

2026 January

Highlighted texts are by invite only

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



ntuc Health

MON

TUE

WED

THU

FRI

SAT

			1	2	3
			New Year's Day	Let's Exercise with Razak (Waterbottle)@10-11am	
				Let's Yum Cha Together@2-3pm	
				Strategise with Kakis (RUMMY O)@4-5pm	
5	6	7	8	9	10
Let's Exercise with Razak (Fun Dance)@10-11am	Fun with Kakis@10-11am	Let's Exercise with Razak (Boxing)@10-11am	Let's Exercise with Razak (Fun Dance)@10-11am	Let's Exercise with Razak (Waterbottle)@10-11am	
	Let's Makan Together@11-12pm				
	Let's Exercise with Razak (Chairobics)@2-3pm		Let's CrossFit@1-2pm		
Let's KTV together@2-4pm	Let's Talk News (SPH) @3-4pm	Fun with Kakis@3-4pm	Grooving Down Memory Lane @ 2pm - 3pm	Let's Learn To Cook (Male Exclusive)@2-4pm	
Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	
12	13	14	15	16	17
Let's Exercise with Razak (Fun Dance)@10-11am	Fun with Kakis@10-11am	Let's Gen Together (NJC)@10am-12pm	Let's Gen Together (NJC)@10am-12pm	Let's Gen Together (NJC)@10am-12pm	
Let's Volunteer Together@11am - 12pm	Let's Makan Together @11-12pm				
	Let's Exercise with Razak (Chairobics)@2-3pm	Let's Do Leaf Carving@2-3pm - (TBC)	Let's pick up Malay@1-2pm	Let's Yum Cha Together@2-3pm	
	Let's Talk News (SPH) @3-4pm		Grooving Down Memory Lane @ 2pm - 3pm		
Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O / MAHJONG)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	

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Health

MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
Let's Exercise with Razak (Fun Dance)@10-11am	Let's Celebrate Birthday @10-12pm	Let's Exercise with Razak (Boxing)@10-11am	Let's Exercise with Razak (Fun Dance)@10-11am	Let's Exercise with Razak (Waterbottle)@10-11am	
	Let's Exercise with Razak (Chairobics)@2-3pm		Stay Well Series - Health Talk (CHP - Dementia)@11-12pm		
			Let's CrossFit@1-2pm		
			Grooving Down Memory Lane @ 2pm - 3pm		
Let's KTV together@2-4pm	Let's Talk News (SPH) @3-4pm	Fun with Kakis@3-4pm	Let's Go Gai Gai (SPH) @2.30 - 5pm	Let's Learn To Cook (Male Exclusive) @2-4pm	
26	27	28	29	30	31
Let's Exercise with Razak (Fun Dance)@10-11am	Let's Exercise with Razak (Chairobics)@10-11am -	Let's Exercise with Razak (Boxing)@10-11am	Happy Program @10-11am	Let's Exercise with Razak (Waterbottle)@10-11am	
Let's Volunteer Together@11am - 12pm	Let's Makan Together - F4@11-12pm				
	Grooving Down Memory Lane @ 2pm - 3pm		Let's Pick Up Malay@1-2pm		
Let's Do Recycle Art@3-4pm	Let's Talk News (SPH) @3-4pm	Let's Do Lavender Twist @3-4pm	Community Health Post@2-5pm	Let's Go Gai Gai (Peranakan Museum)@2-4pm	
Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	Strategise with Kakis (RUMMY O)@4-5pm	

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2026 一月

标有颜色的项目是受邀参与的活动

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			新年快乐！	一起跟Razak线上做运动(水瓶运动@10-11am	
				一起饮茶@2-3pm	
				游戏时间-数字麻将@4-5pm	
5	6	7	8	9	10
一起跟Razak线上做运动(跳舞@10-11am	游戏时间@10-11am	一起跟线上教练做运动(改良拳击)@10-11am	一起跟Razak线上做运动(跳舞@10-11am	一起跟Razak线上做运动(水瓶运动@10-11am	
	一起来makan@11-12pm				
	一起跟Razak线上做运动(有氧运动)@2-3pm		一起做CrossFit@1-2pm		
一起来K歌@2-4pm	一起聊新闻@3-4pm	游戏时间@3-4pm	Grooving Down Memory Lane @ 2pm - 3pm	一起学烹饪(男士)@2-4pm	
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	
12	13	14	15	16	17
一起跟Razak线上做运动(跳舞@10-11am	游戏时间@10-11am	代际交流 - 国家初级学院 @10-12pm	代际交流 - 国家初级学院 @10-12pm	代际交流 - 国家初级学院 @10-12pm	
一起当义工@11-12pm	一起来makan@11-12pm				
	一起跟Razak线上做运动(有氧运动)@2-3pm	一起做Leaf Carving@2-3pm	一起学(马来语 - 初级)@1-2pm	一起饮茶@2-3pm	
	一起聊新闻@3-4pm		Grooving Down Memory Lane @ 2pm - 3pm		
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	

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一起跟Razak线上做运动(跳舞@10-11am)	一起来庆生@10-12pm	一起跟线上教练做运动(改良拳击)@10-11am	一起跟Razak线上做运动(跳舞@10-11am)	一起跟Razak线上做运动(水瓶运动@10-11am)	
	一起跟Razak线上做运动(有氧运动)@2-3pm		保健系列 - 健康讲座(失智症)@11-12pm		
	一起聊新闻@3-4pm		一起做CrossFit@2-3pm		
			Grooving Down Memory Lane @ 2pm - 3pm		
一起来K歌@2-4pm		游戏时间@3-4pm	一起去Gai Gai (新加坡报业控股)@2.30@5pm	一起学烹饪(男士)@2-4pm	
26	27	28	29	30	31
一起跟Razak线上做运动(跳舞@10-11am)	一起跟Razak线上做运动(有氧运动)@2-3pm	一起跟线上教练做运动(改良拳击)@10-11am	推广健康老龄化计划@10-11am	一起跟Razak线上做运动(水瓶运动@10-11am)	
一起当义工@11-12am	一起来 makan - F4@11-12pm				
	Grooving Down Memory Lane @ 2pm - 3pm		一起学(马来语 - 初级)@1-2pm		
一起做再循环工艺@3-4pm	一起聊新闻@3-4pm	一起来做Lavender Twist@3-4pm	服务 - 社区保健站@2-5pm	一起去Gai Gai (土生文化馆)@2-4pm	
游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@4-5pm	

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