

# 2025 April

 **Centre Name:** Active Ageing Centre - Taman Jurong  
 **Centre Address:** 118A Corporation Drive S(611118)  
 **Centre Contact:** 6261 6563



**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	Let's Do Seated Exercise video / 一起做运动 (坐式)(视频) 9.30am - 10.30am	Let's Qigong / 一起练气功 9:30am -10:15am	Let's Line Dance / 排舞 9.00am - 10.00am	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	NTU/Tasek Activity with Senior / 代际交流 10:00am - 12:00pm
	Malay Class Session 1 马来语班 第一节 11:00am -12:00pm	Apr Brithday Celebration / 四月生日庆祝 11:00am- 12:00pm	Let's Gen Together - MFS Zoom/ 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping / 方块踏步运动 9:00am-10:00am	
	Let's Do Seated Exercise / 一起做运动 (坐式) 2.00pm - 3.00pm	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
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Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise video / 一起做运动 (坐式)(视频) 9.30am - 10.30am	Let's Qigong / 一起练气功 9:30am -10:15am	Let's Line Dance / 排舞 9.00am - 10.00am	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Let's Do Seated Exercise / 一起做运动 (坐式) 2.00pm - 3.00pm	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Let's Gen Together - MFS Zoom/ 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping / 方块踏步运动 9:00am-10:00am	
Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Volunteer Appreciation Lunch 感谢义工者(午餐) 12:00pm-1:30pm	
Jurong Secondary School / 代际交流 裕廊中学 1/5 3.00pm-4.30pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise video / 一起做运动 ( 坐式) (视频) 9.30am - 10.30am	Let's Qigong / 一起练气功 9:30am -10:15am	Let's Line Dance / 排舞 9.00am - 10.00am	(Good Friday) Public Holiday 公共假期	Hari Raya Celebration / 开斋节活动 10:00am-12:00pm(TJ)
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Let's Do Seated Exercise / 一起做运动 ( 坐式) 2.00pm - 3.00pm	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Let's Gen Together - MFS 505/ 代际交流 - 幼儿园 10.15am - 11.15am		
Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Anglo Chinese School(2/6) / 代际交流 2:00pm-3:00pm		
Jurong Secondary School / 代际交流 裕廊中学 2/5 3.00pm-4.30pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		
21	22	23	24	25	26
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise video / 一起做运动 ( 坐式) (视频) 9.30am - 10.30am	Let's Qigong / 一起练气功 9:30am -10:15am	Let's Line Dance / 排舞 9.00am - 10.00am	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Let's Gen Together - MFS TJ/ 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping & Happy Feet / 方块踏步运动 9:00am-10:00am	
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Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Let's Do Seated Exercise / 一起做运动 ( 坐式) 2.00pm - 3.00pm	Staff Training/ Centre Closed, 职员训练/中心关闭 9:00pm-:6:00pm			
Jurong Secondary School / 代际交流 裕廊中学 4/5 3.00pm-4.30pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm				

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