

2026 February

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Taichi / 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 / 排舞 9.00AM - 10.00AM	TCM (15 Pax) / 大众中医会 诊（限制十五个人）9.30AM - 11.00AM	
Let's Jam with Ukelele/ 一起玩 Ukelele 1.00PM - 2.30PM	Let's Do Magic / 一起变魔术 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 Do Knitting / 一起做 针织 2.30PM - 3.30PM	Let's Learn Smart Phone Coaching / 智能手机 辅导 2.00PM - 5.00PM	Guardians of Green / 环保活动-绿色护卫队 12.00PM - 1.00PM	Let's KTV Together / 一起来 K歌 1.00PM - 3.00PM	Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00PM - 5.00PM	
Stay Well Series - Health Talk by RHS (Fall + Bone) / 保健系列 - 健康 讲座 2.00PM - 4.00PM	Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00PM - 5.00PM	Community Health Post 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga / 一起做椅子瑜伽 3.30PM - 4.30PM	Hydroponic Maintenance / 保养室外水耕种植 2.00PM - 5.00PM	
9	10	11	12	13	14
Let's Taichi / 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 / 排舞 9.00AM - 10.00AM	TCM / (15 Pax) / 大众中医会 诊（限制十五个人） 9.30AM - 11.00AM	Let's Gen Together with NTU / 南洋理工大学 10.00AM - 12.00PM
Let's Jam with Ukelele/ 一起玩 Ukelele 1.00PM - 2.30PM	Let's Do Magic / 一起变魔术 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 with MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Centre Closed / 中心关闭 12.00PM-6.00PM	
Let's Do Knitting / 一起做 针织 2.30PM - 3.30PM	Let's Gen Together with Yuvabharathi International School / 尤瓦巴拉提国 际学校 / 郊游 1.00PM - 3.00PM	Let's Talk News / 一起聊新闻 11.45AM - 12.15PM	Let's KTV Together / 一起来 K歌 1.00PM - 3.00PM		
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	Community Health Post 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga / 一起做椅子瑜伽 3.30PM - 4.30PM		

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
16	17	18	19	20	21
Let's Taichi / 一起打太极 9.15am - 10.30am	(Chinese New Year) Public Holiday 公共假期	(Chinese New Year) Public Holiday 公共假期	Let's Line Dance / 排舞 9.00AM - 10.00AM	TCM / (15 Pax) / 大众中医会 诊 (限制十五个人) 9.30AM - 11.00AM	Let's Celebrate Chinese New Year / 庆祝新年 10.30AM - 12.30PM
Centre Closed / 中心关闭 12.00pm-6.00pm			Let's KTV Together / 一起来 K歌 1.00PM - 3.00PM	Square Stepping Exercise / 方块踏步运 动 9.00AM - 10.00AM	
			Let's Do Chair Yoga / 一起做椅子瑜伽 3.30PM - 4.30PM	Let's Gen Together - Tertiary (NJC CNY) / 代际交流 - 大专学府 9.00AM - 12.00PM	
			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	
23	24	25	26	27	28
Let's Taichi / 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 / 排舞 9.00AM - 10.00AM	TCM / (15 Pax) / 大众中医会 诊 (限制十五个人) 9.30AM - 11.00AM	Let's Celebrate Chinese New Year with NTU / 南洋理工大学 10.00AM - 12.00PM
Let's Jam with Ukelele/ 一起玩 Ukelele 1.00pm - 2.30pm	Let's Do Magic / 一起变魔术 11.00AM - 12.00PM	Let's CALM / 一起做防肌肉萎 缩运动 10.45AM - 11.45AM	Let's KTV Together / 一起来 K歌 1.00PM - 3.00PM	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 Smart Phone Coaching / 智能手机 辅导 2.00PM - 5.00PM	Let's Celebrate Chinese New Year at AAC (Taman Jurong) 庆祝新年 / 2.00PM - 4.00PM	Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00PM - 5.00PM	Let's Join Life Unstoppable Roadshow 11.00AM - 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	Community Health Post 社区保健站 / 2.00pm - 5.00pm	Let's Do Chair Yoga / 一起做椅子瑜伽 3.30PM - 4.30PM		

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