




# 2024 December

 **Centre Name:** Active Ageing Centre (Nanyang)  
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817  
 **Centre Contact:** 6715 6752



**ntuc Health**




Requires Registration

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	Rolling Good Times (HPB) 10am - 11.30am	Fun with Kakis 9.30am - 10.00am Let's Makan Together 10am - 11am	Centre Closed for Company Event	
CrossFit Exercise 2pm -3pm		Exercise by Razak - Modified Boxing (Zoom) 11.30am - 12.15pm	Let's Walking Football (JCP) 10am - 11.30		
Fun with Exergame 3pm - 4pm	Let's Do Xmas Decor Making 2pm - 3.30pm		Let's Zumba 1pm - 2pm		
			Let's Do Zentangle 2.30pm - 4pm		
Strategize with Kakis (Rummy-O) 2pm - 4pm	Strategize with Kakis (Rummy-O) 2pm - 4pm	Strategize with Kakis (Rummy-O) 2pm - 4pm	Strategize with Kakis (Rummy-O) 2pm - 4pm		
9	10	11	12	13	14
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	Rolling Good Times (HPB) 10am - 11.30am	Let's Celebrate Birthday 9.30am - 11.00am	Rolling Good Times (HPB) 10am - 11.30am	
Intergenerational Programme with Tertiary (NTU) 2pm till 4.30pm		Exercise by Razak - Modified Boxing (Zoom) 11.30am - 12.15pm	Let's Walking Football (JCP) 10am - 1130am	Exercise by Razak - Resistance Band) (Zoom) 11.30am - 12.15pm)	
	Let's Do Coffee Bag Craft (Preparation Stage) 2pm - 4pm	Services-Wellness- CHP (9am - 12pm)	Health Carnival @ Nanyang 1.30pm till 4.30pm	Project PRAISE- Scam Talk 2pm till 3.30pm	
Strategize with Kakis (Rummy-O) 2pm - 4pm	Strategize with Kakis (Rummy-O) 2pm - 4pm	Strategize with Kakis (Rummy-O) 2pm - 4pm		Strategize with Kakis (Rummy-O) 4pm - 5pm	

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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Let's Aerobics</b> 10am-11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Rolling Good Times (HPB)</b> 10am - 11.30am	<b>Let's Celebrate (Xmas / New Year)</b> 9.30am - 11.00am	<b>Rolling Good Times (HPB)</b> 10am - 11.30am	
CrossFit Exercise 2pm -3pm	<b>MALE ONLY with Kakis (Rummy-O)</b> (11am - 12pm)	<b>Exercise by Razak - Modified Boxing (Zoom)</b> 11.30am - 12.15pm)	<b>Let's Walking Football (JCP)</b> 10am - 1130am	<b>Exercise by Razak - Resistance Band (Zoom)</b> 11.45am-12.30pm	
Fun with Exergame 3pm - 4pm			<b>Let's Zumba</b> 1pm - 2pm <b>Let's Do Zentangle</b> 2.30pm - 4pm	<b>Lets' Go Gai Gai (Lee Kong Chian Natural History Museum)</b> 2pm - 5pm	
Strategize with Kakis (Rummy-O) 2pm - 4pm	<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm	<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm	<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm	<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Let's Aerobics</b> 10am-11am	<b>Let's Chair Zumba</b> 10am - 11am		<b>Fun with Kakis</b> 9.30am - 10.00am	<b>Rolling Good Times (HPB)</b> 10am - 11.30am	
<b>CrossFit Exercise</b> 2pm -3pm	<b>Strategize with Kakis (Rummy-O)</b> 11am - 1pm		<b>Let's Makan Together</b> 10am - 11am		
<b>Fun with Exergame</b> 3pm - 4pm	<b>Centre Closed (Christmas Eve)</b>		<b>Let's Zumba</b> 1pm - 2pm <b>Let's Do Zentangle</b> 2.30pm - 4pm	<b>Exercise by Razak - Resistance Bands (Zoom)</b> 11.45am - 12.30pm	
<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm			<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm	<b>Strategize with Kakis (Rummy-O)</b> (2pm - 4pm)	
<b>30</b>	<b>31</b>				
<b>Let's Aerobics</b> 10am-11am	<b>Let's Chair Zumba</b> 10am - 11am				
<b>CrossFit Exercise</b> 2pm -3pm	<b>Strategize with Kakis (Rummy-O)</b> 11am - 1pm				
<b>Fun with Exergame</b> 3pm - 4pm	<b>Centre Closed (New Year Eve)</b>				
<b>Strategize with Kakis (Rummy-O)</b> 2pm - 4pm					

