

2025 March

 **Centre Name:** Active Ageing Centre - Taman Jurong
 **Centre Address:** 118A Corporation Drive S(611118)
 **Centre Contact:** 6261 6563



MON

TUE

WED

THU

FRI

SAT

31				1	
3		4		5	
6		7		8	
<p>Hari Raya 2025 (Public Holiday) / 公共假期</p>					
<p>Let's Taichi / 一起打太极 09.15am- 10.30am</p>	<p>Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am</p>	<p>Let's Qigong / 一起练气功 9:30am -10:15am</p>	<p>Let's Line Dance / 排舞 9.00am - 10.00am</p>	<p>Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am</p>	
<p>Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm</p>	<p>Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM</p>	<p>Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm</p>	<p>Let's Gen Together - MFS Zoom/ 代际交流 - 幼儿园 10.15am - 11.15am</p>	<p>Square Stepping / 方块踏步运动 9:00am-10:00am</p>	
<p>Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm</p>	<p>Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm</p>	<p>Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm</p>	<p>NUH Foot Screening 9:00am -4:00pm</p>	<p>Staff Training/ Centre Closed, 职员训练/中心关闭 12:00pm-:6:00pm</p>	
<p>Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm</p>	<p>Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm</p>	<p>Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm</p>	<p>Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm</p>		

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
10	11	12	13	14	15
Let's Taichi / 一起打太极 09.15am- 10.30am	Staff Training/ Centre Closed, 职员训练/中心关闭 9:00am-1:00pm	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	DBS pop-up community market at taman jurong CC 11:00 am -4:00pm
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	Let's Gen Together - MFS 505/ 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	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	ACS(1/6) / 2:00pm-4:00pm	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	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	
17	18	19	20	21	22
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 (坐式) 2.00pm - 3.00pm	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 AAC TJ/ 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping & Happy Feet / 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	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	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		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	

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Taichi / 一起打太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 (坐式) 2.00pm - 3.00pm	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 Integeneration 代际交流 10am - 12.00pm
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 505/ 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping & Happy Feet / 方块踏步运动 9:00am-10:00am	
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	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	

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