

# 2025 September

 **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
1	2	3	4	5	6
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	Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM	Calm training / 運動 11:00pm-12:000pm	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	
Calm training / 運動 02:30pm-03:330pm	Malay Class / 马来语班 3:00pm -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	Piloxing / 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	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
8	9	10	11	12	13
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	Centre Closed, 中心关闭 9:00am-:6:00pm	NTU / Tasek 南大代际交流 10:00am - 12:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	September birthday Celebration / 庆祝九月生日 11:00am- 12:00pm	Calm training / 運動 11:00pm-12:000pm	Silver national game at SG sports hub 09:00 am-01:00 pm		
Calm training / 運動 02:30pm-03:330pm	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 (Zoom) / 代际交流 - 幼儿园 10.15am - 11.15am		
Trishaw rides / 乘坐三轮车 08:30am-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		

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
15	16	17	18	19	20
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	Malay Class / 马来语班 2:00am -3:00pm	Calm training / 運動 11:00pm-12:000pm	Prescribing clay at NTF 02:00pm-04:00pm	Square Stepping / 方块踏步运动 9:00am-10:00am	
Calm training / 運動 02:30pm-03:330pm	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	Piloxing / 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	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
22	23	24	25	26	27
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	NTU / Tasek 南大代际交流 10:00am - 12:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Crest (art/remin) 6pax 02:30 pm-0330pm	Calm training / 運動 11:00pm-12:000pm	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	
	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	Piloxing / 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	Adaptive sports training (TJ) / 运动训练 3:30pm-5:00pm	

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Taichi / 一起做太极 09.15am- 10.30am	Let's Do Seated Exercise / 一起做运动 ( 坐式) 9.30am - 10.30am				
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	CALM Exercise@Active Health Lab (TJ) 运动@活力健康实验室(TJ) 2:30pm -4:30pm				
Adaptive sports training (TJ) 运动训练 3:30pm-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	Trishaw rides / 乘坐三轮车 08:30am-12:00pm				

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