




# 2024 November

 **Centre Name:** Active Ageing Centre (Nanyang)  
 **Centre Address:** Blk 817 Jurong West St 81, #01-30 S640817  
 **Centre Contact:** 9876 4801






Requires Registration

MON	TUE	WED	THU	FRI	SAT
				1	2
				Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	
				<b>Stay Well Series - Health Talk by NUS (Falls + Bone Health) 11am - 12pm"</b>	
				Strategise with Kakis (Rummy-O) 2pm - 4pm	
4	5	6	7	8	9
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Fun with Kakis 9.30am - 10.00am	Let's Gen Together - Tertiary 9.30am - 12.30pm	
CrossFit Exercise 2pm -3pm	Let's Zumba 1pm - 2pm	Exercise by Razak - Modified Boxing (Zoom) 10am - 10.45am	Let's Makan Together 10am - 11am		
Fun with Exergame 3pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm		Let's Walking Football 10am - 1130am	Digital - IMDA Go-Digital - Workshop 2pm - 4pm	
Strategise with Kakis (Rummy-O) 2pm - 4pm	Let's Do Zentangle 2.30pm - 4pm	Let's Go GaiGai with DBS 3.30pm - 6pm	Let's Gen Together - Tertiary 1pm - 4pm	Strategise with Kakis (Rummy-O) 4pm - 5pm	
11	12	13	14	15	16
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	<b>Rolling Good Times (HPB) 10am - 1pm</b>	Fun with Kakis 9.30am - 10.00am	Centre Closed for Company Event	
CrossFit Exercise 2pm -3pm			Let's Makan Together 10am - 11am		
Fun with Exergame 3pm - 4pm	Let's Zumba 1pm - 2pm		Let's Walking Football 10am - 1130am		
Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm		Let's Gen Together - Tertiary 1pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	Services - Wellness - CHP 9am - 12pm	Let's Celebrate Birthday 9.30am - 11.00am	Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	
<b>Evidence-Informed - Senior Health Curriculum (Move It Feel Young Talk ) 2pm - 3pm</b>		Exercise by Razak - Modified Boxing (Zoom) 10am - 10.45am		Strategise with Kakis (Rummy-O, Males Only) 11am - 12pm	
Fun with Exergame 3pm - 4pm	Let's Zumba 1pm - 2pm			Digital - IMDA Go-Digital - Workshop 2pm - 4pm	
Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 4pm - 5pm	
25	26	27	28	29	
Let's Aerobics 10am-11am	Let's Chair Zumba 10am - 11am	Exercise by Razak - Modified Boxing (Zoom) 10am - 10.45am	Current Affair U & Me 9.30am - 10.00am	Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	
<b>Evidence-Informed - Senior Health Curriculum (Protect Yourself &amp; Love Ones Talk - Vaccinations) 2pm to 3pm</b>			Let's Makan Together 10am - 11am		
Fun with Exergame 3pm - 4pm	Let's Zumba 1pm - 2pm			Fun with Kakis (BINGO) 2pm - 3pm	
Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 3pm - 5pm	

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# 2024 十一月

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	
				保健系列 - 健康讲座 11am - 12pm"	
				游戏时间 (Rummy-O) 2pm - 4pm	
4	5	6	7	8	9
一起做有氧运动 10am-11am	一起跳尊巴(乐龄版)/椅子尊巴 10am - 11am	服务 - 健康检查 9am - 12pm	游戏时间 9.30am - 10.00am	代际交流 - 大专学府 9.30am - 12.30pm	
一起做CrossFit 2pm -3pm	一起跳尊巴(乐龄版)/椅子尊巴 1pm - 2pm	一起跟Razak线上做运动 - (拳击运动)) 10am - 10.45am	一起来makan 10am - 11am		
电子游戏时间 3pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm		一起来踢球 10am - 1130am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 2pm - 4pm	
游戏时间 (Rummy-O) 2pm - 4pm	一起做禅绕画 2.30pm - 4pm	一起和(DBS)去Gai Gai 3.30pm - 6pm	代际交流 - 大专学府 1pm - 4pm	游戏时间 (Rummy-O) 4pm - 5pm	
11	12	13	14	15	16
一起做有氧运动 10am-11am	一起跳/椅子尊巴 10am - 11am	防跌课程 10am - 1pm	游戏时间 9.30am - 10.00am	中心关闭	
一起做CrossFit 2pm -3pm			一起来makan 10am - 11am		
电子游戏时间 3pm - 4pm	一起跳尊巴(乐龄版) 1pm - 2pm		一起来踢球 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	代际交流 - 大专学府 1pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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 9am - 12pm	一起来庆生日 9.30am - 11.00am	一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	
保健系列 - 健康讲座 2pm - 3pm		一起跟Razak线上做运动 - (拳击运动)) 10am - 10.45am		游戏时间 (只限男性) 11am - 12pm	
电子游戏时间 3pm - 4pm	一起跳尊巴(乐龄版) 1pm - 2pm			资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台 2pm - 4pm	
游戏时间 (Rummy-O) 3pm - 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) 4pm - 5pm	
25	26	27	28	29	30
一起做有氧运动 10am-11am	一起跳椅子尊巴 10am - 11am	一起跟Razak线上做运动 - (拳击运动)) 10am - 10.45am	时事新闻你和我 9.30am - 10.00am	一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	
保健系列 - 健康讲座 2pm to 3pm			一起来makan 10am - 11am		
电子游戏时间 3pm - 4pm	一起跳尊巴(乐龄版) 1pm - 2pm			游戏时间 BINGO 2pm - 3pm	
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) 3pm - 5pm	

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