2026 November

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
2	3	4	5	6	7
Let's Aerobics 10am - 11am	Let's Dragonboat @ Kallang (Selected seniors only) 9am - 11am	Centre Closure: West Cluster's Training	Let's Makan Together & Fun with Kakis (Bingo) 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			Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Current affairs U&Me 11am - 12noon	Let's Do Resistance Band Workout 10am - 11am		Let's Do Seated Exercise 1pm-2pm		
Let's Piloxing 1pm - 2pm			Let's Learn to Repair (Workshop 1) (Repair SOI) 2pm - 4pm	Let's Do Art & Craft (The Nagomi Kick-Off: Connect, Create & Thrive) 2pm - 4pm	
Let's Support "Popeye" Workshop (Health Research Study, Selected Seniors) 2pm - 4pm	HAPPY Programme 2pm - 3pm		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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Registration Required

MON	TUE	WED	THU	FRI	SAT
9	10	11	10	13	14
Centre Closure: Public Holiday (Diwali/Deepavali)	Let's Chair Zumba 10am - 11am	Community Health Post 9am - 12pm	Let's Makan Together: Diwali & Birthday Celebration 9.30am - 11.30am	Let's Do Outdoor Exercise & Makan Together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
	Let's Do Resistance Band Workout 10am - 11am	Let's Do Strength Training (Dumbbell) 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
		Building Upper Body Strength Through Dance (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
	HAPPY Programme 2pm - 3pm	Building Upper Body Strength Through Dance (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair (Workshop 2) (Repair SOI) 2pm - 4pm	Let's Do Art & Craft (Mindfulness & Balance) 2pm - 4pm	
	Let's Do Art & Craft DDMA 3:00pm-4:30pm		Let's Do Recycling Art 2.30pm - 4pm	Let's Dragonboat, Race Day (Selected seniors only) 2.30pm - 6pm	
	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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Registration Required

MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
Let's Aerobics 10am - 11am	Centre Closure: Company Event	Let's Do Rhythm Workout 10am - 11am	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am"	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am		Building Upper Body Strength Through Dance (CFS 1-3) 10am - 11.30am	Let's Makan Together (F4) 10.30am - 11.30am	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Current affairs U&Me 11am - 12noon		Building Upper Body Strength Through Dance (CFS 4-5) 11.45am - 12.45pm	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm			Let's Learn to Repair (Workshop 3) (Repair SOI) 2pm - 4pm	Let's Do Art & Craft (Mindfulness & Balance) 2pm - 4pm	
Let's Support "Popeye" Workshop (Health Research Study, Selected Seniors) 2pm - 4pm		Let's Learn Digital Skills for Life (DSL) Smartphone Tips & Skills 2pm - 4pm"	Let's Do Recycling Art 2.30pm - 4pm	Centre Closure: Company Event 3pm - 6pm	
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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Registration Required

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Aerobics 10am - 11am	Let's Go Gai Gai with WINGS Club Nature Walk & Bird Photography (NTU Nanyang Way) 8am - 12noon	Community Health Post 9am - 12pm	Let's Makan together & Learn Eat Healthily Together 9.30am - 11.30am	Let's Do Outdoor Exercise & Makan Together (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Do Strength Training (Dumbbell) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Current affairs U&Me 11am - 12noon	Let's Do Resistance Band Workout 10am - 11am	Building Upper Body Strength Through Danc(CFS 1-3) 10am - 11.30am			
Let's Piloxing 1pm - 2pm	HAPPY Programme 2pm - 3pm	Building Upper Body Strength Through Danc(CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair (Workshop 4) (Repair SOI) 2pm - 4pm	Let's Do Art & Craft (Mindfulness & Balance) 2pm - 4pm	
	Let's Talk About Bus Safety By SMRT (Boon Lay Interchange) 2pm - 3pm		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	Strategise with Kakis （Rummy O） 4pm - 5pm	

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Registration Required

MON	TUE	WED	THU	FRI	SAT
30					
Let's Aerobics 10am - 11am					
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am					
Current affairs U&Me 11am - 12noon					
Let's Piloxing 1pm - 2pm					
Let's Sing Together (Dave & Friends) 1.30pm - 3.30pm					
Strategise with Kakis （Rummy O） 4pm - 5pm					

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2026 十一月

Centre Name: AAC (Nanyang)
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Centre Contact: 6715 6752



