

2025 October

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		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 / (15Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	NTFGH Family Health Carnival Day / 黄廷方医院家庭健康日 09:00am-12:00pm
		AAC Day (Temasek Poly) / 活跃乐龄日 09:00am-12:00pm	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Square Stepping / 方块踏步运动 9:00am-10:00am	National Celebration Of Seniors Day (NCOS) @ Tampines Hub 10am to 1.00pm
		Calm Training / 運動 (10/12) 11:00pm-12:00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Piloxing Lite / 拳击普拉提 2:00pm-3:00pm	
		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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
6	7	8	9	10	11
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 / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	NTU / Tasek 南大代际交流 10:00am - 12:00pm
Let's Do Knitting / 一起做针织 1:30 pm-2:30 pm	Oct - Birthday Celebration 庆祝十月生日 11:00am- 12:00pm	Calm Training / 運動 (12/12) 11:00pm-12:00pm	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Square Stepping / 方块踏步运动 9:00am-10:00am	
Calm Training / 運動 (11/12) 2:30pm-3:30pm	Yuvabharathi International School / Outing 尤瓦巴拉提国际学校 / 郊游 1.00pm -3:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Piloxing Lite / 拳击普拉提 2:00pm-3:00pm	
SGO Carepack Distribution (AM)	FireBlock / Tasek Outreach Activity 9.30am to 12pm	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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 / (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 01:30 pm-2:30 pm	Last CALM Exercise@Active Health Lab (TJ) 最后的运动@活力健康实验室 (TJ) 2:30pm -4:30pm	Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 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	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Introducing International Chess (Male only) 1.30pm to 4.00pm	Let's KTV Together / 一起来K歌 1:00pm-3:00pm	Piloxing Lite / 拳击普拉提 2:00pm-3:00pm	
Tasek / Singapore poly / Outreach Activity 9.30am to 12.00pm	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	
20	21	22	23	24	25
(Deepavali) 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 / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	NTU / Tasek 南大代际交流 10:00am - 12:00pm
	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	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	Aungklung Class / 竹筒乐器班 (1/5) 11.00am to 12.30pm	SGA Kopi Chat 3:00pm--05:00pm	Piloxing Lite / 拳击普拉提 2:00pm-3:00pm	
		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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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MON

TUE

WED

THU

FRI

SAT

27	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	Services - Wellness - TCM / (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 01:30 pm-2:30 pm	Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM	Aungklung Class 竹筒乐器班 (2/5) 11.00am to 12.30pm	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	
NJC - Upcycling workshop 环保课程 02:00pm-04:00pm	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 Lite / 拳击普拉提 2:00pm-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	Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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MON	TUE	WED	THU	FRI	SAT
		1 Let's Qigong / 一起练气功 9:30am -10:15am AAC day (Temasek Poly) / 活跃乐龄日 09:00am-12:00pm Calm training / 運動 (10/12) 11:00pm-12:00pm Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	2 Let's Line Dance / 排舞 9.00am - 10.00am Let's KTV Together / 一起来K歌 1:00pm-3:00pm Chair Yoga / 椅子瑜伽 3:30pm-4:30pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	3 Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动 9:00am-10:00am Piloxing Lite / 拳击普拉提 2:00pm-3:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	4 NTFGH Family Health Carnival 黄廷方医院家庭健康 09:00am-12:00pm National Celebration Of Seniors Day (NCOS) @ Tampines Hub 10am to 1.00pm
6 Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织 01:30 pm-2:30 pm Calm training / 運動 (11/12) 02:30pm-03:30pm SGO Carepack Distribution (AM)	7 Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am October Birthday Celebration / 庆祝十月生日 11:00am- 12:00pm Yuvabharathi International School / Outing 尤瓦巴拉提国际学校 / 郊游 1.00pm -3:00pm FireBlock / Tasek / Outreach Activity 9.30am to 12pm	8 Let's Qigong / 一起练气功 9:30am -10:15am Calm training / 運動 (12/12) 11:00pm-12:00pm 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	9 Let's Line Dance / 排舞 9.00am - 10.00am Let's KTV Together / 一起来K歌 1:00pm-3:00pm Chair Yoga / 椅子瑜伽 3:30pm-4:30pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	10 Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动 9:00am-10:00am Piloxing Lite / 拳击普拉提 2:00pm-3:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	11 NTU / Tasek 南大代际交流 10:00am - 12:00pm
13 Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织 01:30 pm-2:30 pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm Tasek / Singapore poly / Outreach Activity 9.30am to 12.00pm	14 Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am Last CALM Exercise@Active Health Lab (TJ) 最后的运动@活力健康实验室(TJ) 2:30pm -4:30pm 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	15 Let's Qigong / 一起练气功 9:30am -10:15am Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm Introducing International Chess (Male only) 1.30pm to 4.00pm Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	16 Let's Line Dance / 排舞 9.00am - 10.00am Let's Gen Together - MFS (Zoom) / 代际交流 - 幼儿园 10.15am - 11.15am Let's KTV Together / 一起来K歌 1:00pm-3:00pm Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	17 Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动 9:00am-10:00am Piloxing Lite / 拳击普拉提 2:00pm-3:00pm Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	18
20 (Deepavali) Public Holiday 公共假期	21 Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am 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	22 Let's Qigong / 一起练气功 9:30am -10:15am Strategise with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm Aungklung Class / 竹筒乐器班(1/5) 11.00am to 12.30pm Services - Wellness - CHP / 服务 - 社区保健站 2.00pm-5.00pm	23 Let's Line Dance / 排舞 9.00am - 10.00am Let's KTV Together / 一起来K歌 1:00pm-3:00pm SGA kopi chat 3:00pm--05:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	24 Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动 9:00am-10:00am Piloxing Lite / 拳击普拉提 2:00pm-3:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	25 NTU / Tasek 南大代际交流 10:00am - 12:00pm
27 Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织 01:30 pm-2:30 pm NJC - Upcycling workshop 升级改造 02:00pm-04:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	28 Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM 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	29 Let's Qigong / 一起练气功 9:30am -10:15am Aungklung Class 竹筒乐器班 (2/5) 11.00am to 12.30pm 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	30 Let's Line Dance / 排舞 9.00am - 10.00am Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 10.15am - 11.15am Let's KTV Together / 一起来K歌 1:00pm-3:00pm Chair Yoga / 椅子瑜伽 3:30pm-4:30pm	31 Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping / 方块踏步运动 9:00am-10:00am Piloxing Lite / 拳击普拉提 2:00pm-3:00pm Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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