

2025 August

 **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
				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 9:00am-10:00am	
				My first skool family day outing to West Coast park (10pax) 代际交流,家庭日 - 幼儿园郊游 8:45am - 1:00pm	
				Piloxing/ 2:00pm-3:00pm	
4	5	6	7	8	9
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 (坐式) 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	(National Day) Public Holiday 公共假期
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Malay Class / 马来语班 2:00am -3:00pm	August birthday Celebration / 庆祝八月生日 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	
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	SG 60 celebration at Yuvabharathi International School / SG 60庆典在国际学校 10:30AM -12:00PM	ACSI -5/6 2:00pm-3:00pm	Piloxing/ 2:00pm-3:00pm	
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	Services - Wellness - CHP / 服 务 - 社区保健站 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	

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

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closed, 中心关闭 9:00am-:6:00pm	Let's Do Seated Exercise / 一起做运动 (坐式) 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	
	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 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	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Centre Closed, 中心关闭 12:00pm-:6:00pm	
		Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm		
18	19	20	21	22	23
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 (坐式) 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	SMU/Tasek rice distribution / 分配米 10:00am - 2:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Malay Class / 马来语班 2:00am -3:00pm	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Let's Gen Together - MFS TJ/ 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	National day celebrations / 国庆庆典(30 pax) 2:00pm-4:00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	ACSI -6/6 2:00pm-3:00pm	Piloxing/ 2:00pm-3:00pm	
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	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 (坐式) 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 南大代际交流 10:00am - 12:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	CALM Exercise@Active Health Lab (TJ) 运动@活力健康实验室(TJ) 2:30pm -4:30pm	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Let's Gen Together - MFS TJ/ 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	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Piloxing/ 2:00pm-3:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Trishaw rides / 乘坐三轮车 09:00 am	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	

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