2024 APRIL

Highlighted texts are by invite only

Centre Name: NTUC Health AACC (Jurong Central Plaza)
Centre Address: Blk 493 Jurong West Street 41 #02-01 (S) 640493
Centre Contact: 6256 3671

MON	TUE	WED	THU	FRI	SAT
1	**2**	**3**	**4**	**5**	**6**
Tai Chi@10-11am	Healthy Exercise(保健操)@9-10am	HPB Chair Zumba@9-10am	Qigong@9-10am	NUHS CHP@9-12pm	Line Dance@10-11.30am
Nagomi/Zentangle Art@10-11am	Zoom Exercise w Razak(water bottle)@10-10.45am	ActiveSGSquare Step@10-11am	ActiveSGSquare Step@10-11am	IMDA Digital Learning@10-5pm	
Rose Tissue Project@11-12pm		Rolling Program@2-3pm	Stocking craft@10-11am	Zoom Exercise w Razak@10-10.45am	
Frontier Pri School@2.30-3.30pm	CrossFit@10-11am		Hwa Chong Institution@10.30am-12.30nn	Crochet@10.30-11.30am	
	Baking with JiDan@2-3.30pm		HPB Happy Program@2-3pm	IMDA workshop@2.30-4.30pm	
	Steel Combat@2-3pm		Patchwork@2-4pm		
8	**9**	**10**	**11**	**12**	**13**
Tai Chi@10-11am	Healthy Exercise(保健操)@9-10am	Hari Raya (Public Holiday)	Qigong@9-10am	NUHS CHP@9-12pm	Line Dance@10-11.30am
Nagomi/Zentangle Art@10-11am	Zoom Exercise w Razak(water bottle)@10-10.45am		ActiveSGSquare Step@10-11am	IMDA Digital Learning@10-5pm	
			Stocking craft@10-11am	Zoom Exercise w Razak@10-10.45am	
	CrossFit@10-11am		Patchwork@2-4pm	Crochet@10.30-11.30am	
	Steel Combat@2-3pm			IMDA workshop@2.30-4.30pm	
	JWSS@2.30-4pm				
15	**16**	**17**	**18**	**19**	**20**
Tai Chi@10-11am	Healthy Exercise(保健操)@9-10am	HPB Chair Zumba@9-10am	Qigong@9-10am	NUHS CHP@9-12pm	Line Dance@10-11.30am
Nagomi/Zentangle Art@10-11am	Zoom Exercise w Razak(water bottle)@10-10.45am	ActiveSGSquare Step@10-11am	ActiveSGSquare Step@10-11am	IMDA Digital Learning@10-5pm	
		Rolling Program@2-3pm	Stocking craft@10-11am	Zoom Exercise w Razak@10-10.45am	
	CrossFit@10-11am	Karaoke - Sing with me@2-4pm	Patchwork@2-4pm	Crochet@10.30-11.30am	
	Steel Combat@2-3pm		HPB Happy Program@2-3pm	IMDA workshop@2.30-4.30pm	
			Hua Yi SS@4-6pm		
22	**23**	**24**	**25**	**26**	**27**
Tai Chi@10-11am	Healthy Exercise(保健操)@9-10am	HPB Chair Zumba@9-10am	Qigong@9-10am	NUHS CHP@9-12pm	Line Dance@10-11.30am
Nagomi/Zentangle Art@10-11am	Zoom Exercise w Razak(water bottle)@10-10.45am	ActiveSGSquare Step@10-11am	ActiveSGSquare Step@10-11am	IMDA Digital Learning@10-5pm	
		Rolling Program@2-3pm	Stocking craft@10-11am	Zoom Exercise w Razak@10-10.45am	
	CrossFit@10-11am	Karaoke (CC) - Sing with me@2-4pm	Patchwork@2-4pm	Crochet@10.30-11.30am	
	Steel Combat@2-3pm		HPB Happy Program@2-3pm	IMDA workshop@2.30-4.30pm	
	JWSS@2.30-4pm		Happy Birthday!@2-4pm		
29	**30**				
Tai Chi@10-11am	Healthy Exercise(保健操)@9-10am				
Nagomi/Zentangle Art@10-11am	Zoom Exercise w Razak(water bottle)@10-10.45am				
	CrossFit@10-11am				
	Steel Combat@2-3pm				

