

2026 August

 **Centre Name:** AAC (Taman Jurong)
 **Centre Address:** 118A Corporation Drive S611118
 **Centre Contact:** 6261 6563



ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Taichi (IL) / 一起打太极 / 9.15AM - 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	Let's Celebrate National Day Carnival / 国庆嘉年华 / 05:00PM-09:00PM
Let's Table Tennis / 一起打乒乓 / 11:00AM to 1.00PM	Let's Celebrate August Birthday / 一起来庆生 / 11:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	Let's Gen Together - Yuvabharathi International School / 代际交流-尤瓦巴拉提国际学 校 / 1.00PM - 2.00PM	Let's Do Art & Craft / 一起做手工艺 / 2:00PM - 4:00PM	Let's Gen Together - ACS/ 代际交流 - 英华学校 (5/6) / 2:00PM- 3:00PM	Let's Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Learn with Thermomix / 烹饪课 / 11:00AM - 12:00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Gen Together - Yuvabharathi International School / (Outing) 代际交流-尤瓦巴拉提国际学 校 / 11.00AM - 12.30PM	
Let's Do Art & Craft / 一起做手工艺 / (Water colouring / 水彩画) 2:00PM - 4:00PM		Let's Dance / 一起嗨舞吧 (Seated / 坐式) / 3:30PM -4:30PM			
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM			

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
(National Day) Public Holiday 公共假期	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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
	Let's Do Art & Craft Paracord/ 一起做手工 伞绳 11:00AM-12:00pm	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS (505) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
	Let's Learn to Bake / 一起学烘焙 / 1:00PM -3:00PM	Movie Time / 电影时间 (Jem) 01:50PM - 03:50PM	Centre Closed / 中心关闭 12:00pm - 06:00pm	Let's Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Let's Walking Football (9/10)/ 一起来踢球 / 10:00am - 12:PM		Let's Do Art & Craft / 一起做手工艺 / 2:00PM - 4:00PM	
	Let's Do Magic / 一起变魔术 3:30PM - 4:00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM		Let's Learn with Thermomix / 烹饪课 / 2:00AM - 4:00PM	
		Let's Dance / 一起嗨舞吧 (Seated / 坐式) / 3:30PM -4:30PM		Guardians of the Green (BP AAC) / 环保活动 - 绿色 护卫队 (14/22) / 2.00PM - 3.00PM	
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM			

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Let's Taichi (IL) / 一起打太极 / 9.15AM - 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Table Tennis / 一起打乒乓 / 11:00AM to 1.00PM	Let's Drangonboat (Training) / 一起去龙舟训练 / (Jurong lake) 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	Let's Learn with Thermomix / 烹饪课 / 11:00AM - 12:00PM	Let's Do Art & Craft / 一起做手工艺 / (Water colouring / 水彩画)) 2:00PM - 4:00PM	Let's Gen Together -ACSI / 代际交流 - 英华学校 (6/6) 2:00PM- 3:00PM	Digital - Fab Lab Series - Laser Cutting Workshop / 激光切割工作坊 (PL AAC) / 10:00AM-01:00PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Let's Go Gai Gai / 一起去Gai Gai crocodile Farm/ 0:2:30PM-04:00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
		Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM		Let's Learn with Thermomix / 烹饪课 / 02:00PM - 03:00PM	
		Let's Dance / 一起嗨舞吧 (Seated / 坐式) / 3:30PM -4:30PM		Guardians of the Green (JCP AAC) / 环保活动 - 绿色 护卫队 (15/22) / 2.00PM - 3.00PM	
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Taichi (IL) / 一起打太极 / 9.15AM - 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	Chairty Lunch + Bowling (Chinese Swimming Club) / 慈善午餐 + 打保龄球 11:30AM- 1:30PM
Let's Table Tennis / 一起打乒乓 / 11AM to 1.00PM	Let's Drangonboat (Training) / 一起去龙舟训练 / (Jurong lake) 10:00AM-12:00PM	Let's Walking Football (10/10)/ 一起来踢球 / 10:00am - 12:PM	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Learn with Thermomix / 烹饪课/ 11:00AM - 12:00PM	Let's Do Art & Craft / 一起做手工艺 / 2:00PM - 4:00PM	Let's KTV Together / 一起来K歌 / 1.00PM - 3.00PM	Functional Screening / 健康检查 (THK)/ 09:00AM-05:00PM	
Let's Do Art & Craft / 一起做手工艺 / 2:00PM - 4:00PM	Let's Gen Together - Yuvabharathi International School / 代际交流-尤瓦巴拉提国际学 校 / 1.00PM - 2.00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
	Let's Do Art & Craft shrinking plastic/ 一起做手工热缩塑料 / 3:30PM-4:30PM	Let's Dance / 一起嗨舞吧 (Seated / 坐式) / 3:30PM -4:30PM		Guardians of the Green (BP AAC) / 环保活动 - 绿色护卫队 (16/22) / 2.00PM - 3.00PM	
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM			

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