




# 2025 January

Requires Registration

 **Centre Name:** Active Ageing Centre (Nanyang)  
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817  
 **Centre Contact:** 89400462 (Whatsapp Only)



**ntuc Health**




MON	TUE	WED	THU	FRI	SAT
			2	3	4
			<b>Fun with Kakis</b> 9.30am - 10am	<b>Rolling Good Times (HPB)</b> 10am - 11.30am <b>(FULL)</b>	
			<b>Let's Makan Together</b> 10am - 11am	<b>Exercise by Razak - Resistance Band</b> 11.45am - 12.30pm	
			<b>Let's Zumba</b> 1pm - 2pm	<b>Let's Do Coffee Bag Craft</b> 2pm - 4pm	
			<b>Let's Do Zentangle</b> 2.30pm - 4pm		
6	7	8	9	10	11
<b>Let's Aerobics</b> 10am - 11am	<b>Let's Chair Zumba</b> 10am - 11am	<b>Services Wellness - CHP</b> 9am - 12pm	<b>Let's Celebrate Birthday</b> 9.30am - 11.00am	<b>Exercise by Razak - Resistance Band</b> 10am - 11am	<b>Let's Go Gai Gai</b> <b>(Sheng Siong Show 2025)</b> 6pm - 11.45 pm (Estimate)
<b>CSR with AAC- Singing by The Melodie</b> 1.30pm - 3.30pm		<b>Rolling Good Times (HPB)</b> 10am - 11.30am <b>(FULL)</b>	<b>Let's Walking Football</b> <b>(JCP Blk 493)</b> 10am - 11.30am		
<b>Fun with Exergame</b> 4pm - 5pm	<b>Let's Do CNY Craft</b> 2pm - 4pm	<b>Exercise by Razak - Modified Boxing</b> 11.45am - 12.30 pm	<b>HayDays with Horses</b> <b>(JCP Blk 493)</b> 2pm - 4pm <b>(FULL)</b>	<b>Let's Go Kai Kai</b> <b>(Peranakan Museum)</b> 1pm - 5pm	
			<b>Let's Do Zentangle</b> 2.30pm - 4pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT	
13	14	15	16	17	18	
Let's Aerobics 10am - 11am	Let's Lim Kopi (Men Only) 9.30am - 10.30am	Exercise by Razak - Modified Boxing 10am - 11am	Let's Celebrate CNY 9.30am - 11.00am	Exercise by Razak - Resistance Band 10am - 11 am		
CrossFit Exercise 2pm - 3pm	Let's Go Gai Gai (National Museum - Batik Craft) 9am - 1pm		Let's Walking Football (JCP Blk 493) 10am - 1130am			
Healthy 365 Talk by Senior 2pm - 4pm	Let's Chair Zumba 10am - 11am	Exercise by Razak - Water Bottle 2pm - 3pm	HayDays with Horses (JCP Blk 493) 2pm - 4pm (FULL)	Intergenerational Program - Tertiary (NJC) 2pm - 4pm		
Fun with Exergame 3pm - 4pm	Let's Do CNY Craft 2pm - 4pm		Intergenerational Program - Tertiary (NJC) 2pm - 4pm			
20	21	22	23	24		25
Let's Aerobics 10am - 11am	Let's Chair Zumba 10am - 11am	Services Wellness - CHP 9am - 12pm	Fun with Kakis 9.30am - 10am	Exercise by Razak - Resistance Band 10am - 11am		
CrossFit Exercise 2pm - 3pm		Exercise by Razak - Modified Boxing 10am - 11am	Let's Makan Together 10am - 11am		Fun with Kakis (Bingo) 2pm - 3pm	
Healthy 365 Talk by Senior 2pm - 4pm			Exercise by Razak - Water Bottle 2pm - 3pm	Let's Walking Football (JCP Blk 493) 10am - 1130am		
Fun with Exergame 3pm - 4pm	Fun with Kakis (Games Day) 3pm - 4pm	Exercise by Razak - Water Bottle 2pm - 3pm		Let's Zumba 1pm - 2pm	Let's Do Coffee Bag Craft 3pm - 4pm	
			HayDays with Horses (JCP Blk 493) 2pm - 4pm (FULL)			
			Let's Do Zentangle 2.30pm - 4pm			

