's Learn to Repair - Repair Café Club 2pm - 4pm	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 Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Group) 3pm - 4.30pm	
	Let's Go Gai Gai - Rivercruise Singapore (SG Culture Pass) 2.15pm - 4.30pm			Let's Gen Together 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

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
				1	2
				中心休业： 劳动节 (公共假期)	
4	5	6	7	8	9
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起去gai gai - WINGS 兴趣小组 自然漫步与鸟类摄影活动 双溪布洛湿地保护区 8am - 12noon	一起来Makan & 共庆母 亲节 9.30am - 11.30am	中心休业：公司活动	
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	“社区保健” CHP 服务 9am - 12pm			
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	一起来做椅子瑜伽 2pm - 3pm	一起来做坐式运动 1pm - 2pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm		
一起来“K”歌 2.15pm - 4.45pm (只限15位)		一起舞动起来, 活力常在 (CFS 4-5) 1pm - 2pm	一起来再循环手工艺 2.30pm - 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		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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) (只限20位) 10am - 11am	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	一起来 Gai Gai- 现代汽车集团 创新中心参访 11:30am - 1pm
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(坐式舞动) 10am - 11am	一起来 Makan (F4) 10.30am - 11.30am	一起线上做运动 (阻力带) 10am - 11am	
		一起来做坐式运动 1pm - 2pm		一起来做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
分享时段“时事新闻” 11am - 12noon	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 4-5) 1pm - 2pm	一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起去Gai Gai -共庆母亲节 @ NTUC Health AAC JCP (特别面向新会员长者) 2pm - 4pm	
一起来做 Piloxing 有氧拳击 1pm - 2pm	一起来做手工艺品 (DDMA) 3:30pm-4:30pm	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	一起来做日本和谐粉彩 (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
18	19	20	21	22	23
一起来做有氧运动 10am - 11am	一起去Gai Gai & 跨代活动 (德明中学) 9am - 11.30am	一起去 gai gai 宝莱坞农场 (特别面向新会员长者) 9am - 11.30am	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	一起来做椅子尊巴运动 10am - 11am	“社区保健站” CHP 服务 9am - 12pm		一起线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起动起来(坐式舞动) 10am - 11am	一起动起来(坐式舞动) 10am - 11am	中心休业: 公司活动 (西部AAC中心员工培训)	一起来做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
	一起来做椅子瑜伽 2pm - 3pm	一起来做坐式运动 1pm - 2pm		一起来做日本和谐粉彩 (基础班) 3pm - 4.30pm	
一起来做 Piloxing 有氧 拳击 1pm - 2pm	“预先护理规划”讲座 家居护理基金会 2 pm - 3:30 pm	一起舞动起来, 活力常在 (CFS 4-5) 1pm - 2pm		“乐龄 x 青年”代际互动 华义中学 3pm - 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
25	26	27	28	29	30
一起来做有氧运动 10am - 11am	一起来做椅子尊巴运动 10am - 11am	中心休业: 哈芝节 (公共假期)	“乐龄 x 青年” 代际互动 (光洋中学) 9.30am - 12pm	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			一起线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon				一起来做日本和谐粉彩 (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			一起学习动手修理小物件 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起来做日本和谐粉彩 (基础班) 3pm - 4.30pm
				一起来再循环手工艺 2.30pm - 4pm	“乐龄 x 青年”代际互动 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

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