

2025 May

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





MON	TUE	WED	THU	FRI	SAT
			1	2	3
			(Labour Day) Public Holiday 公共假期	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	
				Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
5	6	7	8	9	10
Centre Closed, 中心关闭 9:00am-6:00pm	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	Charity Lunch by Smeeu(Pac Oceon) 12:00pm - 3:00pm
	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	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 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	
	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	

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12	13	14	15	16	17
(Vesak 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 / 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	
	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	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	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Anglo Chinese School (3/6) / 代 际交流 2:00pm-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	
19	20	21	22	23	24
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	Juying Secondary School / 聚英中学 (School Carnival / 学校嘉年华) 9am-12pm	Let's Gen Together - MFS 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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 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	
Jurong Secondary School / 代际交流 裕廊中学 5/5 3.00pm-4.30pm		Services - Wellness - CHP / 服务 - 社区保健站 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

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26	27	28	29	30	31
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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	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 & Happy Feet / 方块踏步运动 9:00am-10:00am	
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