# 2024 十二月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做有氧运动 10am-11am	一起跳尊巴(乐龄版)/椅子尊巴 10am - 11am	防跌课程Rolling Good Times 10am-11.30am	游戏时间 9.30am - 10.00am	中心关闭	
一起做CrossFit 2pm - 3pm		一起跟Razak线上做运动 - (拳击运动) 11.45am-12.30pm	一起来makan 10am - 11am		
电子游戏时间 3pm - 4pm			一起来踢球 (JCP) 10am - 1130am		
游戏时间 (Rummy O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm		
9	10	11	12	13	14
一起做有氧运动 10am-11am	一起跳尊巴(乐龄版)/椅子尊巴 10am - 11am	防跌课程Rolling Good Times 10am-11.30am	一起来庆生日 (9.30am - 11.00am)	防跌课程Rolling Good Times 10am-11.30am	
代际交流 - 大专学府 2pm - 4.30pm		一起跟Razak线上做运动 - (拳击运动) 11.45am-12.30pm	一起来踢球 (JCP) 10am - 1130am	一起跟Razak线上做运动 (Resistance band - Zoom) 11.45am-12.30pm	
		服务 - 社区保健站 (CHP) 9.00pm - 12.00pm	代际交流 - 大专学府 1.30pm - 4.30pm	一起来谈(诈骗课题) 2pm - 3.30pm	
游戏时间 (Rummy-O)	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm		游戏时间 (Rummy-O) 4pm - 5pm	

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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
一起做有氧运动 10am-11am	一起跳/椅子尊巴 10am - 11am	防跌课程Rolling Good Times 10am-11.30am	一起来庆祝 (Xmas / New Year) 9.30am - 11.00am)	防跌课程Rolling Good Times 10am-11.30am	
一起做CrossFit 2pm -3pm	游戏时间 (Rummy-O) 男性 11am - 12pm			一起跟Razak线上做运动 (Resistance band - Zoom) 11.45am-12.30pm	
电子游戏时间 3pm - 4pm		服务 - 健康检查 9am - 12pm	一起来踢球 (JCP) 10am - 1130am	一起去Gai Gai (Lee Kong Chian Natural History Museum)	
游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
一起做有氧运动 10am-11am	一起跳椅子尊巴 10am - 11am		游戏时间 9.30am - 10.00am	防跌课程Rolling Good Times 10am-11.30am	
一起做CrossFit 2pm - 3pm			一起来 makan 10am - 11am	一起跟Razak线上做运动 (Resistance band - Zoom) 11.45am-12.30pm	
电子游戏时间 3pm - 4pm	中心关闭 (平安夜)		一起跳尊巴 (乐龄版) 1.00pm - 2.00pm		
游戏时间 (Rummy-O) 3pm - 4pm			一起做禅绕画 2.30pm - 4.00pm	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm
<b>30</b>	<b>31</b>				
一起做有氧运动 10am-11am	一起跳椅子尊巴 10am - 11am				
一起做CrossFit 2pm - 3pm	游戏时间 (Rummy-O) 11am - 1pm				
电子游戏时间 3pm - 4pm	中心将关闭 (除夕夜)				
游戏时间 (Rummy-O) 2pm - 4pm					