




# 2025 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	4
		<b>Let's Go Gai Gai AAC Day (Temasek Polytechnic) 9am-2pm</b>	<b>Let's Makan Together &amp; Fun with Kakis (Bingo) 9.30am - 11.30am</b>	<b>Let's Lim Kopi &amp; Fun Games (Men Only) 9.30am - 11.00am</b>	<b>Let's Go Gai Gai Sg Sport (SNG Finals) (Our Tampines Hub) 9am - 1pm</b>
		<b>Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am</b>	<b>Let's Do Seated Exercise 1pm - 2pm</b>	<b>Exercise by Razak - Resistance Band 10am - 11am</b>	
		<b>Let's Taichi 1pm - 2pm</b>	<b>Mini Health Talk (Inhouse) 1.30pm - 2.30pm</b>	<b>Let's Makan Together (Tea Break) &amp; Floral Arranging (Specially for Minority Racial) 2pm - 4.30pm</b>	
		<b>Fun Games (Men Only)</b>	<b>Let's Do Recycling Art 2.30pm - 4pm</b>	<b>Let's Do Nagomi 2.30pm - 4.30pm</b>	
		<b>Let's Learn Basic English 3pm to 4pm</b>	<b>Let's Do Zentangle 2.30pm - 4pm</b>		<b>Mid-Autumn Festival (Jurong West Garden, Blk 825 Jurong West St 81) 7pm - 10pm</b>
		<b>Strategise with Kakis (Rummy O) 4pm - 5pm</b>	<b>Strategise with Kakis (Rummy O) 4pm - 5pm</b>	<b>Strategise with Kakis (Rummy O) 4pm - 5pm</b>	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 Oct

Registration Required

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



 **ntuc Health**

MON

TUE

WED

THU

FRI




SAT

6	7	8	9	10	11
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Brisk Walking (Bukit Timah Old Railway) King Albert Park MRT Station (DT6) 7.30am to 11.30am	Let's Makan together & Health Talk 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 Do Seated Exercise 1pm - 2pm	Exercise by Razak - Resistance Band 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	Dave & Friends 1.30pm - 3.30pm		
Let's KTV Together 2.15pm - 4.45pm (Limited to 15paxs)	Let's Learn Flora Arranging 2pm to 3.30pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
Fun Games (Men Only) 3pm - 4.30pm	Fun Games (Men Only) 3pm - 4.30pm	When Music Meets Life (Online Zoom - Esplanade - Theatres on the Bay) 2.30pm - 3.15pm	Let's Do Zentangle 2.30pm - 4pm	Fun Games (Men Only) 2.30pm - 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	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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 Oct

 **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
13	14	15	16	17	18
<b>Healthy (Research) Talk</b> <b>"Healthy mind Healthier me"</b> <b>Institute of Geriatrics and</b> <b>Active Ageing (IGA)</b> 9am - 10am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Healthy (Research) Talk</b> <b>"Healthy mind Healthier me"</b> <b>Institute of Geriatrics and</b> <b>Active Ageing (IGA)</b> 9am - 10am	<b>Let's Do Seated Exercise</b> <b>(F4)</b> 9.30am - 10.30 am	<b>Let's Lim Kopi &amp; Fun</b> <b>Games</b> <b>(Men Only)</b> 9.30am - 11.30am	
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Exercise with</b> <b>Razak on Zoom</b> <b>(Chairobics or</b> <b>FunDance)</b> 10am - 11am	<b>Let's Exercise with</b> <b>Razak on Zoom</b> <b>(Modified Boxing)</b> 10am - 11am	<b>Let's Makan Together</b> <b>(F4)</b> 10.30am - 11.30 am	<b>Exercise by Razak -</b> <b>Resistance Band</b> 10am - 11am	
<b>Let's Exercise with Razak</b> <b>on Zoom</b> <b>(Water Bottle)</b> 10am - 11am	<b>Let's Do Chair Yoga</b> 2pm - 3pm	<b>Let's Taichi</b> 1pm - 2pm	<b>Let's Do Seated Exercise</b> 1pm - 2pm	<b>Mini Health Talk</b> <b>(Inhouse)</b> 2.30pm - 3.30pm	
<b>Let's Do Piloxing</b> 1pm - 2pm	<b>Let's do Craftwork</b> <b>(DDMA Art Programme)</b> 3pm - 4pm (Limited to 20paxs)	<b>Let's Makan Together (Tea</b> <b>Break) &amp;</b> <b>In House's Talk</b> <b>(Specially for Minority</b> <b>Racial)</b> 2pm - 4pm	<b>Let's Do Recycling Art</b> 2.30pm - 4pm	<b>Let's Do Nagomi</b> 2.30pm - 4.30pm	
<b>Let's Play Boccia</b> 3pm to 4pm	<b>Fun Games</b> <b>(Men Only)</b> 4pm to 5pm	<b>Current Affairs</b> 3pm to 4pm	<b>Let's Do Zentangle</b> 2.30pm - 4pm		
<b>Strategise with Kakis</b> <b>(Rummy O)</b> 4pm - 5pm	<b>Strategise with Kakis</b> <b>(Rummy O)</b> 4pm - 5pm	<b>Strategise with Kakis</b> <b>(Rummy O)</b> 4pm - 5pm	<b>Strategise with Kakis</b> <b>(Rummy O)</b> 4pm - 5pm	<b>Strategise with Kakis</b> <b>(Rummy O)</b> 4pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 Oct

