

2025 Nov

 **Centre Name:** AAC (Nanyang)
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817
 **Centre Contact:** 6715 6752



ntuc Health

Registration Required

MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's Brisk Walk – Buona Vista Walkway Meeting Point: King Albert Park MRT, near the Station Control. 7.30am to 11.30am	Let's Makan Together & Bingo 9.30am - 11.30am	Let's Do Outdoor Exercise & Lim Kopi together (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
Let's Exercise with Razak on Zoom (Water Bottle) 10am - 11am	Let's Exercise with Razak on Zoom (Chairobics or FunDance) 10am - 11am	Services - Wellness - CHP 9am - 12pm		Let's Exercise by Razak - Resistance Band 10am - 11am	
Current Affair U&Me 11am - 12noon	Introduction of "FUN" Coding 3.15pm - 4.15pm	Let's CALM 1.0 (8-week) programme 10am - 11am		Let's CALM 1.0 (8-week) programme 10am - 11am	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's Learn Basic English 3.15pm to 4.15pm	Let's Taichi 1pm - 2pm"	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Beginner Class) 3pm - 4.30pm	
Fun Games (Men Only) 3pm - 4.30pm	Introduction of "FUN" Coding 3.15pm - 4.15pm	Let's Makan Together (Tea time) & In House's Talk (Specially for Minority Racial) 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Celebrate (Party with Youths) 3.30pm - 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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm"	Let's Do Seated Exercise (F4) 9.30am - 10.30 am	Let's Lim Kopi & In-house Talk (Men Only) 9.30am - 11.30am	
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 CALM 1.0 (8-week) programme 10am - 11am	Let's Makan Together (F4) 10.30am - 11.30 am	Let's Exercise by Razak - Resistance Band 10am - 11am	
Current Affair U&Me 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Let's CALM 1.0 (8-week) programme 10am - 11am	
Let's Do Piloxing 1pm - 2pm	Let's do Craftwork (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Fun Games 3pm - 4.30pm	Let's Play Boccia 3pm to 4pm	Live Happy & Live Prepared Workshop (Batik Art) 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Nagomi (Beginner Class) 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
17	18	19	20	21	22
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Let's CALM 1.0 (8-week) programme 10am - 11am	Let's Makan together & Fun Games 9.30am - 11.30am	Centre Closure: Company Event	
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	Let's Do Seated Exercise 1pm - 2pm		
Current Affair U&Me 11am - 12noon	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Learn to Repair 2pm - 4pm		
Let's Do Piloxing 1pm - 2pm	Let's Learn Flora Arranging 2pm - 3.30pm	Mini Health Talk (Inhouse) 1.30pm - 2.30pm	Let's Do Recycling Art 2.30pm - 4pm		
Let's KTV Together 2.15pm - 4.45pm (Specially for new joined seniors, limited to 15paxs)		CPF Mobile Booth 2.30pm - 4.30pm	Let's Do Zentangle 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 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services - Wellness CHP 9am - 12noon	Let's Celebrate Birthday 9.30am - 11.30 am	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
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 CALM 1.0 (8-week) programme 10am - 11am		Let's Exercise by Razak - Resistance Band 10am - 11am	
Current Affair U&Me 11am - 12noon		Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am		Let's CALM 1.0 (8-week) programme 2.30pm - 4.30pm	
Let's Do Piloxing 1pm - 2pm"	Centre Closure: Company Event	Let's Taichi 1pm - 2pm	Let's Do Seated Exercise 1pm - 2pm	Diamond Art (X'mas) (Specially for New Joined Seniors - Limited to 10paxs only) 1.30pm - 3pm	
			Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi (Interest Group) 1.30pm - 3pm	
Dave & Friends 1.30pm - 3.30pm		Let's Makan Together (Tea time) & In House's Talk (Specially for Minority Racial) 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Nagomi (Beginner Class) 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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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	晨光健步 – Buona Vista Walkway 集合地点: 阿尔柏王园地铁站King Albert Park MRT, 地铁站控制处附近. 7.30am to 11.30am	一起来Makan 与 游戏时间 Bingo 9.30am - 11.30am	一起来做户外伸展运动 与 一起 Lim Kopi (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
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	"力量与平衡训练 一起CALM 1.0 (8-week) programme 10am - 11am"		一起跟Razak线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		"一起跟Razak 线上做运动 (改良拳击) 10am - 11am"		力量与平衡训练 一起CALM 1.0 (8-week) programme 10am - 11am	
一起做Piloxing有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm		一起做运动(坐式) 1pm - 2pm	一起来做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
一起来“K”歌 2.15pm - 4.45pm (Limited to 15paxs)	一起来学习英语(基础) 3.15pm to 4.15pm	一起打太极 1pm - 2pm	一起做再循环手工艺 2.30pm - 4pm	一起来学习日本和谐粉彩 (基础班) 3pm - 4.30pm	
益智游戏时间 (男士专属) 3.30pm - 4.30pm	“趣味编程”入门 3.15pm - 4.15pm	一起来Makan(午茶时光) 与健康课题探讨 (少数族裔专属) 2pm - 4pm	一起做缠绕画 2.30pm - 4pm	乐龄X青年欢乐聚 3.30pm - 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	游戏时间 (Rummy O) 4pm - 5pm	

