

Centre Name:

Active Ageing Centre - Taman Jurong

© Centre Address:

118A Corporation Drive S(611118)

Centre Contact:

8)



MON TUE WED THU FRI SAT

6261 6563

	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	
7	8	9	10	11	12
7 Let's Taichi / 一起打太极 09.15am- 10.30am	8 Let's Do Seated Exercise video / 一起做运动 (坐式)(视频) 9.30am - 10.30am	9 Let's Qigong / 一起练气功 9:30am -10:15am	10 Let's Line Dance / 排舞 9.00am - 10.00am	11 Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	12
Let's Taichi / 一起打太极	Let's Do Seated Exercise video / 一起做运动 (坐式)(视频)	Let's Qigong / 一起练气功	Let's Line Dance / 排舞	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	12
Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织	Let's Do Seated Exercise video / 一起做运动 (坐式)(视频) 9.30am - 10.30am Let's Do Seated Exercise / 一起做运动 (坐式)	Let's Qigong / 一起练气功 9:30am -10:15am Services - Wellness - CHP / 服务 - 社区保健站	Let's Line Dance / 排舞 9.00am - 10.00am Let's Gen Together - MFS Zoom/ 代际交流 - 幼儿园	Services - Wellness - TCM / By Appointment(15 Pax) /大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动	12

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。



Centre Name:

Active Ageing Centre - Taman Jurong

☆ Centre Address:

118A Corporation Drive S(611118)

© Centre Contact:

6261 6563



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		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	(Good Friday) Public Holiday 公共假期	
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		
5.66pm 1.66pm	//////////////////////////////////////	2.00pm 3.00pm	////X+1/=1 / 2.00pm 3.00pm		
21	22	23	24	25	26
				25 Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	26
21 Let's Taichi / 一起打太极	22 Let's Do Seated Exercise video / 一起做运动 (坐式)	23 Let's Qigong / 一起练气功	24 Let's Line Dance / 排舞	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人)	26
21 Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织	22 Let's Do Seated Exercise video / 一起做运动 (坐式) (视频) 9.30am - 10.30am Yuvabharathi International School / 尤瓦巴拉提国际学校	Let's Qigong / 一起练气功 9:30am -10:15am Services - Wellness - CHP / 服务 - 社区保健站	24 Let's Line Dance / 排舞 9.00am - 10.00am Let's Gen Together - MFS TJ/ 代际交流 - 幼儿园	Services - Wellness - TCM / By Appointment(15 Pax) /大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping & Happy Feet / 方块踏步运动	26

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。



O Centre Name:

Active Ageing Centre - Taman Jurong

☆ Centre Address:

118A Corporation Drive S(611118)



6261 6563



MON	TUE	WED	THU	FRI	SAT
28	29	30			
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 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				

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。



O Centre Name:

Active Ageing Centre - Taman Jurong

© Centre Address: 118A Corporation Drive S(611118)

Centre Contact: 6261 6563



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 Birthday 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	
7	8	9	10	11	12
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	
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		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	(Good Friday) Public Holiday	
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	公共假期	
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	
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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
Jurong Secondary School /代际交流 裕廊中学 3/5 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	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
28	29	30			
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 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				

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。