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
20	21	22	23	24	25
Centre Closure: Public Holiday Deepavali	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Celebrate Deepavali and Learn About Indian Culture 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 (Chairobics or FunDance) 10am - 11am	Let's Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Let's Do Seated Exercise 1pm - 2pm	Exercise by Razak - Resistance Band 10am - 11am	
	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Learn to Repair 2pm - 4pm	CALM 1.0 (8-week) programme (Jurong West Sport Stadium) 2.30pm - 4.30pm	
	Let's Learn Basic English 3.15pm to 4.15pm	Mini Health Talk (Inhouse) 1.30pm - 2.30pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 4.30pm	
		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	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。



2025 Oct

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
27	28	29	30	31	
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	"CALM 1.0" (8-week) programme (Jurong West Sport Stadium) 10am - 11am	Let's celebrate Birthday 09.30am - 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 Exercise with Razak on Zoom (Modified Boxing) 10am - 11am	Mini Health Talk (Inhouse) 2pm - 4pm	Exercise by Razak - Resistance Band 10am - 11am	
Let's Do Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Taichi 1pm - 2pm	Let's Do Recycling Art 2.30pm - 4pm	Mini Health Talk (Inhouse) 2pm - 4pm	
Let's Gen Together National Junior College 2pm - 4pm	Digital Coaching "Collage of Photos" 3pm - 4.30pm	Let's Volunteer Together "From the Heart - Be a Happy & Healthy Senior Volunteers" 2pm - 3pm	Let's Do Zentangle 2.30pm - 4pm	Let's Do Nagomi 2.30pm - 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	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.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 十月

标有颜色的项目须报名

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






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起去 Gai Gai AAC Day (Temasek Polytechnic) 9am-2pm	一起来Makan & 游戏时间 (Bingo) 9.30am - 11.30am	一起喝 Kopi & 益智游戏时间 (男士专属) 9.30am - 11.00am	一起去 Gai Gai Sg Sport (SNG Finals) (Our Tampines Hub) 9am - 1pm
		一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起做运动 (坐式) 1pm - 2pm	一起跟Razak线上做运动 (阻力带) 10am - 11am	
		一起来打太极 1pm - 2pm	迷你健康讲座 (Inhouse) 1.30pm - 2.30pm	一起来 Makan (午茶时光) & 学习插花艺术 (少数族裔专属) 2pm - 4.30pm	
		一起来学习英语(基础) 2pm to 3pm	一起做再循环工艺 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
		益智游戏时间 (男士专属) 3pm - 4.30pm	一起做禅绕画 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	“南洋”中秋园游会 (Jurong West Garden, Blk 825 Jurong West St 81) 7pm - 10pm

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 十月

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



 NTUC Health




标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	晨光健步(武吉知 码旧铁路) 集合点: King Albert Park MRT Station (DT6) 7.30am to 11.30am	一起来Makan & 健康讲座 9.30am - 11.30am	一起来户外做伸展运动 & 一起喝 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	社区保健站 - CHP 服务 9am - 12pm	一起做运动 (坐式) 1pm - 2pm	一起跟Razak线上做运动 (阻力带) 10am - 11am	
一起做Piloxing有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	一起跟Razak线上做运动 (改良拳击) 10am - 11am	一起旧歌新唱 Dave & Friends 1.30pm - 3.30pm		
一起来“K” 歌 2.15pm - 4.45pm (Limited to 15paxs)	一起来学插花 艺术 2pm to 3.30pm	一起打太极 1pm - 2pm	一起做再循环工艺 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
益智游戏时间 (男士专属) 3pm - 4.30pm	益智游戏时间 (男士专属) 3pm - 4.30pm	当音乐遇见生活 (线上 Zoom 活动 — 滨海 艺术中心) 2.30pm - 3.15pm	一起做禅绕画 2.30pm - 4pm	益智游戏时间 (Men Only) 2.30pm - 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	游戏时间 (Rummy O) 4pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 十月

