

2026 Sep

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
	1	2	3	4	5
	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Let's Walking Football @ Pionner NTUC Health AAC (Selected Seniors Only) 9am-12noon	Let's Makan Together & Fun with Kakis (Bingo) 9.30am - 11.30am	Let's Brisk Walk & Discover 6 West AACs 8.30am - 12noon	
	Let's Chair Zumba 10am - 11am	Let's Do Stretching Exercise 10am - 11am		Let's Lim Kopi & Fun Games (Men Only) 9.30am - 11.30am	
	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 Exercise with Inhouse Facilitator (Resistance Band) 10am - 11am	
	Let's Do Chair Yoga 2pm - 3pm	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 (Expressive Art cum Nagomi) 2pm-3.45pm	
		Dave & Friends 1.30pm - 3.30pm	Let's Do Recycling Art 2.30pm - 4pm	Stay Well Series: Piece of Mine 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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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。

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MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Community Health Post 9am - 12pm	Let's Do Seated Exercise (F4) 9.30am - 10.30am	Let's Do Outdoor Exercise & 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 Chair Zumba 10am - 11am	Let's Do Stretching Exercise 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 Learn to Repair - Repair Café Club 2pm - 4pm		
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Do Recycling Art 2.30pm - 4pm	Let's Do Art & Craft (Expressive Art cum Nagomi) 2pm-3.45pm	
	Let's Do Art & Craft DDMA 3:00pm-4:30pm		Let's Go Gai Gai - DBS Sailing at the Bay (Pontoon beside Customs House) 3pm - 7pm		
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
14	15	16	17	18	19
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 Makan together & Fun Games 9.30am - 11.30am	Centre Closure: Company Event	
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 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 Do Chair Yoga 2pm - 3pm	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm	Let's Learn to Repair - Repair Café Club 2pm - 4pm		
	Let's Talk About Wills (SMU School of Law) 2pm - 3.30pm	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		

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Community Health Post 9am - 12pm	Let's Makan & Celebrate! – Mid-Autumn & Birthdays 9.30am - 11.30am	Let's Do Outdoor Exercise & 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 Chair Zumba 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 Do Stretching Exercise 10am - 11am	Let's Dance & Stay Active (CFS 1-3) 10am - 11.30am	Let's Do Seated Exercise 1pm - 2pm		
	Let's Do Chair Yoga 2pm - 3pm	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 (Expressive Art cum Nagomi) 2pm-3.45pm	
Let's Piloxing 1pm - 2pm	Let's Talk About LPA (SMU School of Law) 2pm - 3.30pm	Let's Talk about CPF & My Healthcare + Anti-scam (CPF Board) 1.30pm - 4pm	Let's Do Recycling Art 2.30pm - 4pm	Stay Well Series: Piece of Mine 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	Strategise with Kakis (Rummy O) 4pm - 5pm	

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MON

TUE

WED

THU

FRI

SAT

28	29	30
Let's Aerobics 10am - 11am	Let's Dragon Boat @ Jurong Lake (Selected seniors only) 9am - 11am	Let's Do Rhythm Workout 10am - 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 Talk News (SPH) 11am - 12noon	Let's Do Stretching Exercise 10am - 11am	Let's Dance & Stay Active (CFS 4-5) 11.45am - 12.45pm
Let's Piloxing 1pm - 2pm	Let's Do Chair Yoga 2pm - 3pm	
Let's Go Gai Gai Exploring Senior Care & Community Support (NTUC Health Day Care Ctr - Jewel) 2.30pm - 4pm	Strategise with Kakis (Rummy O) 4pm - 5pm	Strategise with Kakis (Rummy O) 4pm - 5pm

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2026 九月

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标有颜色的项目须报名

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起体验龙舟活动 @ 裕廊湖 (仅限已报名长者参加) 10am - 12noon	一起来体验健步足球 @ Pionner NTUC Health AAC 9am-12noon	一起来Makan 与 游戏时间(Bingo) 9.30am - 11.30am	一起去 Gai Gai – 活力健走, 探索西区6个 AACs 8.30am - 12noon	
	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Lim Kopi 与玩益智游戏 (专属男士时段) 9.30am - 11.30am	
	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-2pm	一起来做线上运动 (弹力带) 10am - 11am	
	一起来做椅子瑜伽 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	
		一起来旧歌新唱 Dave & Friends 1.30pm - 3.30pm	一起来做再循环手工 2.30pm - 4pm	艺术创作《探索内心平静》工作坊。 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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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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	一起来做运动(坐式) (F4) 9.30am - 10.30am	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	一起来做椅子瑜伽 2pm - 3pm	一起舞动起来, 活力常在 (CFS 4-5) 11.45am - 12.45pm	一起来做再循环手工 2.30pm - 4pm	一起做艺术与手工创作 《表达艺术与粉彩工作坊》 2pm-3.45pm	
	一起来做手工艺品 (DDMA) 3:0pm - 4:30pm"		一起去 Gai Gai - DBS 湾畔帆船之旅 (海关大厦旁浮桥 Pontoon) 3pm - 7pm		
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
14	15	16	17	18	19
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 Makan 与 玩益智游戏 9.30am - 11.30am	中心休业: 公司活动	
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			
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-2pm		
一起来做 Piloxing 有氧拳击 1pm - 2pm	一起来做椅子瑜伽 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		
	一起学习遗嘱规划 (SMU School of Law) 2pm - 3.30pm	一起学习生活数码技能 (DSL) 智能手机实用技巧 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		

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
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, 一起庆祝! 中秋与庆生同欢 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-2pm		
	一起来做椅子瑜伽 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	
一起来做 Piloxing 有氧 拳击 1pm - 2pm	一起认识持久授权书 (LPA) (SMU School of Law) 2pm - 3.30pm	一起来了解 CPF 与医疗 保障, 学习防诈骗 (CPF Board) 1.30pm - 4pm	一起来做再循环手工 2.30pm - 4pm	艺术创作 《探索内心平静》工作坊。 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	游戏时间 (Rummy O) 4pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
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	一起来做伸展运动 10am - 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			
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	一起来做椅子瑜伽 2pm - 3pm				
一起去 Gai Gai 探索长者照护 与社区支援 (NTUC Health Day Care Ctr - Jewel) 2.30pm - 4pm	游戏时间 (Rummy O) 4pm - 5pm	游戏时间 (Rummy O) 4pm - 5pm			

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