

# 2024 April

 **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		5		6	
HPB (Tai Chi), 太极@ 0915am- 1030am		Pattcercise, 佩娣乐操@ 9.30am - 10.30am				Line Dance, 排舞 @ 9.00am - 10.00am		Public Free TCM (15 person only, 大众中医会诊 (十五个人) @ 9.30am - 11.00am			
Knitting@ 2:00pm-3:00pm		Smart phone coaching, 智能手机辅导 @ 2.00pm-5.00pm		"Rummy-O & Table Tennis, 拉米纸牌和乒乓球" @ 2.00pm-5.00pm		My First Skool Programme@TJ(Zoom) 小豆豆代际活动 @ 10:15am		Square Step, 方步 @9:00am-10:00am			
Jurong Secondary School 2/6, 裕廊中学 @ 3.00pm-4.30pm				NUHS CHP (appointment), 国大社区保健站(预约) @ 2.00pm-5.00pm		karaoke, 卡拉OK @2:00pm-4:00pm		Ho Jiak Bo @ 3:00pm -5pm			
						Puzzle & Sudoku 拼图与数独 @ 2.00pm-5.00pm					
8		9		10		11		12		13	
HPB (Tai Chi), 太极@ 0915am- 1030am		Pattcercise, 佩娣乐操@ 9.30am - 10.30am		<b>(Hari Raya Puasa) Public Holiday 公共假期</b>		Line Dance, 排舞 @ 9.00am - 10.00am		Public Free TCM (15 person only, 大众中医会诊 (十五个人) @ 9.30am - 11.00am			
Knitting@ 2:00pm-3:00pm		Smart phone coaching, 智能手机辅导 @ 2.00pm-5.00pm				My First Skool Programme@TJ(Zoom) 小豆豆代际活动 @ 10:15am		Square Step, 方步 @9:00am-10:00am			
Jurong Secondary School 3/6, 裕廊中学 @ 3.00pm-4.30pm		River Valley Chinese Orchestra, 学校华乐团 @3:00pm-4:00pm				karaoke, 卡拉OK @2:00pm-4:00pm		Ho Jiak Bo @ 3:00pm -5pm			
						Puzzle & Sudoku, 拼图与数独 @ 2.00pm-5.00pm					
15		16		17		18		19		20	
HPB (Tai Chi), 太极@ 0915am- 1030am		Pattcercise, 佩娣乐操@ 9.30am - 10.30am		Qi Gong Class , 气功班 @ 9:30am -10:15am		Line Dance, 排舞 @ 9.00am - 10.00am		Public Free TCM (15 person only, 大众中医会诊 (十五个人) @ 9.30am - 11.00am			
Jurong Secondary School 4/6, 裕廊中学 @ 3.00pm-4.30pm		Yuvabharathi International School, 尤瓦巴拉提国际学校 @ 1PM -2:30PM		"Rummy-O & Table Tennis, 拉米纸牌和乒乓球" @ 2.00pm-5.00pm		My First Skool Programme@505, 小豆豆代际活动 @ 10:15am		Square Step, 方步 @9:00am-10:00am			
				NUHS CHP (appointment), 国大社区保健站(预约) @ 2.00pm-5.00pm		Hari Raya Celebration@2:00pm-3:30pm(TJ)		Fu Hua Secondary, 辅华中学 @3:00pm-4:30pm			
						Puzzle & Sudoku, 拼图与数独 @ 2.00pm-5.00pm		Ho Jiak Bo @ 3:00pm -5pm			
22		23		24		25		26		27	
HPB (Tai Chi), 太极@ 0915am- 1030am		Pattcercise, 佩娣乐操@ 9.30am - 10.30am		Qi Gong Class , 气功班 @ 9:30am -10:15am		Line Dance, 排舞 @ 9.00am - 10.00am		Public Free TCM (15 person only, 大众中医会诊 (十五个人) @ 9.30am - 11.00am			
Knitting@ 2:00pm-3:00pm		Smart phone coaching, 智能手机辅导 @ 2.00pm-5.00pm		"Rummy-O & Table Tennis, 拉米纸牌和乒乓球" @ 2.00pm-5.00pm		My First Skool Programme@TJ, 小豆豆代际活动 @ 10:15am		Square Step, 方步 @9:00am-10:00am			
Jurong Secondary School 5/6, 裕廊中学 @ 3.00pm-4.30pm		Jurong West Secondary School(2/3), 裕廊西中学 @ 2:30pm-4:00pm		NUHS CHP (appointment), 国大社区保健站(预约) @ 2.00pm-5.00pm		Puzzle & Sudoku, 拼图与数独 @ 2.00pm-5.00pm					
				Foot Massage, 脚底按摩 @ 2:00pm-4:00pm		karaoke, 卡拉OK @2:00pm-4:00pm Foot Massage, 脚底按摩 @ 2:00pm-4:00pm					
29		30								30	
HPB (Tai Chi), 太极@ 0915am- 1030am		Pattcercise, 佩娣乐操@ 9.30am - 10.30am									
Knitting@ 2:00pm-3:00pm		<b>Staff Training Centre Closed, 职员训练中心关闭 @1:00pm-:6:00pm</b>									
Jurong Secondary School 6/6, 裕廊中学 @ 3.00pm-4.30pm											