

2026 October

 **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	3
			Centre Closure (AAC Day) 9am - 3pm	Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
				Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
				Let's Gen Together & Let's Celebrate with Youths 3pm - 4.30pm	
			Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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Registration Required

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
Let's Aerobics 10am - 11am	Let's DragonBoat @ Jurong Lake (Selected seniors only) 9am - 11am	Community Health Post 9am - 12pm	Let's Learn Digital Embroidery (NTUC Health AAC (Pioneer) 10am - 1pm	Let's Do Outdoor Exercise & Breakfast together (Blk 853 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 Dance & Stay Active (CFS 1-3) 10am - 11.30am		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 Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm			
Let's Piloxing 1pm - 2pm			Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (The Nagomi Kick-Off: Connect, Create & Thrive) 2pm - 4pm	
Let's Learn About Health: "Popeye" Workshop (Health Research Study, Selected Seniors) 2pm - 4pm			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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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Let's Go Gai Gai with WINGS Club Nature Walk & Bird Photography (HortPark - Theme Garden) 8am - 12noon	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Lim Kopi & Fun with Kakis (Fun Games) (Mens Exclusive) 9.30am - 11.30am"	
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am	Let's Chair Zumba 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 Talk News (SPH) 11am - 12noon	Let's Do Rhythm Workout 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (The Arts on Connect, Create & Thrive) 2pm - 4pm"	
Let's Talk About Police-RSVP Anti-Scam Engagement (PRAISE) (Mandarin Speaking) 2pm - 3.30pm	Let's Do Art & Craft DDMA 3:00pm-4:30pm	Centre Closure Company Event 2pm - 6pm	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
19	20	21	22	23	24
Let's Aerobics 10am - 11am	Let's DragonBoat @ Jurong Lake (Selected seniors only) 9am - 11am	Community Health Post 9am - 12pm	Let's Makan together & Let's Celebrate Birthday 9.30am - 11.30am	Let's Exercise Outdoor & Let's Makan Together (Blk 853 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 (Dumbell) 10am - 11am		Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News 11am - 12noon	Let's Do Rhythm Workout 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
Let's Piloxing 1pm - 2pm	HAPPY Program 2pm - 3pm 推广健康老龄化计划 (运动)	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm	Let's Do Art & Craft (The Nagomi Kick-Off: Connect, Create & Thrive) 2pm - 4pm	
Let's Learn About Health: "Popeye" Workshop (Health Research Study, Selected Seniors) 2pm - 4pm	Let's Gen Together with National Junior College 2.30pm - 4pm	Let's Learn Digital Skills for Life (DSL) Smartphone Tips & Skills 2pm - 4pm	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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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Aerobics 10am - 11am	Centre Closure: Company Event (Training)	Let's Do Strength Training (Dumbell) 10am - 11am	Let's Go Gai Gai & Learn About Road Safety (By Singapore Traffic Police) 9am - 11am	Let's Lim Kopi & Fun with Kakis (Fun Games) (Mens Exclusive) 9.30am - 11.30am	Community Functional Screening 社区长者功能健康筛查 (NTUC Health AAC (Nanyang), Blk 817 Jurong West St 81 #01-30 S640817) @9am-1pm
Let's Exercise with Inhouse Facilitator (Water Bottle) 10am - 11am		Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm	Let's Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
Let's Talk News 11am - 12noon		Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm		
Let's Piloxing 1pm - 2pm			Let's Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft (The Arts on Connect, Create & Thrive) 2pm - 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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2026 十月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
			1	2	3
			中心休业 (AAC Day) 9am - 3pm	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 (弹力带) 10am - 11am	
				“乐龄 x 青少年” 代际互动 共享互动与欢乐时光 3pm - 4.30pm	
			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
5	6	7	8	9	10
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	“社区保健” CHP服务 9am - 12pm	一起学数码刺绣 (NTUC Health AAC (Pioneer) 10am - 1pm	一起来做户外伸展运动 & 一起共享早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起来做线上运动 (用水瓶东运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am		一起来做线上运动 (弹力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm			
一起来做 Piloxing 有氧拳击 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			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 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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	一起去 Gai Gai with WINGS Club 自然漫步与花卉摄影 (HortPark 主题花园) 8am - 12noon	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 (用水瓶东运动器材) 10am - 11am	一起来做椅子尊巴运动 10am - 11am	一起来做伸展运动 10am - 11am	一起来Makan (F4) 10.30am - 11.30am	一起来做线上运动 (弹力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon	一起动起来(坐式舞动) 10am - 11am	一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am			
一起来做 Piloxing 有氧拳击 1pm - 2pm		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 (南洋巧匠乐修咖啡屋) 2pm - 4pm	一起动手做艺术与手工 (艺术连结·创意共创·活力生活) 2pm - 4pm"	
警民携手 - RSVP 防诈骗 宣导讲座 (PRAISE 中文讲座) 2pm - 3.30pm	一起来做手工艺品 (DDMA) 3:0pm - 4:30pm"	中心休业 公司活动 2pm - 6pm	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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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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	“社区保健” CHP服务 9am - 12pm	一起Makan 与 庆生 9.30am - 11.30am	一起来做户外伸展运动 & 一起共享早餐 (Blk 853 Jurong West St 81 Void Deck) 9.30am - 11am	
一起来做线上运动 (用水瓶东运动器材) 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	
分享时段“时事新闻” 11am - 12noon	一起动起来(坐式舞动) 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		
一起来做 Piloxing 有氧拳击 1pm - 2pm	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 (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	“乐龄 x 青少年” 代际互动 National Junior College 2.30pm - 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		
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
26	27	28	29	30	31
一起来做有氧运动 10am - 11am	中心休业: 公司活动 (培训)	一起动起来: 哑铃力量训练 10am - 11am	一起 Gai Gai 学安全: 道路安全知识 (新加坡交通警察) 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	社区长者功能健康筛查 (NTUC Health AAC (Nanyang), Blk 817 Jurong West St 81 #01-30 S640817) @9am-1pm
一起来做线上运动 (用水瓶东运动器材) 10am - 11am		一起舞动起来, 活力常在 (CFS 1-3) 10am - 11.30am	一起来做运动(坐式) 1pm-1.45pm	一起来做线上运动 (弹力带) 10am - 11am	
分享时段“时事新闻” 11am - 12noon		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 (南洋巧匠乐修咖啡屋) 2pm - 4pm		
一起来做 Piloxing 有氧 拳击 1pm - 2pm			一起来做再循环手工 2.30pm - 4pm	一起动手做艺术与手工 (艺术连结·创意共创· 活力生活) 2pm - 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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