标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起来做有氧运动 10am - 11am	一起体验龙舟活动 @ 裕廊湖 （仅限已报名长者参加） 10am - 12noon	中心休业: 西部中心培训活动	一起来Makan 与 游戏时间(Bingo) 9.30am - 11.30am	一起来Lim Kopi 与玩益智游戏 (专属男士时段) 9.30am - 11.30am	
一起来做线上运动 (用水瓶做运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am			一起来做线上运动 （弹力带） 10am - 11am	
时事新闻你和我 11am - 12noon	一起动起来(拉筋带) 10am - 11am		一起来做运动(坐式） 1pm-1.45pm		
一起来做Piloxing 1pm - 2pm			一起学习动手修理小物件 - 工作坊1 （南洋巧匠乐修咖啡屋） 2pm - 4pm	一起做艺术与手工创作《表达艺术与粉彩工作坊》 2pm-3.45pm	
健康研究工作坊: “Popeye” Workshop (特选参与长者) 2pm - 4pm	推广健康老龄化计划 (Happy Program 运动) 2pm - 3pm		一起来做再循环手工 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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2026 十一月

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ntuc Health

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MON	TUE	WED	THU	FRI	SAT
9	10	11	10	13	14
中心休业: 公共假期 (屠妖节)	一起来做椅子尊巴运动 10am - 11am	“社区保健” CHP服务 9am - 12pm	一起Makan, 一起庆祝！ 屠妖节与庆生同欢 9.30am - 11.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
	一起动起来(拉筋带) 10am - 11am	一起动起来：哑铃力量训练 10am - 11am		一起来做线上运动 （弹力带） 10am - 11am	
		一起舞动起来，活力常在 (CFS 1-3) 10am - 11.30am	一起来做运动(坐式） 1pm-1.45pm		
	推广健康老龄化计划 (Happy Program 运动) 2pm - 3pm	一起舞动起来，活力常在 (CFS 4-5) 11.45am - 12.45pm	一起学习动手修理小物件 - 工作坊2 （南洋巧匠乐修咖啡屋） 2pm - 4pm	一起做艺术与手工创作 (体验正念与身心平衡) 2pm - 4pm	
	一起来做手工艺品 （DDMA） 3:0pm - 4:30pm"		一起来做再循环手工 2.30pm - 4pm	一起划龙舟，迎接比赛日! （仅限已报名长者参加） 2.30pm - 6pm	
	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
16	**17**	**18**	**19**	**20**	**21**
一起来做有氧运动 10am - 11am	中心休业: 公司活动	一起来做伸展运动 10am - 11am	一起来做运动(坐式) (F4) 9.30am - 10.30am	一起来Lim Kopi 与玩益智游戏 (专属男士时段) 9.30am - 11.30am	
一起来做线上运动 (用水瓶做运动器材) 10am - 11am		一起舞动起来，活力常在 (CFS 1-3) 10am - 11.30am	一起来Makan (F4) 10.30am - 11.30am	一起来做线上运动 （弹力带） 10am - 11am	
时事新闻你和我 11am - 12noon		一起舞动起来，活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做运动(坐式） 1pm-1.45pm		
一起来做Piloxing 1pm - 2pm			一起学习动手修理小物件 - 工作坊3 （南洋巧匠乐修咖啡屋） 2pm - 4pm	一起做艺术与手工创作 (体验正念与身心平衡) 2pm - 4pm	
健康研究工作坊: “Popeye” Workshop (特选参与长者) 2pm - 4pm		一起学数码生活技能 （DSL） 2pm - 4pm	一起来做再循环手工 2.30pm - 4pm	中心休业: 公司活动	
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
23	24	25	26	27	28
一起来做有氧运动 10am - 11am	一起去Gai Gai 自然探索之旅:漫步与观鸟摄影 (南洋理工大学南洋道) 8am - 12noon	“社区保健” CHP服务 9am - 12pm	一起 Makan, 一起学习健康饮食 9.30am - 11.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 830 Jurong West St 81 Void Deck) 9.30am - 11am	
一起来做线上运动 (用水瓶做运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起动起来:哑铃力量训练 10am - 11am		一起来做线上运动 （弹力带） 10am - 11am	
时事新闻你和我 11am - 12noon	一起动起来(拉筋带) 10am - 11am	一起舞动起来，活力常在 (CFS 1-3) 10am - 11.30am	一起来做运动(坐式） 1pm-1.45pm		
	推广健康老龄化计划 (Happy Program 运动) 2pm - 3pm	一起舞动起来，活力常在 (CFS 4-5) 11.45am - 12.45pm	一起学习动手修理小物件 - 工作坊4 （南洋巧匠乐修咖啡屋） 2pm - 4pm	一起做艺术与手工创作 (体验正念与身心平衡) 2pm - 4pm	
一起来做Piloxing 1pm - 2pm	一起 Gai Gai, 学习巴士安全知识！ (Boon Lay Interchange) 2pm - 3pm		一起来做再循环手工 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	游戏时间 （Rummy O） 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
30					
一起来做有氧运动 10am - 11am					
一起来做线上运动 (用水瓶做运动器材) 10am - 11am					
时事新闻你和我 11am - 12noon					
一起来做Piloxing 1pm - 2pm					
一起来旧歌新唱 Dave & Friends 1.30pm - 3.30pm					
游戏时间 （Rummy O） 4pm - 5pm					

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