




2024 October

 **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	3	4	5
	Evidence-Informed - Balik Kampong @ 10am - 11am	Exercise by Razak - Modified Boxing (Zoom) 10am - 10.45am	Fun with Kakis 9.30am - 10.00am	Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	NHB Experience Reunion Tour 9.30am - 1230pm
			Let's Makan Together 10am - 11am		
	Let's KTV Together 2pm - 4pm		Let's KTV Together 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	
7	8	9	10	11	12
Let's CrossFit 10am - 11am	Evidence-Informed - Balik Kampong @ 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	Let's Go Gai Gai with OCBC (Digital Silver) 8.30am - 12.30pm
			Let's Makan Together 10am - 11am	Strategise with Kakis (Rummy-O, Males Only) 11am - 12pm	
Strategise with Kakis (Rummy-O) 2pm - 4pm	Let's KTV Together 2pm - 4pm	Fun with Exergame 2pm - 4pm	Let's KTV Together 2pm - 4pm	IMDA Digital Class: Hardware/ Software 2pm - 4pm	
	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's CrossFit 10am - 11am	AIC Event (Senior Sports Day Challenge) 9am - 12pm	Rolling Good Times (HPB) 10am - 1pm (Cater for Registration only - 3 Slots)	Let's Celebrate Birthday 9.30am - 10.00am	Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	
			Let's Makan Together 10am - 11am	Strategise with Kakis (Rummy-O, Males Only) 11am - 12pm	
NLB Learning Journey (Time Of Your Life) 1215pm - 5pm	Let's Join NLB & AIC 2pm - 5pm	Cultivating Resilience Workshop 2pm - 4pm	Let's KTV Together 2pm - 4pm	Fun with Exergame 2pm - 4pm	
			Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	
21	22	23	24	25	26
Let's be Strong Together Talk by HPB 2pm - 3pm	Evidence-Informed - Balik Kampong @ 10am - 11am	Exercise by Razak – Modified Boxing (Zoom) 10am - 10.45am	Party- Deepavali Celebrations 9.30am - 10.00am	Exercise by Razak - Resistance Bands (Zoom) 10am - 10.45am	
			Let's Makan Together 10am - 11am	Strategise with Kakis (Rummy-O, Males Only) 11am - 12pm	
Strategise with Kakis (Rummy-O) 3pm - 4pm	Let's KTV Together 2pm - 4pm	Cultivating Resilience Workshop 2pm - 4pm	Let's KTV Together 2pm - 4pm	Wellness - Health Talk by NUHS Falls + Bone Health 11am – 12pm	
	Strategise with Kakis (Rummy-O) 2pm - 4pm		Strategise with Kakis (Rummy-O) 2pm - 4pm	IMDA Digital Class: WiFi 2pm - 4pm	
28	29	30	31		
Vascular Dementia Talk by HPB 2pm - 3pm	Exercise by Razak – Water Bottles (Zoom) 10am - 10.45am	Fun with Kakis 9.30am - 10.00am			
	Let's KTV Together 2pm - 4pm	Let's Makan Together 10am - 11am			
Strategise with Kakis (Rummy-O) 2pm - 4pm	Strategise with Kakis (Rummy-O) 2pm - 4pm	Cultivating Resilience Workshop 2pm - 4pm			

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2024 十月

标有颜色的项目是报名的活动

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MON

TUE

WED

THU

FRI




SAT

	1	2	3	4	5
	回到甘榜 @ 10am - 11am	一起跟Razak线上做运动 (拳击运动) 10am - 10.45am	游戏时间 9.30am - 10.00am	一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	国家文物局 - 文化遗产社区关怀计划 9.30am - 1230pm
			一起来makan 10am - 11am		
	一起来K歌 2pm - 4pm		一起来K歌 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	
7	8	9	10	11	12
一起做CrossFit 10am - 11am	回到甘榜 @ 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	一起和 (OCBC) 去Gai Gai (Digital Silver) 8.30am - 12.30pm
			一起来makan 10am - 11am	游戏时间 (Rummy-O, 只限男性) 11am - 12pm	
游戏时间 (Rummy-O) 2pm - 4pm	一起来K歌 2pm - 4pm	电子游戏时间 2pm - 4pm	一起来K歌 2pm - 4pm	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	游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
一起做CrossFit 10am - 11am	AIC Event (Senior Sports Day Challenge) 9am - 12pm	Rolling Good Times (HPB) 10am - 1pm (Cater for Registration only - 3 Slots)	一起来庆生 9.30am - 10.00am	一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	
			一起来makan 10am - 11am	游戏时间 (Rummy-O, 只限男性) 11am - 12pm	
图书馆学习之旅 1215pm - 5pm	一起参加 NLB & AIC 2pm - 5pm	保健系列 - 精神健康讲座 2pm - 4pm	一起来K歌 2pm - 4pm	电子游戏时间 2pm - 4pm	
			游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	
21	22	23	24	25	26
保健系列 - 健康讲座(HPB) 2pm - 3pm	回到甘榜 @ 10am - 11am	一起跟Razak线上做运动 (拳击运动) 10am - 10.45am	一起来庆祝屠妖节 9.30am - 10.00am	一起跟Razak线上做运动 (拉筋运动) 10am - 10.45am	
			一起来makan 10am - 11am	游戏时间 (Rummy-O, 只限男性) 11am - 12pm	
游戏时间 (Rummy-O) 3pm - 4pm	一起来K歌 2pm - 4pm	保健系列 - 精神健康讲座 2pm - 4pm	一起来K歌 2pm - 4pm	保健系列 - 健康讲座 (NUH) 11am - 12pm	
	游戏时间 (Rummy-O) 2pm - 4pm		游戏时间 (Rummy-O) 2pm - 4pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 2pm - 4pm	
28	29	30	31		
保健系列 - 健康讲座(HPB) 2pm - 3pm	一起跟Razak线上做运动 (水瓶运动) 10am - 10.45am	游戏时间 9.30am - 10.00am			
	一起来K歌 2pm - 4pm	一起来makan 10am - 11am			
游戏时间 (Rummy-O) 2pm - 4pm	游戏时间 (Rummy-O) 2pm - 4pm	保健系列 - 精神健康讲座 2pm - 4pm			

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