

















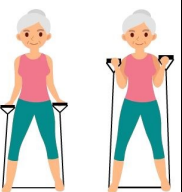



























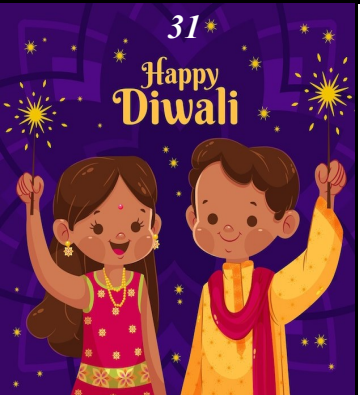
Jia Ying Active Ageing Centre (Blk 19) 佳音活跃乐龄中心

Monthly Activities for 1 to 19 October 2024 十月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
	<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>1</p> <p>ZUMBA Chair  Chair Zumba 尊巴班(椅子) 9am - 10am</p>	<p>2 3 4</p> <p>centre closed</p>			5
<p>6</p> <p>President Challenge Walkathon 11.30am - 2.30pm</p>  <p>PRESIDENT'S CHALLENGE WALKATHON</p>	<p>7</p> <p>Blood Pressure reading 测量血压 9.45am - 10.30am</p>  <p>Bingo (for males only) 宾果(只限男性) 10.30am - 11am</p>  <p>Drone Soccer 无人机足球 11am - 1pm</p>  <p>Communal Dining 乐龄聚餐 12pm - 1pm</p> 	<p>8</p> <p>ZUMBA Chair  Chair Zumba 尊巴班(椅子) 9am - 10am</p> <p>Elastic band Exercise 弹力带运动 2pm - 3pm</p> 	<p>9</p> <p>Morning Exercise 早晨运动 9am - 9.30am</p>  <p>Conversational English Class 英语会话班 10.30am - 11.30am</p> 	<p>10</p> <p>Zumba Gold 尊巴班 9am - 10am</p>  <p>Line Dancing 排舞 10.15am - 12pm</p> 	<p>11</p> <p>Amplify Fitness 健身运动 10am - 11am</p>  <p>Bingo 宾果 2.30pm - 3.15pm</p> 	12
13	<p>14</p> <p>Blood Pressure reading 测量血压 9.45am - 10.30am</p>  <p>Bingo (for males only) 宾果(只限男性) 10.30am - 11am</p>  <p>Digital Photography 数码摄影 1.30pm - 4.30pm</p>  <p>INFOCOMM MEDIA DEVELOPMENT AUTHORITY DIGITAL FOR LIFE PLAY IT FORWARD</p>	<p>15</p> <p>ZUMBA Chair  Chair Zumba 尊巴班(椅子) 9am - 10am</p> <p>Elastic band Exercise 弹力带运动 2pm - 3pm</p> 	<p>16</p> <p>Morning Exercise 早晨运动 9am - 9.30am</p>  <p>Conversational English Class 英语会话班 10.30am - 11.30am</p> 	<p>17</p> <p>Zumba Gold 尊巴班 9am - 10am</p>  <p>Line Dancing 排舞 10.15am - 12pm</p> 	<p>18</p> <p>Amplify Fitness 健身运动 10am - 11am</p>  <p>Bingo 宾果 2.30pm - 3.15pm</p> 	19

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

Monthly Activities for 20 to 31 October 2024 十月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
20	21 Blood Pressure reading 测量血压 9.45am - 10.30am  Bingo (for males only) 宾果(只限男性) 10.30am - 11am  Drone Soccer 无人机足球 11am - 1pm  Communal Dining 乐龄聚餐 12pm - 1pm 	22  Chair Zumba 尊巴班(椅子) 9am - 10am Student Intergeneration Programme 学生交流活动 10.30am - 12pm  Elastic band Exercise 弹力带运动 2pm - 3pm 	23 Morning Exercise 早晨运动 9am - 9.30am  Conversational English Class 英语会话班 10.30am - 11.30am 	24 Zumba Gold 尊巴班 9am - 10am  Line Dancing 排舞 10.15am - 12pm 	25 Amplify Fitness 健身运动 10am - 11am  Student Intergeneration Programme 学生交流活动 2pm - 3.30pm 	26
27	28 Blood Pressure reading 测量血压 9.45am - 10.30am  Hair Cutting 理发服务 10am - 11.30am  Bingo (for males only) 宾果(只限男性) 10.30am - 11am 	29  Chair Zumba 尊巴班(椅子) 9am - 10am Elastic band Exercise 弹力带运动 2pm - 3pm 	30 Morning Exercise 早晨运动 9am - 9.30am 	31 Happy Diwali 	OPENING HOURS Monday to Friday 8.30am to 12pm 2pm to 5pm	

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



SUPPORTED BY MOH AND AIC

Jia Ying Active Ageing Centre (AAC)

















