

# 2025 January

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



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		<b>New Year 2025 (Public Holiday) / 公共假期</b>	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 KTV Together / 一起来K歌 2:00pm-4:00pm	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	Foot Massage / 脚底按摩 2:00pm-4:00pm	
				Hydroponic maintenance / 保养室外水耕种植 2:00pm-5:00pm	
6	7	8	9	10	11
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	Foot Massage / 脚底按摩 2:00pm-4:00pm	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	Square Stepping, / 方块踏步运动 9:00am-10:00am	
SPF Scam Talk (Mandarin) 2:00pm - 3:30pm	Smart Phone Coaching / 智能手机辅导 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	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		Birthday Party 生日聚会 / 2.00pm-3.30pm	

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。

# 2025 January

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



MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	National Junior College (VIA) 2:00PM -4:00PM	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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	National Junior College (VIA) 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	
20	21	22	23	24	25
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 Lo Hei / CNY 10am to 12pm
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Yuvabharathi International School / 尤瓦巴拉提国际学校 1PM -2:30PM	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	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	Smart Phone Coaching / 智能手机辅导 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	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		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。

# 2025 January

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



MON

TUE

WED

THU

FRI

SAT

27		28		29		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		<b>Chinese New Year 2025 (Public Holiday)</b> 农历新年 / 公共假期		<b>Chinese New Year 2025 (Public Holiday)</b> 农历新年 / 公共假期			
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							
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。