




# 2024 March

 **Centre Name:** AACC Bukit Batok West  
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 (S) 650439  
 **Centre Contact:** 69705829 / 81632705






MON	TUE	WED	THU	FRI	SAT
				1	2
				Fun with Razak @10am-10.45am	Gardening @8.30am-12pm
				Line Dance @10am-11am	Chinese Calligraphy @9.30am-10.30am
				Rummy O @12pm-2pm	
				Fun@Dulwich @12.30pm-3pm	
				Recycle Art @1.30pm-3pm	
				Singing Class @2pm-4pm	
4	5	6	7	8	9
Fun with Razak @10am-10.45am	<b>Centre Closed (Internal Event)</b>	NUHS CHP @9am-12pm	Tai Chi/Qigong @8.30am-9.30am	Fun with Razak @10am-10.45am	Gardening @8.30am-12pm
Jamming cum Tea @12pm-1pm		Nagomi Art @9.30am-10.30am	Fun with Razak @10am-10.45am	Line Dance @10am-11am	
Crochet @10am-12pm		Fun with Razak @10am-10.45am	Rolling Good Times @10am-11.30am	Rummy O @12pm-2pm	
Karaoke @1.30pm-3pm		Haircut @10am-1pm	Ukulele Jamming@12pm-1.15pm	Recycle Art @1.30pm-3pm	
Chinese Dance @1.30pm-3pm		Square Stepping @10am-11am		Singing Class @2pm-4pm	
		Yoga-lates @2pm-3pm			
	Lego Project @3.30pm-5.30pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Fun with Razak @10am-10.45am	Fun with Razak @10am-10.45am	NUHS CHP @9am-12pm	Tai Chi/Qigong @8.30am-9.30am	Fun with Razak @10am-10.45am	Gardening @8.30am-12pm
Jamming cum Tea @12am-1pm	English Conversation @10am-11am	Nagomi Art @9.30am-10.30am	Fun with Razak @10am-10.45am	Line Dance @10am-11am	Chinese Calligraphy @9.30am-10.30am
Crochet @10am-12pm	Malay Language Class @11am-12pm	Fun with Razak @10am-10.45am	Rolling Good Times @10am-11.30am	Rummy O @12pm-2pm	
Karaoke @1.30pm-3pm	Patchwork @1.30pm-4pm	Square Stepping @10am-11am	Ukulele Jamming@12pm-1.15pm	Recycle Art @1.30pm-3pm	
Chinese Dance @1.30pm-3pm		Yoga-lates @2pm-3pm		Singing Class @2pm-4pm	
		Lego Project @3.30pm-5.30pm			
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Fun with Razak @10am-10.45am	Chinatown Walking Tour @8.30am-12pm	NUHS CHP @9am-12pm	Tai Chi/Qigong @8.30am-9.30am	Fun with Razak @10am-10.45am	Gardening @8.30am-12pm
Jamming cum Tea @12pm-1pm	Fun with Razak @10am-10.45am	Nagomi Art @9.30am-10.30am	Fun@Jurong Lakeside @9am-12pm	Line Dance @10am-11am	
Crochet @10am-12pm	English Conversation @10am-11am	Fun with Razak @10am-10.45am	Fun with Razak @10am-10.45am	Rummy O @12pm-2pm	
Karaoke @1.30pm-3pm	Malay Language Class @11am-12pm	Haircut @10am-1pm	Rolling Good Times @10am-11.30am	Recycle Art @1.30pm-3pm	
Chinese Dance @1.30pm-3pm	Patchwork @1.30pm-4pm	Square Stepping @10am-11am	Ukulele Jamming@12pm-1.15pm	Singing Class @2pm-4pm	
		Yoga-lates @2pm-3pm			
		Lego Project @3.30pm-5.30pm			

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MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	
Fun with Razak @10am-10.45am	Fun with Razak @10am-10.45am	国大医学组保健站 @9am-12pm	太极 & 气功 @8.30am-9.30am	Fun with Razak @10am-10.45am	
Jamming cum Tea @12pm-1pm	英语对话 @10am-11am	日本和谐粉彩艺术 @9.30am-10.30am	Fun with Razak @10am-10.45am	排舞 @10am-11am	
钩针编织 @10am-12pm	陶笛工作坊 @10am-12.30pm	Fun with Razak @10am-10.45am	Rolling Good Times @10am-11.30am	Rummy O @12pm-2pm	
华族舞 @1.30pm-3pm	Patchwork(补缀品) @1.30pm-4pm	方形踏步 @10am-11am	Ukulele Jamming@12pm-1.15pm	回收艺术 @1.30pm-3pm	
摇竹工作坊 @2.30pm-4pm		瑜伽提斯 @2pm-3pm		歌唱班 @2pm-4pm	
茶舞 @3pm-5pm		Lego 编码 @3.30pm-5.30pm			

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