Blk 19 Hougang Ave 3 #01-187 Singapore 530019

Tel : 62815025 Email : enquiries@jiaying.org.sg

Website : www.jiaying.org.sg









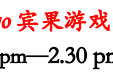







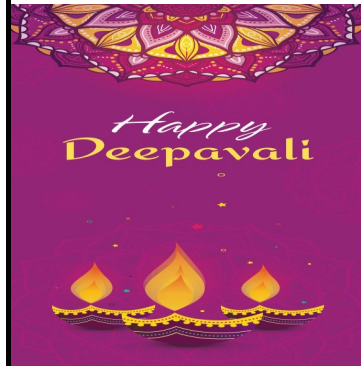

Jia Ying Active Ageing Centre (Blk 25) 佳音活跃乐龄中心

Monthly Activities for 1 to 19 October 2024 十月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
<p>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 - 早上九点半至十一时 BP Reading, Morning Exercise Hougang Zone 5 Resident's Network Blk 705, Hougang Avenue 2 01-247, Singapore 530705</p> 						
		<p><u>1</u></p> <p>Chair Zumba 坐式尊巴 9.00am - 10.00am</p> 	<p><u>2</u></p> 	<p><u>3</u></p> 	<p><u>4</u></p> 	<p><u>5</u></p>
<p><u>6</u></p>	<p><u>7</u></p> <p>Amplify fitness 健身运动 9.00am</p> <p>Haircutting 理发服务 10.00am-11.00am</p> <p>Mindful Filming 正念摄影 1.30pm-4.30pm</p> 	<p><u>8</u></p> <p>Chair Zumba 坐式尊巴 9.00am - 10.00am</p> 	<p><u>9</u></p> <p>Morning Exercise 早晨运动 9.00am</p> 	<p><u>10</u></p> <p>8am—2pm Singapore Polytechnic</p> 	<p><u>11</u></p> <p>Morning Exercise 早晨运动 9.00am</p>  <p>Communal Dining 乐龄聚餐 @GTC 10.30am—12.30pm</p> 	<p><u>12</u></p>
<p><u>13</u></p>	<p><u>14</u></p> <p>Amplify fitness 健身运动 10.00am</p> <p>Happy Exercise 2pm — 2.45pm</p> 	<p><u>15</u></p> <p>Chair Zumba 坐式尊巴 9.00am - 10.00am</p> 	<p><u>16</u></p> <p>Boustead Corporate Social Responsibility 哑铃运动 9am-12pm</p> 	<p><u>17</u></p> <p>Morning Exercise 早晨运动 9.15am</p> <p>BP Reading 测量血压 8.30am-9.15am</p> <p>Bingo 宾果游戏 2.00 pm—2.30 pm</p> 	<p><u>18</u></p> <p>Morning Exercise 早晨运动 - 9.00am</p> <p>Happy Exercise 2pm — 2.45pm</p> 	<p><u>19</u></p>

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

Monthly Activities for 20 to 31 October 2024 十月节目表

Sun	Mon (一)	Tue (二)	Wed (三)	Thu (四)	Fri (五)	Sat
<p><u>20</u></p>	<p><u>21</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Amplify fitness 健身运动 10.00am</p> </div> <div style="text-align: center;">  <p>Mindful Filming 正念摄影 1.30pm-4.30pm</p> </div> </div>	<p><u>22</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Chair Zumba 坐式尊巴 9.00am - 10.00am</p> </div> <div style="text-align: center;">  <p>Healthier SG 健康SG计划 10am-4pm</p> </div> </div>	<p><u>23</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Morning Exercise 早晨运动 9.00am - 9.30am</p> </div> <div style="text-align: center;">  <p>Healthier SG 健康SG计划 10am-4pm</p> </div> </div>	<p><u>24</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Morning Exercise 早晨运动 9.15am</p> </div> <div style="text-align: center;">  <p>BP Reading 测量血压 8.30am-9.15am</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  <p>Bingo 宾果游戏 2.00 pm—2.30 pm</p> </div> <div style="text-align: center;">  <p>Healthier SG 健康SG计划 10am-4pm</p> </div> </div>	<p><u>25</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Morning Exercise 早晨运动 9.00am</p> </div> <div style="text-align: center;">  <p>Communal Dining 乐龄聚餐 @ GTC 10.30am—12.30pm</p> </div> </div>	<p><u>26</u></p>
<p><u>27</u></p>	<p><u>28</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Amplify fitness 健身运动 10.00am</p> </div> <div style="text-align: center;">  <p>Happy Exercise 2pm — 2.45pm</p> </div> </div>	<p><u>29</u></p> <div style="text-align: center;">  <p>Chair Zumba 坐式尊巴 9.00am - 10.00am</p> </div>	<p><u>30</u></p> <div style="text-align: center;">  <p>Morning Exercise 早晨运动 9.00am - 9.30am</p> </div>	<p><u>31</u></p> <div style="text-align: center;">  <p>Happy Deepavali</p> </div>	 <p>active ageing CENTRE</p> <p style="font-size: small;">SUPPORTED BY MOH AND AIC</p>	

***Tentative schedule, subject to changes**

暂定时间表，将会有所变动*

OPENING HOURS

Monday to Friday

8.30am to 12pm




 Jia Ying Community Services Society

Jia Ying Active Ageing Centre (AAC)
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 Tel : 63430530 Email : enquiries@jiaying.org
 Website : www.jiaying.org