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Aerobics 10am - 11am	Let's Go Gai Gai (Cycling without Age @ JP) 9am - 12pm			Exercise by Razak - Resistance Band 10am - 11am	
CrossFit Exercise 2pm - 3pm	Let's Chair Zumba 10am - 11am				
Fun with Exergame 3pm - 4pm	Centre Closed (Lunar New Year Eve)				

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# 2025 一月

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MON	TUE	WED	THU	FRI	SAT
			2	3	4
			游戏时间 930am - 10am	防跌课程 Rolling Good Times 10am - 11.30am (班级已满)	
			一起来makan 10am - 11am	一起跟 Razak 线上运动 弹力带拉筋操 1145am - 1230pm	
			一起跳尊巴 1pm - 2pm	一起学艺术 (咖啡袋艺术品) 2pm - 4pm	
			一起学禅绕画 2.30pm - 4pm		
6	7	8	9	10	11
一起做有氧运动 10am - 11am	一起跳椅子尊巴 10am - 11am	服务 - 社区保健站 (CHP) 9am - 12pm	一起来庆祝生日 9.30am - 11am	一起跟 Razak 线上做运动 弹力带拉筋操 10am - 11am	一起去Gai Gai (新传媒升菘现场直播) 6pm - 11.45pm (大概)
一起来和 Dave 唱歌跳舞 130pm - 3.30pm		防跌课程 Rolling Good Times 10am - 11.30am (班级已满)	一起来踢球 (JCP 大牌 493) 10am - 1130am		
电子游戏时间 4pm - 5pm	一起学新年手工 2pm - 4pm	一起跟 Razak 线上运动 - 拳击运动 11.45am - 1230pm	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm (已满)	一起去Gai Gai (娘惹博物馆) 1pm - 5pm	
			一起做禅绕画 2.30pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT	
13	14	15	16	17	18	
一起做有氧运动 10am - 11am	一起喝咖啡(只限男性) 9.30am - 10.30am	一起跟 Razak 线上运动 拳击运动 10am - 11am	一起来庆祝新年 9.30am - 11am	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am		
一起做 CrossFit 2pm - 3pm	一起去Gai Gai (国家博物馆 - 学Batik工艺) 9am - 1pm		一起来踢球 (JCP 大牌 493) 10am - 1130am			
365 健康软件介绍 2pm - 4pm	一起跳椅子尊巴 10am - 11am	一起跟 Razak 线上运动 水壶运动 2pm - 3pm	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm (已满)	代际交流 - 初级学院 (NJC) 2pm - 4pm		
电子游戏时间 3pm - 4pm	一起学新年手工 2pm - 4pm		代际交流 - 初级学院 (NJC) 2pm - 4pm			
20	21	22	23	24		25
一起做有氧运动 10am - 11am	一起跳椅子尊巴 10am - 11am	服务 - 社区保健站 (CHP) 9am - 12pm	游戏时间 930am - 10am	一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am		
一起做 CrossFit 2pm - 3pm		一起跟 Razak 线上运动 拳击运动 10am - 11am	一起来makan 10am - 11am			
365 健康软件介绍 2pm - 4pm	游戏时间 3pm - 4pm	一起跟 Razak 线上运动 水壶运动 2pm - 3pm	一起来踢球 (JCP 大牌 493) 10am - 1130am	游戏时间 (BINGO) 2pm - 3pm		
			一起跳尊巴 1pm - 2pm	一起学艺术 (咖啡袋艺术品) 3pm - 4pm		
电子游戏时间 3pm - 4pm		一起跟 Razak 线上运动 水壶运动 2pm - 3pm	HayDays 马儿互动课程 (JCP 大牌 493) 2pm - 4pm (已满)		一起学禅绕画 2.30pm - 4pm	

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27	28	29	30	31	
一起做有氧运动 10am - 11am	一起去Gai Gai (自行车外游与交流) 9am - 12pm			一起跟 Razak 线上运动 弹力带拉筋操 10am - 11am	
一起做 CrossFit 2pm - 3pm	一起跳椅子尊巴 10am - 11am				
电子游戏时间 3pm - 4pm	中心关闭 (除夕夜)				

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