

2026 October

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





MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Centre Closed / 中心关闭 09:00AM - 06:00PM	TCM/ (15 Pax) / 中医问诊 (限制十五个人)/ 9.30AM - 11.00AM	Let's Gen Together - Tertiary (NTU / TASEK) 代际交流 - 大专学府 10:00am - 12:00pm
				Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
				Let's Social Dance / 一起跳社交舞(RN - F) 1:30PM - 2:30PM	
				Guardians of the Green (BP AAC) / 环保活动 - 绿色 护卫队 (19/22) / 1.30PM - 3.30PM	

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
5	6	7	8	9	10
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 / (Beacon) / 9.30AM - 10.15AM	Let's Line Dance / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (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 Gai Gai Drangonboat Training / 一起去龙舟训练 / (Passion Wave) / 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Do Art & Craft Crochet / 一起做手工 / 01:30PM - 3:30PM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Do Art & Craft mobile Paracord/ 一起做手工 伞绳 / 2:00PM - 3:00PM	Let's Celebrate October Birthday / 一起来庆生 / 11:00AM-12:00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Walking Football Final/ 一起来踢球舟 / (Blk 326 / Tampines hub)/ 10:00AM - 12:00PM	
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM	Let's Do Art & Craft (Clay making) 一起做手工 / 2:00PM - 3:30PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	My Green Fingers /Hydroponic maintenance / 保养室外水耕种植 11:00AM - 12:00PM	Let's Social Dance / 一起跳社交舞 (RN - F) 1:30PM - 2:30PM	
				Guardians of the Green (BBW AAC) / 环保活动 - 绿色 护卫队 (20/22) / 2.00PM - 3.00PM	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) 9.30AM - 11.00AM	Let's Gen Together - Tertiary (NTU / TASEK) 代际交流 - 大专学府 10:00am - 12:00pm
Let's Do Art & Craft / 一起做手工 / Pottery 1/2 10:00AM - 12:30PM	Let's Gai Gai Drangonboat Training / 一起去龙舟训练 / (Passion Wave) / 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Do Art & Craft Crochet / 一起做手工 / 01:30PM - 3:30PM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	Let's Do Art & Craft (Clay making) 一起做手工 / 2:00PM - 3:30PM	Centre Closed / 中心关闭 12:00PM - 6:00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Social Dance / 一起跳社交舞 (RN - F) 1:30PM - 2:30PM	
Let's Do Art & Craft mobile Paracord/ 一起做手工 伞绳 / 2:00PM - 3:00PM	- Let's Talk News / 一起聊新闻 / 3:30AM - 4:00PM		Let's Do Art & Craft / 一起做手工 / 3d drawing / 11:00AM -12:00PM	Guardians of the Green (JCP AAC) / 环保活动 - 绿色 护卫队 (21/22) / 2.00PM - 3.00PM	
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM					

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (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 Gai Gai Drangonboat Training / 一起去龙舟训练 / (Passion Wave) / 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS / 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 Art & Craft / 一起做手工 / 3d drawing 02:00PM - 3:30PM	Let's Gen Together - Yuvabharathi International School / 代际交流-尤瓦巴拉提国际学 校 / (Beacon) 1.00PM - 2.00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Art & Craft Crochet / 一起做手工 / 01:30PM - 3:30PM	Let's Social Dance / 一起跳社交舞 / (RN - F) / 1:30PM - 2:30PM	
Let's Do Knitting/ 一起做针织 2.30PM - 3.30PM	Let's Do Art & Craft (Clay making) 一起做手工 2:00PM - 3:30PM	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	Guardians of the Green (Gek poh AAC) / 环保活动 - 绿色护卫队 (22/22) / 2.00PM - 3.00PM	

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) 9.30AM - 11.00AM	CSR by Calvary Church 10:00AM-12:00PM
Let's Do Art & Craft / 一起做手工 / Pottery 2/2/ 10:00AM - 12:30PM	Let's DrangonBoat - Training / 一起去龙舟训练 / (Passion Wave) / 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Gen Together - MFS / 代际交流 - 幼儿园 / (505) 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
Let's Do Art & Craft / 一起做手工 / 3d drawing / 02:00PM - 3:30PM	Let's Do Art & Craft (Clay making) 一起做手工 / 2:00PM - 3:30PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Art & Craft Crochet / 一起做手工 / 01:30PM - 3:30PM	Let's Social Dance / 一起跳社交舞 / (RN - F) / 1:30PM - 2:30PM	
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM	- Let's Talk News / 一起聊新闻 / 3:30AM - 4:00PM	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	Let's Makan Together / 一起来makan/ 11.30am - 12.30pm	

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