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标有颜色的项目是受邀参与的活动

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MON	TUE	WED	THU	FRI	SAT
1	**2**	**3**	**4**	**5**	**6**
太极@10-11am	保健操@9-10am	保健促进局(HPB)坐式尊巴@9-10am	气功@9-10am	NUHS 社区体检站@9-12pm	排舞@10am-12pm
和谐粉彩/禅绕画艺术@10-11am	Razak网上保健操(水瓶哑铃)@10-10.45am	ActiveSG方格步操@10-11am	ActiveSG方格步操(高级班)@10-11am	IMDA 数码技能咨询服务@10am-6pm	
纸巾玫瑰手工@11am-12pm		Rolling Program体操@2-3pm	丝袜手工@10-11am	Razak 网上保健操@10-10.45am	
先锋小学代际活动@2.30-3.30pm	功能性健身操@10-11am		保健局Happy运动项目@2-3.30pm	钩针班@10.30-11.30am	
	吉蛋烘焙班@2-3.30pm		华中学院代际活动@10.30am-12.30pm	IMDA讲座@2.30-4.30pm	
	钢铁拳击(只供男性年长者)@2-3pm		拼布工艺@2-4pm		
8	**9**	**10**	**11**	**12**	**13**
太极@10-11am	保健操@9-10am	开斋节公共假日	气功 @9-10am	NUHS 社区体检站@9-12pm	排舞@10am-12pm
和谐粉彩/禅绕画艺术@10-11am	Razak网上保健操(水瓶哑铃)@10-10.45am		ActiveSG方格步操(高级班)@10-11am	IMDA 数码技能咨询服务 @10am-6pm	
			丝袜手工@10-11am	Razak 网上保健操@10-10.45am	
	功能性健身操@10-11am		拼布工艺@2-4pm	钩针班@10.30-11.30am	
	钢铁拳击(只供男性年长者)@2-3pm			IMDA讲座@2.30-4.30pm	
	裕廊西中学代际活动@2.30-4pm				
15	**16**	**17**	**18**	**19**	**20**
太极@10-11am	保健操@9-10am	保健促进局(HPB)坐式尊巴@9-10am	气功 @9-10am	NUHS 社区体检站@9-12pm	排舞@10am-12pm
和谐粉彩/禅绕画艺术@10-11am	Razak网上保健操(水瓶哑铃)@10-10.45am	ActiveSG方格步操@10-11am	ActiveSG方格步操(高级班)@10-11am	IMDA 数码技能咨询服务@10am-6pm	
		Rolling Program体操@2-3pm	丝袜手工@10-11am	Razak 网上保健操@10-10.45am	
	功能性健身操@10-11am	卡拉OK《跟我唱》@2-4pm	拼布工艺@2-4pm	钩针班@10.30-11.30am	
	钢铁拳击(只供男性年长者)@2-3pm		保健局Happy运动项目@2-3pm	IMDA讲座@2.30-4.30pm	
			华义中学代际活动@4-6pm		
22	**23**	**24**	**25**	**26**	**27**
太极@10-11am	保健操@9-10am	保健促进局(HPB)坐式尊巴 @9-10am	气功 @9-10am	NUHS 社区体检站 @9-12pm	排舞@10am-12pm
和谐粉彩/禅绕画艺术@10-11am	Razak网上保健操(水瓶哑铃)@10-10.45am	ActiveSG方格步操@10-11am	ActiveSG方格步操(高级班)@10-11am	IMDA 数码技能咨询服务@10-6pm	
		Rolling Program体操@2-3pm	丝袜手工@10-11am	Razak 网上保健操@10-10.45am	
	功能性健身操@10-11am	卡拉OK《跟我唱》(联络所)@2-4pm	拼布工艺@2-4pm	钩针班@10.30-11.30am	
	钢铁拳击(只供男性年长者)@2-3pm		保健局Happy运动项目@2-3pm	IMDA讲座@2.30-4.30pm	
	裕廊西中学代际活动@2.30-4pm		庆生会@2-4pm		
29	**30**				
太极@10-11am	保健操@9-10am				
和谐粉彩/禅绕画艺术@10-11am	Razak网上保健操(水瓶哑铃)@10-10.45am				
	功能性健身操@10-11am				
	钢铁拳击只供男性年长者)@2-3pm				