

# 2024 November

 **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
				Square Stepping 方块踏步运动 9:00am-10:00am	NTU / Tasek Activity with Senior / 代际交流 10:00am - 12:00pm
				Strategise with Kakis Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	
				Hydroponic maintenance 室外水耕种植 2:00pm-5:00pm	
4	5	6	7	8	9
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 Students / 代际交流 10:00am-12:00pm
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 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	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	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	
Hydroponic Maintenance 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 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 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.

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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	Staff Training Centre Closed, 职员训练 / 中心关闭 9:00pm-:6:00pm	MFS Food Pack Distribution 10:00am - 12:00pm
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	IMDA Talk / 通信及媒体发展管理局- 中心内(6/6) 10:30am - 12:00pm	Let's Gen Together - MFS at TJ, 代 际交流 - 幼儿园 10.15am - 11.15am		
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	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		
Hydroponic maintenance / 室外水耕种植 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	Hydroponic maintenance / 室外水耕种植 2:00pm-5:00pm		
18	19	20	21	22	23
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	Singapore Nurse Assocation Carnival at Taman Jurong CC 9:00am - 12:00pm
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 at 505 代际交流 - 幼儿园 10.15am - 11.15am	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	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	Foot Massage / 脚底按摩 2:00pm-4:00pm	
Hydroponic maintenance 室外水耕种植 2:00pm-5:00pm		Hydroponic maintenance 室外水耕种植 2:00pm-5:00pm	Foot Massage / 脚底按摩 2:00pm-4:00pm	Hydroponic maintenance 室外水耕种植 2:00pm-5:00pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
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	DBS FX SG CARE Pop-Up Community Market at Taman Jurong CC
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	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	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	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		Hydroponic Maintenance 保养室外水耕种植 2:00pm-5:00pm	

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