

2025 October

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S650439
 **Centre Contact:** 6970 5829 / 8163 2705





Requires Registration

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Go Gai Gai (AAC Day)@7am-1.30pm (FULL)	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
		Services - Wellness - CHP@9-12pm	Let's Do Seated Exercise@9.15-10.15am(BALL)	Let's Makan Together - F4 @10-11am	
		Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
		Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Line Dance (IL)@10-11am	
		Let's Do Nagomi Art @9.30-10.30am	Let's Play Music With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
		Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
		Let's Play Music With Ocarina@11am-12pm	Let's CALM @ 2-3pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
		Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30am-12pm	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
HAPPY Programme @9.30-10.30am (469A)	Let's Exercise With Razak On Zoom@9.15-10am (CHAIROBICS)	Steady Lah! @9.30-11am (469A)	Active Generation Programme @ Jurong Point @9-11.30am	Let's Makan Together - F4 @10-11am	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Bowl @9.30am-12pm	Services - Haircut services @10am-1pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's CALM @ 2-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Celebrate Birthday@2-4pm [By Invitation Only]	Let's CALM @ 2-3pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
HAPPY Programme @9.30-10.30am (469A)	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Gen Together - MyFirstSkool@9.30-10.30am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am (BALL)	Centre Closed From 11.30am	
Let's Jam With Ukulele@11am-1pm [FULL]		Let's CALM @ 2-3pm	Let's Play Music With Ocarina@11am-12pm		
	Let's Play Music With Ukulele@11am-12pm				
Let's Chinese Dance@1.30-4.30pm	Let's KTV Together @2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]		Let's CALM @ 1.30-4pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Deepavali (Public Holiday)	Let's Exercise With Razak On Zoom@9.15-10am (CHAIROBICS)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	Let's Go Gai Gai(Digital For Life)@3pm-5pm
	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@9.15-10.15am	Let's Makan Together - F4 @10-11am	
	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Services - Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
		Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]		Let's CrossFit @3-4pm	Let's Celebrate Deepavali@2-4pm	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
HAPPY Programme @9.30-10.30am (469A)	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)					
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm		Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Dave and Friends Do Good at BBW @1.30-3.30pm	Let's KTV Together @3-5pm	Let's Yogalates @2-3pm	Let's CrossFit @3-4pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Gen Together - NJC@2pm-4pm			

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		一起去Gai Gai(AAC Day)@7am-1.30pm (已满)	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
		服务 - 社区保健站@9am-12pm	一起做运动 (坐式)@9.15-10.15am(BALL)	一起来makan - F4@10-11am	
		一起线上做运动@9.15-10am (拳击)	一起做防跌运动@9.45-10.45am	一起线上做运动@10-10.45am (拉力带)	
		一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am (BALL)	一起跳排舞(IL)@10-11am	
		Steady Lah! @9.30-11am (469A)	一起玩音乐-乌克兰丽丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
		一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
		一起玩音乐-陶笛@11am-12pm	一起做防肌肉萎缩运动@ 2-3pm	一起做椅子瑜伽@2-3pm [需付费]	
		一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		

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6	7	8	9	10	11
一起打太极@8.30-9.30am (441 凉亭)	一起打保龄球 (只限男性)@9.30am-12pm	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@9.15-10am (有氧运动)		Active Generation Programme @ 裕廊坊 @9-11.30am	一起来makan - F4@10-11am	
HAPPY Programme @9.30-10.30am (469A)	一起跟Razak线上做运动@10-10.45am (有氧运动)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起线上做运动@10-10.45am (拉力带)	
一起线上做运动@10-10.45am (水瓶活动)	一起学英文-中级@10-11am [班级已满]	Steady Lah! @9.30-11am (469A)	一起做防跌运动@9.45-10.45am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm [班级已满]	一起打保龄球 @9.30am-12pm	服务 - 理发@10am- 1pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm	一起做拼布工艺@1.30-4pm	一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-4.30pm	一起做防肌肉萎缩运动@ 2-3pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
	一起来唱歌@2-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
一起做 Piloxing @2-3pm [需付费]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起做瑜伽提斯@2-3pm	一起做防肌肉萎缩运动@ 2-3pm		
		一起来庆生@2-4pm [仅限邀请]	一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am(舞蹈)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@10-10.45am (舞蹈)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(BALL)	一起来makan - F4@10-11am	
HAPPY Programme @9.30-10.30am (469A)	一起学英文-中级@10-11am [班级已满]	一起做日本和谐粉彩@9.30-10.30am	代际交流 - MyFirstSkool@9.30-10.30am	一起线上做运动@10-10.45am (拉力带)	
一起线上做运动@10-10.45am (水瓶活动)	一起学马来文-初级@11am-12pm [班级已满]	Steady Lah! @9.30-11am (469A)	一起做防跌运动@9.45-10.45am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起做拼布工艺@1.30-4pm	一起线上做运动@10-10.45am (拳击)	一起做运动 (坐式)@10.30-11.30am (BALL)	中心休业 @ 11.30am	
一起玩乌克兰丽丽@11am-1pm	一起做防肌肉萎缩运动@ 2-3pm	一起玩音乐-陶笛@11am-12pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm		
			一起玩音乐-乌克兰丽丽@11am-12pm		
一起跳华族舞@1.30-4.30pm	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
一起做 Piloxing @2-3pm [需付费]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]		一起做防肌肉萎缩运动@ 1.30-4pm		
			一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	
屠妖节 (公共假期)	一起跟Razak线上做运动@9.15-10am (有氧运动)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
	一起跟Razak线上做运动@10-10.45am (有氧运动)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起来 makan - F4@10-11am	
	一起学英文-中级@10-11am [班级已满]	一起做日本和谐粉彩@9.30-10.30am	一起做防跌运动@9.45-10.45am	一起线上做运动@10-10.45am (拉力带)	
	一起学马来文-初级@11am-12pm [班级已满]	Steady Lah! @9.30-11am (469A)	服务 - 理发@10am- 1pm	一起跳排舞 (IL)@10-11am	
	一起做拼布工 艺@1.30-4pm	一起线上做运动@10-10.45am (拳击)	一起做运动 (坐式)@10.30-11.30am	游戏时间 - Rummy O@1.30-3pm	
		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克丽丽@11am-12pm	一起做再循环工艺@1.30-3pm	
	一起来唱歌@2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]		一起做CrossFit@3-4pm	一起来庆祝屠妖节@2.30-4.30pm	

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27	28	29	30	31	
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am(舞蹈)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@10-10.45am (舞蹈)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(BALL)	一起来makan - F4@10-11am	
HAPPY Programme @9.30-10.30am (469A)	一起学英文-中级@10-11am [班级已满]	一起做日本和谐粉彩@9.30-10.30am	一起做防跌运动@9.45-10.45am	一起线上做运动@10-10.45am (拉力带)	
一起线上做运动@10-10.45am (水瓶活动)				一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm [班级已满]	Steady Lah! @9.30-11am (469A)	一起做运动 (坐式)@10.30-11.30am (BALL)	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm	一起做拼布工艺@1.30-4pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@11am-12pm	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-4.30pm		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
Dave and Friends 与 BBW 活跃乐龄中心同乐 @1.30-3.30pm	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		
一起做 Piloxing @2-3pm [需付费]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	代际交流 - NJC@2pm-4pm			

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

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