

# 2025 June

 **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
2	3	4	5	6	7
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	June Brithday Celebration 庆祝六月生日 11:00am- 12:00pm	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	Dragon Boat Paddling /Training (JCP) 2:00pm-4:00pm	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	Dragon Boat paddling (Pandan) (Pickup at JCP) 9:00am to 12pm	
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	Chair Yoga 一起做运动 ( 坐式) 3.30pm-4.30pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
9	10	11	12	13	14
<b>Centre Closed, 中心关闭 9:00am-:6:00pm</b>	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	
	Malay Class / 马来语班 2:00am -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	
	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 一起做运动 ( 坐式) 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.

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。

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	SPF Scam Talk(English) 2:00pm - 3:30pm	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 / 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 1:00pm-3:00pm	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	Chair Yoga 一起做运动 ( 坐式) 3.30pm-4.30pm	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 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	<b>Centre Closed, 中心关闭 9:00am-:6:00pm</b>	
Intergenerational community art project 1/3 10:00am -12:00pm	Intergenerational community art project 2/3 10:00am -12:00pm	Intergenerational community art project 3/3 10:00am -12:00pm	Let's Gen Together - MFS TJ/ 代际交流 - 幼儿园 10.15am - 11.15am		
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 KTV Together / 一起来K歌 1:00pm-3:00pm		
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30					
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Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm					
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					

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