© Centre Name:

Active Ageing Centre - Taman Jurong

☆ Centre Address:

118A Corporation Drive S(611118)



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
9 Let's Taichi / 一起打太极 09.15am- 10.30am	10 Let's Do Seated Exercise / 一起做运动(坐式) 9.30am - 10.30am	11 Let's Qigong / 一起练气功 9:30am -10:15am	12 Let's Line Dance / 排舞 9.00am - 10.00am	13 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 Taichi / 一起打太极	Let's Do Seated Exercise / 一起做运动 (坐式)	Let's Qigong / 一起练气功	Let's Line Dance / 排舞	Services - Wellness - TCM / By Appointment(15 Pax) / 大众中医会诊 (限制十五个人)	Functional Screening at Taman Jurong CC 9:00am -
Let's Taichi / 一起打太极 09.15am- 10.30am Let's Do Knitting / 一起做针织	Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am Smart Phone Coaching / 智能手机辅导	Let's Qigong / 一起练气功 9:30am -10:15am Strategise with Kakis / Rummy-O / Sudoku,	Let's Line Dance / 排舞 9.00am - 10.00am Let's Gen Together - MFS Zoom/ 代际交流 - 幼儿园	Services - Wellness - TCM / By Appointment(15 Pax) /大众中医会诊 (限制十五个人) 9.30am - 11.00am Square Stepping, / 方块踏步运动	Functional Screening at Taman Jurong CC 9:00am - 1:00pm NICA + Singapore Poly

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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		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 (Public Holiday) 圣诞节/ 公共假期	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	(Christmas 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	
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	

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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			
Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	(New year eve) Centre Closed, 中心关闭 12:00pm-:6:00pm		

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MON TUE WED THU FRI SAT

2	3	4			
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, 中心美闭 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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		
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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	
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Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm		Christmas	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	(Christmas Theme)
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Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	Centre Closed, 中心关闭 12:00pm∹6:00pm				

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