

# 2024 September

 **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 9:30am -10:15am 一起练气功	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	NTU/Tasek Activity with Seniors 10:00am - 12:00pm
CSA Cognitive Simulative Activity, 认知的活动, (1/9) 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	Leprino (popiah) Po piah Making, 薄饼制作 10:45am	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	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Health Talk By NHGP Understanding Our Elderly 健康讲座 3:00pm- 4:00pm	
		Services - Wellness - CHP / 2.00pm-5.00pm 服务 - 社区保健站			
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	NICA + Singapore Poly Student 10:00am-12:00pm Activity with Seniors
CSA Cognitive Simulative Activity, 认知的活动, (2/9) 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	IMDA Talk 通信及媒体发展管理局- 中心内(2/5) 10:00am - 12:00pm	Let's Gen Together - MFS at Zoom, 代际交流 - 幼儿园 10.15am - 11.15am	Square Stepping, 方块踏步运动 9:00am-10:00am	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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	Let's KTV Together, 一起来K歌 2:00pm-4:00pm		
		Services - Wellness - CHP/ 2.00pm-5.00pm 服务 - 社区保健站	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		Food Distribution Food Bank , 10:00am -12:00pm

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。

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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	NTU/Tasek Activity with Senior 10:00am - 12:00pm
CSA Cognitive Simulative Activity, 认知的活动, (3/9) 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	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Services - Wellness - CHP / 2.00pm-5.00pm 服务 - 社区保健站	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		
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 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	
CSA Cognitive Simulative Activity, 认知的活动, (4/9) 2:00 pm-3:00 pm	Smart Phone Coaching / 智能手机辅导 2.00pm-5.00pm	IMDA Talk 通信及媒体发展管理局- 中心内(3/5) 10:00am - 12:00pm	Let's Gen Together - MFS at TJ, 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	
Let's Do Knitting / 一起做针织 2:00 pm-3:00 pm	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	Let's KTV Together, 一起来K歌 2:00pm-4:00pm		
		Services - Wellness - CHP / 2.00pm-5.00pm 服务 - 社区保健站	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm		

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