

2025 July

 **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 / 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	
	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 (Zoom) / 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping / 方块踏步运动 9:00am-10:00am	
	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Westwood Secondary School / 维林中学 2:30PM -4:30PM	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Calm training / 2:30pm - 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	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Piloxing/ 2:00pm-3:00pm	
7	8	9	10	11	12
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	School Of Science And Technology Athletic 9:00am-1:000pm
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	July Brithday Celebration / 庆祝七月生日 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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	ACSI -4/6 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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14	15	16	17	18	19
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	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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 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	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	Piloxing/ 2:00pm-3:00pm	
Hydroponic maintenance / 保养室外水耕种植 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	
21	22	23	24	25	26
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	
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	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	
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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
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		
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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 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	Hydroponic maintenance / 保养室外水耕种植 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		Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm			

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