

OCTOBER TO DECEMBER 十月到十二月 2026

ANNOUNCEMENT
重要公告Every Monday
每逢星期一AAC Closed for Meeting
会议时间 (休业)10AM - 12PM
@B525

NUHS ALIFE Workshop

工作坊

3PM - 5PM

5 Oct, 19 Oct, 2 Nov

Mon 星期一 Stay healthy
@B525

Estate Management Talk

房地产管理讲座

10AM - 12PM

12 Oct, Mon 星期一

@B525

Outings 出游

1. One Ocean Outing

海洋科学出游

9AM - 12PM

14 Oct, Wed 星期三

@Science Centre Singapore

2. Bukit Panjang Pri Sch

武吉班让小学

11AM - 12.30PM

13 Nov, Fri 星期五

MON
星期一8AM - 9AM
312 Meridian
经络运动
@ BLK 5279AM - 10AM
HPB Chair Zumba
HPB 坐式尊巴
@ BLK 52510AM - 12PM
Closed for Meeting
暂停开放 (会议中)
@ BLK 525★ Every 2nd & 4th Mondays
2PM - 5PM
NUHS Community Health Post
国大卫生系统社区健康站
@ BLK 5252.30PM - 4.30PM
Rummikub
数字麻将
@ BLK 525 (UD)TUE
星期二9AM - 10AM
Stretch Band
弹力带班
@ BLK 525★ 10AM - 12PM
Beginner Art & Craft
初级工艺班

Starts on 6 Oct

★ 2PM - 4PM
Beginner Zentangle Class
初级禅绕画班

Starts on 13 Oct

2.30PM - 3.30PM
Ukulele Interest Group
乌克兰丽班
@ BLK 525 (LD)WED
星期三8AM - 9AM
Stay Fit Exercise
保健强身操
@ BLK 5069AM - 10AM
Square Dance
广场舞
@ BLK 506★ 10AM - 12PM
Chinese Calligraphy
书法班
@ BLK 525

Ends on 28 Oct

10.30AM - 11.30AM
Chair Zumba
坐式尊巴
@ BLK 5252PM - 3.30PM
Men's Club
男性组
@ BLK 5253.30PM - 4.30PM
Stretch Band
弹力带锻炼
@ BLK 525THU
星期四9.30AM - 11.30AM
Games Time
欢乐游戏时间
@ BLK 525★ 10AM - 12PM
MAD Workshop
失智症工作坊
@ BLK 525

24/9, 29/10, 26/11, 17/12

10.30AM - 12PM
Mobility Wellness Class
灵活健康课程
@ BLK 5252.30PM - 4PM
Mic On, Munch On
开麦! 吃!
@ BLK 5251st Thurs - Mandarin 华文
2nd Thurs - Melayu
3rd Thurs - Birthday Celebration
生日庆祝 (Combined)
4th Thurs - Mandarin 华文FRI
星期五9AM - 10AM
HPB Low Impact
Aerobics
HPB 低冲击有氧运动
@ BLK 50610.30AM - 11.30AM
Chair Piloxing
椅子普拉搏击课程
@ BLK 525★ 2.30PM - 4PM
Beginners Vocal Class
初级歌唱组
@ BLK 525

Starts on 2 Oct

★ 3PM - 5PM
IMDA Digital
Workshop
手机课程
@ BLK 525★ 华文
9/10, 13/11, 11/12English & Malay
16/10, 20/11, 18/12

LUNCH BREAK 午餐时间: 12.30pm to 2pm

Blk 525 Jelapang Road #01-123

9am-5pm 8183 9546 jelapangAAC@newlife.org.sg

*Subject to change. Do call/Whatsapp us for latest activities and details.

*可能会有所变动。请通过电话/Whatsapp联系我们了解最新活动和详情。

Registration required

需要注册

Pendaftaran diperlukan