

2026 April

Highlighted text: by invite/registration/need payment

📍 **Centre Name:** AAC (Gek Poh)
 🏠 **Centre Address:** Blk 751 Jurong West Street 73 #01-177, S640751
 📞 **Centre Contact:** 8031 5061



MON	TUE	WED 1	THU 2	FRI 3	SAT 4
		Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Happy Program 推广健康老龄化计划(运动) @9.30am-10.30am	Centre closed for Good Friday	
		Let's Talk News 一起聊新闻 @11am-12pm	Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm		
			Let's CrossFit 一起做 CrossFit @12pm-1pm		
		Let's Exercise - Online Video(Water Bottle) 一起线上做运动(水壶运动) @2pm-3pm	Let's Gen Together (ACSI) 代际交流((英华学校) @2pm-3pm		
		Fun with Kakis(Games) 游戏时间(游戏) @3pm-4pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @3pm-4pm		
		Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Centre closed for internal event		

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11	SUN 12
						Centre Official Opening Event 中心开幕活动 @9.30am-12pm
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Happy Program 推广健康老龄化计划(运动) @9.30am-10.30am	Inhouse Facilitator-Led: Live stream Exercise(Theraband) 一起线上做运动(弹力带拉筋操) @10am-11am		
Let's Go Gai Gai (Duck Tour) 一起去 Gai Gai (鸭子之旅) @9.30am-2.30pm	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Walking Football (Offsite) 一起来踢球 (异地活动) @9am-11.30am	Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @10.30am-11.30pm	Fun with Tech/ Exergame 电子游戏时间 @11am-12pm		
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm	Stay Well Series - Health Talk 保健系列 - 健康讲座 @1pm - 2pm	Let's Exercise - Online Video(Water Bottle) 一起线上做运动(水壶运动) @1pm-2pm	Let's CrossFit 一起做 CrossFit @1pm-2pm	Stay Well Series - Health Talk (Navigating Ageing Knees) 保健系列 - 健康讲座 @1pm - 2pm		
Let's KTV Together 一起来 K歌 @2pm-4pm	Let's Celebrate Birthday 一起来庆生@2pm-4pm	Let's do Leaf Carving 一起做叶雕 @ 2pm - 3pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Gen Together (Jurong West Secondary School) 代际交流(裕廊西中学) @ 2.30pm - 4pm		
		Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @3pm-4pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm			
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Centre closed for internal event	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm		

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Let's Gen Together (Singapore Polytechnic) 代际交流(新加坡理工学院) @ 10am - 11.30am	Inhouse Facilitator-Led: Live stream Exercise(Theraband) 一起线上做运动(弹力带拉筋操) @10am-11am	
Let's Makan Together 一起来 makan @11am-12pm	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Learn Malay 一起学(马来语 - 初级) @11am-12pm		Fun with Kakis (Games) 游戏时间(游戏) @11am-12pm	
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm	Stay Well Series - Health Talk 保健系列 - 健康讲座 @1pm - 2pm		Let's CrossFit 一起做 CrossFit @1pm-2pm	Stay Well Series - Health Talk (Understanding Numbness and Aching Hands) 保健系列 - 健康讲座 @1pm - 2pm	
Let's Lim Kopi (Male exclusive) 一起喝咖啡(只限男性) @2pm-3.30pm	Let's Gen Together (Singapore Polytechnic) 代际交流(新加坡理工学院) @ 2.30pm - 4pm	Let's Exercise - Online Video(Water Bottle) 一起线上做运动(水壶运动) @2pm-3pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Do Recycle Art 一起做再循环工艺 @2pm-4pm	
		Fun with Kakis(Games) 游戏时间(游戏) @3pm-4pm	Let's Gen Together (NAFA) 代际交流(南洋艺术学院) @3pm-4pm		
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
Let's Go Gai Gai with NTU 一起和新加坡南洋理工大学 去Gai Gai @8am-12pm	Let's Talk News 一起聊新闻 @10am-11am	Let's Walking Football (Offsite) 一起来踢球 (异地活动) @9am-1130am	Happy Program 推广健康老龄化计划(运动) @9.30am-10.30am	Inhouse Facilitator-Led: Live stream Exercise(Theraband) 一起线上做运动(弹力带拉筋 操) @10am-11am	Strategise with Kakis (RUMMY O - Competition) 游戏时间-数字麻将竞赛 @9am-11.30am
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Let's Makan Together 一起来 makan @11am-12pm	Fun with Tech/ Exergame 电子游戏时间 @11am-12pm	
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm			Let's CrossFit 一起做 CrossFit @1pm-2pm	Stay Well Series - Health Talk (Back Pain: When to Worry) 保健系列 - 健康讲座 @1pm-2pm	
Let's KTV Together 一起来 K歌 @2pm-4pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @2pm-3pm	Let's Do DIY Woodcraft 一起做木工 @2pm-4pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Do Recycle Art 一起做再循环工艺 @2pm-4pm	
	Fun with Kakis(Games) 游戏时间(游戏) @3pm-4pm		Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm		
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

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MON 27	TUE 28	WED 29	THU 30	FRI	SAT
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Talk News 一起聊新闻 @10am-11am	Fun with Kakis (Bingo) 游戏时间(宾果) @10am-11am	Happy Program 推广健康老龄化计划(运动) @9.30am-10.30am		
Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am - 12pm	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Learn Malay 一起学(马来语 - 初级) @11am-12pm	F4 Let's Makan Together 一起来 makan - F4 @ 11am-12pm		
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm		Let's CrossFit 一起做 CrossFit @1pm-2pm		
		Let's Exercise - Online Video(Water Bottle) 一起线上做运动(水壶运动) @2pm-3pm			
Let's Learn to Cook (Male Exclusive) 一起学烹饪(男士) @2.30pm-4pm	Let's Gen Together (Jurong Secondary School) 代际交流(裕廊中学) @2pm-3.30pm	Let's do DDMA (Art&Craft) 一起做 DDMA(手工) @3pm-4pm	Let's Gen Together (Jurong Secondary School) 代际交流(裕廊中学) @2pm-3.30pm		
Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm		

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