
















































Jia Ying Active Ageing Centre (Blk 19) 佳音活跃乐龄中心

Monthly Activities for 1 to 21 September 2024 九月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
1	2 Blood Pressure reading 测量血压 9.45am - 10.30am  Bingo (for males only) 宾果(只限男性) 10.30am - 11.15am 	3  Chair Zumba 尊巴班(椅子) 9am - 10am  Elastic band Exercise 弹力带运动 2pm - 3pm 	4 Morning Exercise 早晨运动 9am - 9.30am  Conversational English Class 英语会话班 10.30am - 11.30am 	5 TTSH Community Health Post 社区保健站 9.30am - 12.30pm  Zumba Gold 尊巴班 9am - 10am  Line Dancing 排舞 10.15am - 12pm 	6  Brisk Walk 徒步行走 7am - 9am Communal Dining 乐龄聚餐 9am - 11am 	7
8	9 Blood Pressure reading 测量血压 9.45am - 10.30am  Bingo (for males only) 宾果(只限男性) 10.30am - 11.15am  Digital Photography 数码摄影 1.30pm - 4.30pm  DIGITAL FOR LIFE PLAY IT FORWARD INFOCOMM MEDIA DEVELOPMENT AUTHORITY	10  Chair Zumba 尊巴班(椅子) 9am - 10am  Elastic band Exercise 弹力带运动 2pm - 3pm 	11 Morning Exercise 早晨运动 9am - 9.30am  Conversational English Class 英语会话班 10.30am - 11.30am 	12 Zumba Gold 尊巴班 9am - 10am  Line Dancing 排舞 10.15am - 12pm 	13 Amplify Fitness 健身运动 10am - 11am  Bingo 宾果 2.30pm - 3.15pm 	14
15	16 Blood Pressure reading 测量血压 9.45am - 10.30am  Bingo (for males only) 宾果(只限男性) 10.30am - 11.15am 	17  Chair Zumba 尊巴班(椅子) 9am - 10am Mid Autumn Festival Event 中秋节活动 10.30am - 12pm   Elastic band Exercise 弹力带运动 2pm - 3pm	18 Morning Exercise 早晨运动 9am - 9.30am  Conversational English Class 英语会话班 10.30am - 11.30am 	19 Zumba Gold 尊巴班 9am - 10am  Line Dancing 排舞 10.15am - 12pm 	20 Amplify Fitness 健身运动 10am - 11am  Communal Dining 乐龄聚餐 11am - 12pm  Bingo 宾果 2.30pm - 3.15pm 	21

Jia Ying Active Ageing Centre (Blk 19) 佳音活跃乐龄中心

Monthly Activities for 22 to 30 September 2024 九月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat	
22	23 <i>Functional Screening</i> 乐龄体检计划 9am - 12.30pm 	24 <i>ZUMBA Chair</i> 尊巴班(椅子) 9am - 10am  <i>Elastic band Exercise</i> 弹力带运动 2pm - 3pm 	25 <i>Morning Exercise</i> 早晨运动 9am - 9.30am 	26 <i>Zumba Gold</i> 尊巴班 9am - 10am  <i>Line Dancing</i> 排舞 10.15am - 12pm 	27 <i>Amplify Fitness</i> 健身运动 10am - 11am  <i>Bingo</i> 宾果 2.30pm - 3.15pm 	28	
29	30 <i>Blood Pressure reading</i> 测量血压 9.45am - 10.30am  <i>Hair Cutting</i> 理发服务 10am - 11.30am  <i>Bingo (for males only)</i> 宾果(只限男性) 10.30am - 11.15am 	<p>Daily Morning Exercise 早晨运动 Monday and Wednesday - 9am to 9.30am 星期一和星期三 - 早上9点至9.30点</p> <p>Tuesday and Thursday - 9am to 10am 星期二和星期四 - 早上9点至10点</p> <p>Friday - 10am to 11am (Except first Friday of the month) 星期五 - 早上10点至11点</p>					

Tentative schedule, subject to changes 暂定时间表, 将会有所变动

Weekly Activities at Blk 245

Every Friday (每逢星期五)

Time 时间: 10am to 12pm

早上十点至十二点

BP Reading, Morning Exercise, Bingo

Paya Lebar Zone 3 RC

Blk 245 Hougang St 22

OPENING HOURS

Monday to Friday

8.30am to 12pm

2pm to 5pm



SUPPORTED BY MOH AND AIC

Jia Ying Active Ageing Centre (AAC)













Blk 19 Hougang Ave 3 #01-187 Singapore 530019

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Website : www.jiaying.org.sg






