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



标有颜色的项目须报名

MON

TUE

WED

THU

FRI

SAT




13	14	15	16	17	18
<b>健康(调研)讲座</b> 《健康心灵, 健康人生》 Institute of Geriatrics and Active Ageing (IGA) 9am - 10am	<b>一起做椅子尊巴</b> 10am - 11am	<b>健康(调研)讲座</b> 《健康心灵, 健康人生》 Institute of Geriatrics and Active Ageing (IGA) 9am - 10am	<b>一起做运动(坐式) (F4)</b> 9.30am - 10.30 am	<b>一起喝Kopi &amp; 健康课题探讨</b> (男士专属) 9.30am - 11.30am	
<b>一起做有氧运动</b> 10am - 11am	<b>一起跟Razak线上做运动</b> (坐式有氧运动或趣味舞蹈) 10am - 11am	<b>一起跟Razak线上做运动</b> (改良拳击) 10am - 11am	<b>一起来Makan (F4)</b> 10.30am - 11.30 am	<b>一起跟Razak线上做运动</b> (阻力带) 10am - 11am	
<b>一起跟Razak线上做运动</b> (水瓶) 10am - 11am	<b>一起做椅子瑜伽</b> 2pm - 3pm	<b>一起打太极</b> 1pm - 2pm	<b>一起做运动(坐式)</b> 1pm - 2pm	<b>迷你健康讲座 (Inhouse)</b> 2.30pm - 3.30pm	
<b>一起做Piloxing有氧拳击</b> 1pm - 2pm	<b>一起做手工艺品</b> (DDMA Art Programme) 3pm - 4pm (Limited to 20paxs)	<b>一起来Makan (午茶时光)</b> & 健康课题探讨 (少数族裔专属) 2pm - 4pm	<b>一起做再循环工艺</b> 2.30pm - 4pm	<b>一起做日本和谐粉彩</b> 2.30pm - 4.30pm	
<b>一起来玩地掷球</b> 3pm to 4pm	<b>益智游戏时间</b> (男士专属) 4pm - 5pm	<b>时事简报(英语)</b> 3pm to 4pm	<b>一起做禅绕画</b> 2.30pm - 4pm		
<b>游戏时间(Rummy O)</b> 4pm - 5pm	<b>游戏时间(Rummy O)</b> 4pm - 5pm	<b>游戏时间(Rummy O)</b> 4pm - 5pm	<b>游戏时间(Rummy O)</b> 4pm - 5pm	<b>游戏时间(Rummy O)</b> 4pm - 5pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。



# 2025 十月

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





标有颜色的项目须报名

MON

TUE

WED

THU

FRI

SAT

20	21	22	23	24	25
<b>Centre Closure: Public Holiday Deepavali</b>	一起做椅子尊巴 10am - 11am	社区保健站 - CHP 服务 9am - 12pm	欢庆屠妖节。了解印度文化 9.30am - 11.30am	一起来户外做伸展运动 & 一起喝 kopi (Blk 853 Jurong West St 81 Void Deck) 9.30am - 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	一起跟Razak线上做运动 (阻力带) 10am - 11am	
	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	一起学维修技能 2pm - 4pm	力量与平衡 训练评估测试 CALM 1.0 (8-week) programme (Jurong East Sport Stadium) 2.30pm - 4.30pm	
	一起学习英语(基础) 3.15pm to 4.15pm	迷你健康讲座 (Inhouse) 1.30pm - 2.30pm	一起做再循环工艺 2.30pm - 4pm	一起做日本和谐粉彩 2.30pm - 4.30pm	
		公积金流动服务站 2.30pm - 4.30pm	一起做禅绕画 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	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 十月

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



标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
一起做有氧运动 10am - 11am	一起做椅子尊巴 10am - 11am	力量 and 平衡训练 "CALM 1.0" (8-week) programme 10am - 11am	一起来庆祝生日 09.30am - 11.30 am	一起喝 Kopi & 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	一起跟 Razak 线上做运动 (改良拳击) 10am - 11am	迷你健康讲座 (Inhouse) 2pm - 4pm	一起跟 Razak 线上做运动 (阻力带) 10am - 11am	
一起做 Piloxing 有氧拳击 1pm - 2pm	一起做椅子瑜伽 2pm - 3pm	一起打太极 1pm - 2pm	一起做再循环工艺 2.30pm - 4pm	迷你健康讲座 (Inhouse) 2pm - 4pm	
代际交流 National Junior College 2pm - 4pm	一起学科技 “拍拍照、拼拼乐” 数码创 意坊 3pm - 4.30pm	“一起当义工” P5 从心出发: 做个快乐健康的 义工长者 2pm - 3pm	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) 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	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。