

2024 December

 **Centre Name:** Active Ageing Centre - Taman Jurong
 **Centre Address:** 118A Corporation Drive S(611118)
 **Centre Contact:** 6261 6563



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	(Team Building) Centre Closed, 中心关闭 9:00am-:6:00pm	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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 2:00pm-4:00pm		
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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm			
9	10	11	12	13	14
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	Functional Screening at Taman Jurong CC 9:00am - 1:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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	Square Stepping, / 方块踏步运动 9:00am-10:00am	NICA + Singapore Poly Student 10:00am-12:00pm
Caregiver talk 2:00pm - 4:00pm	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	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Samwoh Christmas Party / 圣诞派对2:00pm - 4:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	

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。

2024 December

 **Centre Name:** Active Ageing Centre - Taman Jurong
 **Centre Address:** 118A Corporation Drive S(611118)
 **Centre Contact:** 6261 6563



MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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	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 at 505 / 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping / 方块踏步运动 9:00am-10:00am	
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	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategize 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	
23	24	25	26	27	28
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	Christmas (Public Holiday) 圣诞节/ 公共假期	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	NICA + Singapore Poly Student 10:00am-12:00pm (Christmas Theme)
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	(Christmas eve) Centre Closed, 中心关闭 12:00pm-:6:00pm		Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Square Stepping & Happy Feet / 方块踏步运动 9:00am-10:00am	
Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm				Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm				Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	

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。

2024 December

 **Centre Name:** Active Ageing Centre - Taman Jurong
 **Centre Address:** 118A Corporation Drive S(611118)
 **Centre Contact:** 6261 6563



MON

TUE

WED

THU

FRI

SAT

30		31			
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 Do Knitting / 一起做针织 2:00 pm-3:00 pm	(New year eve) Centre Closed, 中心关闭 12:00pm-:6:00pm				
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm					

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。

2024 December

Centre Name: Active Ageing Centre - Taman Jurong
 Centre Address: 118A Corporation Drive S(611118)
 Centre Contact: 6261 6563



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	(Team Building) Centre Closed, 中心关闭 9:00am-6:00pm	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Strategize with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Let's KTV Together / 一起来K歌 2:00pm-4:00pm		
Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Strategize 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	Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm			
9	10	11	12	13	14
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	Functional Screening at Taman Jurong CC 9:00am - 1:00pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Strategize 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	Square Stepping, / 方块踏步运动 9:00am-10:00am	NICA + Singapore Poly Student 10:00am-12:00pm
Caregiver talk 2:00pm - 4:00pm	Strategize 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	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Samwoh Christmas Party / 圣诞派对 2:00pm - 4:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
16	17	18	19	20	21
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	NICA + Singapore Poly Student 10:00am-12:00pm (Christmas Theme)
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Strategize with Kakis / Rummy-O / Sudoku, 游戏时间 / 2.00pm-5.00pm	Let's Gen Together - MFS at 505 / 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping / 方块踏步运动 9:00am-10:00am	
Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Strategize 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	Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
23	24	25	26	27	28
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	Christmas (Public Holiday) 圣诞节 / 公共假期	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	NICA + Singapore Poly Student 10:00am-12:00pm (Christmas Theme)
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	(Christmas eve) Centre Closed, 中心关闭 12:00pm-6:00pm		Let's KTV Together / 一起来K歌 2:00pm-4:00pm	Square Stepping & Happy Feet / 方块踏步运动 9:00am-10:00am	
Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm				Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm				Strategize with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
30	31				
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 Do Knitting / 一起做针织 2:00 pm-3:00 pm	(New year eve) Centre Closed, 中心关闭 12:00pm-6:00pm				
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm					

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。