Jia Ying Active Ageing Centre (Blk 25) 佳音活跃乐龄中心

Monthly Activities for 1 to 14 September 2024 九月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
<p>*Tentative schedule, subject to changes 暂定时间表，将会有所变动*</p> <p style="text-align: center;">OPENING HOURS Monday to Friday 8.30am to 12pm 2pm to 5pm</p> 				<p style="text-align: center;">Weekly Activities@ Blk 705 Tuesday - 10.00am to 11.30am 星期二 - 早上十时至十一时半 Morning Exercise, Bingo Wednesday - 9.30am to 11.00am 星期三 - 早上九点半至十一点 BP Reading, Morning Exercise Hougang Zone 5 Resident's Network Blk 705, Hougang Avenue 2 #01-247, Singapore 530705</p> 		
<u>1</u>	<p>2</p> <p>Amplify fitness 健身运动 9.00am</p> <p>Haircutting 理发服务 10.00am-11.00am</p> <p>Happy Exercise 2pm — 2.45pm</p> 	<p>3</p> <p>Chair Zumba 坐式尊巴 9.00am—10am</p> 	<p>4</p> <p>Morning Exercise 早晨运动 9.00am — 9.30am</p> 	<p>5 BP Reading 测量血压 8.30am-9.15am</p> <p>Morning Exercise 早晨运动 9.15am —9.45am</p> <p>Stretch Band Exercise 弹力带运动 10am-11am</p> <p>Bingo 宾果游戏 2.00 pm—2.30 pm</p> 	<p>6</p> <p>Morning Exercise 早晨运动 - 9.00am</p> <p>Happy Exercise 2pm — 2.45pm</p> 	7
<u>8</u>	<p>9</p> <p>Amplify fitness 健身运动 10.00am</p> <p>Happy Exercise 2pm — 2.45pm</p> 	<p>10</p> <p>Chair Zumba 坐式尊巴 9.00am—10am</p> 	<p>11</p> <p>Morning Exercise 早晨运动 - 9.00am</p> <p>Mid Autumn Celebration 中秋节活动 6.00pm—7.30pm</p> 	<p>12 BP Reading 测量血压 8.30am-9.15am</p> <p>Morning Exercise 早晨运动 9.15am —9.45am</p> <p>Stretch Band Exercise 弹力带运动 10am-11am</p> <p>Bingo 宾果游戏 2.00 pm—2.30 pm</p> 	<p>13</p> <p>Morning Exercise 早晨运动 - 9.00am</p> <p>Communal Dining 乐龄聚餐 @GTC 10.30am—12.30pm</p> 	14

Jia Ying Active Ageing Centre (Blk 25) 佳音活跃乐龄中心

Monthly Activities for 15 to 30 September 2024 九月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
<p><u>15</u></p>	<p><u>16</u></p> <p><i>Amplify fitness</i> 健身运动 10.00am</p>  <p><i>Happy Exercise</i> 2pm — 2.45pm</p> 	<p>17</p> <p><i>Chair Zumba</i> 坐式尊巴 9.00am—10am</p> 	<p>18</p> <p><i>Morning Exercise</i> 早晨运动</p>  <p>9.00am — 9.30am</p>	<p>19</p> <p><i>BP Reading</i> 测量血压 8.30am-9.15am</p> <p><i>Morning Exercise</i> 早晨运动 - 9.30am - 10.00am</p>  <p><i>Games with Cops</i> 警民同乐 2pm — 4pm</p> 	<p>20</p> <p><i>Morning Exercise</i> 早晨运动 - 9.00am</p>  <p><i>Happy Exercise</i> 2pm — 2.45pm</p> 	
<p><u>22</u></p>	<p>23</p> <p><i>Amplify fitness</i> 健身运动 10.00am</p>  <p><i>Happy Exercise</i> 2pm — 2.45pm</p> 	<p>24</p> <p><i>Chair Zumba</i> 坐式尊巴 9.00am—10am</p> 	<p>25</p> <p><i>Morning Exercise</i> 早晨运动</p>  <p>9.00am — 9.30am</p>	<p>26</p> <p><i>BP Reading</i> 测量血压 8.30am-9.15am</p> <p><i>Morning Exercise</i> 早晨运动 9.15am — 9.45am</p> <p><i>Stretch Band Exercise</i> 弹力带运动</p>  <p><i>Bingo</i> 宾果游戏 2.00 pm—2.30 pm</p> 	<p>27</p> <p><i>Morning Exercise</i> 早晨运动 - 9.00am</p>  <p><i>Communal Dining</i> 共膳聚餐 @ GTC 10.30am—12.30pm</p> 	
<p><u>29</u></p>	<p>30</p> <p><i>Amplify fitness</i> 健身运动 10.00am</p>  <p><i>Happy Exercise</i> 2pm — 2.45pm</p> 	<p><u>Daily Morning Exercise</u> Monday to Friday - 9.00am to 9.30am 星期一至星期五 - 早上9.00至9.30</p> <p>早晨运动</p> 		 <p>Jia Ying Active Ageing Centre (AAC) Blk 25 Hougang Ave 3 #01-442 Singapore 530025 Tel : 63430530 Email : enquiries@jiaying.org.sg Website : www.jiaying.org.sg</p>  <p>SUPPORTED BY NCH AND AAC</p> 