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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	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起做坐式运动 (F4) 9.30am - 10.30 am	一起Lim Kopi & 特定课 题探讨 (男士专属) 9.30am - 11.30am	
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	力量与平衡训练 一起CALM 1.0 (8-week) programme 10am - 11am	一起来Makan (F4) 10.30am - 11.30 am	一起跟Razak线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起做椅子瑜伽 2pm - 3pm	一起跟Razak 线上做运动 (改良拳击) 10am - 11am	一起做运动(坐式) 1pm - 2pm	力量与平衡训练 一起CALM 1.0 (8-week) programme 10am - 11am	
一起做Piloxing有氧拳击 1pm - 2pm	一起做手工艺品 (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	一起打太极 1pm - 2pm	一起做再循环手工艺 2.30pm - 4pm	一起来做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
益智游戏时间 (男士专属) 3pm - 4.30pm	一起来玩地掷球 3pm to 4pm	乐活有备·蜡染艺术工作 坊 2pm - 4pm	一起做缠绕画 2.30pm - 4pm	一起来学习日本和谐粉彩 (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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17	18	19	20	21	22
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	力量与平衡训练 一起CALM 1.0 (8-week) programme 10am - 11am	一起来Makan 与 游戏时间 (益智游戏) 9.30am - 11.30am	中心休业通知： 公司活动	
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	一起做运动 (坐式) 1pm - 2pm		
分享时段“时事新闻” 11am - 12noon	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	一起来学习简易维修知识 2pm - 4pm		
一起做Piloxing有氧拳击 1pm - 2pm	一起来学习插花艺术 2pm - 3.30pm	迷你健康讲座 1.30pm - 2.30pm	一起做再循环手工艺 2.30pm - 4pm		
一起来“K” 歌 2.15pm - 4.45pm (优先新会员, 只限15人)		公积金流动服务站 2.30pm - 4.30pm	一起做缠绕画 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
24	25	26	27	28	29
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	一起来庆祝生日 9.30am - 11.30 am	一起Lim Kopi 与 益智游戏 时间 (男士专属) 9.30am - 11.30am	
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	力量与平衡 训练 一起 CALM 1.0 (8-week) programme 10am - 11am		一起跟 Razak 线上做运动 (阻力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		一起跟 Razak 线上做运动 (改良拳击) 10am - 11am		力量与平衡 训练 一起 CALM 1.0 (8-week) programme 10am - 11am	
一起做 Piloxing 有氧拳击 1pm - 2pm"	中心休业通知: 公司活动	一起打太极 1pm - 2pm	一起做运动(坐式) 1pm - 2pm	圣诞钻石画工作坊 (专为新加入的乐龄朋友举办, 名额限10位) 1.30pm - 3pm	
			一起做再循环手工艺 2.30pm - 4pm	一起来做日本和谐粉彩 (兴趣小组) 1.30pm - 3pm	
一起旧歌新唱 Dave & Friends 1.30pm - 3.30pm		一起来 Makan(午茶时光) 与健康课题探讨 (少数族裔专属) 2pm - 4pm	一起做缠绕画 2.30pm - 4pm	一起来学习日本和谐粉彩 (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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