

2026 July

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	THU	FRI	SAT
		1	2	3	4
		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	
		Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Let's Celebrate Birthday 一起来庆生 @10.45am-12.45pm	Fun with Kakis (Games) 游戏时间(游戏) @11am-12pm	
		Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am-12pm			
		Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @1pm-2pm	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 (中文) @1pm-3pm	Stay Well Series - Health Talk (Care Conversations: Making Decisions with Confidence) 保健系列 - 健康讲座 @1pm-2pm	
		Let's Gen Together (Westwood Secondary) 代际交流 (维林中学) @2pm-4pm	Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-5pm	Let's Gen Together (Juying Secondary) 代际交流 (裕景中学) @2pm-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	

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
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 Go Gai Gai (Indian Heritage Centre) 一起去 Gai Gai (Indian Heritage Centre) @8.45am-11.30pm	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 Lim Kopi (Male exclusive) 一起喝咖啡(只限男性) @11am-12pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @10am-11am	Let's Makan Together 一起来 makan @11am-12pm	Fun with Kakis (Bingo) 游戏时间(宾果) @11am-12pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's CrossFit 一起做 CrossFit @1pm-2pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @1pm-2pm	Let's Gen Together (ACSI) 代际交流 (新加坡英 华国际学校) @2pm-3pm	Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @1pm-2pm	
Stay Well Series - Health Talk (Importance of Eye Care) 保健系列 - 健康讲座 (眼睛护理的重要性) @2pm-3.30pm	Stay Well Series - Health Talk (Stroke Awareness - English) 保健系列 - 健康讲座 (关注中风风险) @2pm-3.30pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	Guardians of the Green 环保活动 - 绿色护卫队 @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 @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 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 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	Let's Join Fruits Fiesta (Blk 732) @6pm-9pm
Let's Learn to Cook (Male Exclusive) 一起学烹饪(男士) @11am-12.30pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Let's Pick Up Malay 一起学(马来语 - 初级) @11am-12pm	Let's Makan Together 一起来 makan @11am-12pm	
	Let's CrossFit 一起做 CrossFit @1pm-2pm	Fun with Kakis (Games) 游戏时间(游戏) @11am-12pm			
Let's KTV Together 一起来 K歌 @2pm-4pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 (英文) @3pm-5pm	Let's Do Recycle Art 一起做再循环工艺 @2.30pm-4pm	
Let's Gen Together (Raffles Institution) 代际交流(莱佛士书院) @4pm-5pm	Let's Talk About (YES to Waste Less) 一起来谈 (践行减量, 拒绝浪费) @3pm-4pm	Let's Learn to Bake 一起学烘焙 @2.30pm-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
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 Go Gai Gai (Abbott Plant) 一起去 Gai Gai (雅培工厂) @8.45am-1.45pm	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	
Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am-12pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Exercise - Online Video (Chairbics) 一起线上做运动(有氧运动) @10am-11am	F4 Let's Makan Together 一起来 makan - F4 @11am-12pm	Fun with Kakis (Bingo) 游戏时间(宾果) @11am-12pm	
Let's Gen Together (West Grove Primary School - Offsite) 代际交流(伟群小学 - 异地) @12.30pm-3.30pm	Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @1pm-2pm	Let's Exercise - Online Video (Modified Boxing) 一起线上做运动(拳击运动) @1pm-2pm	Let's CrossFit 一起做 CrossFit @1pm-2pm	Stay Well Series - Health Talk (Cancer Screening: Staying Ahead for Healthy Ageing) 保健系列 - 健康讲座 @1pm-2pm	
	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) 一起做涂色 @2pm-3.30pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Do Paper Art 一起做纸艺 @2pm-3pm	
		Let's Gen Together (Woodgrove Primary School) 代际交流(林景中学) @3pm-4.30pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	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 @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 @4.30pm-5.30pm	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	

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MON 27	TUE 28	WED 29	THU 30	FRI 31	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	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	
Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	Let's CrossFit 一起做 CrossFit @11am-12pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @10am-11am	Let's Pick Up Malay 一起学(马来语 - 初级) @11am-12pm	Let's Makan Together 一起来 makan @11am-12pm	
Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Get Together (Minority Exclusive) 当我们同在一起 @11am-1pm	Let's Gen Together (NUS) 代际交流 (新加坡国立大学) @1pm-3pm	Stay Well Series - Health Talk(Palliative Care: Debunking Myths and Understanding Your Options) 保健系列 - 健康讲座 @1pm-2pm	
Let's KTV Together 一起来 K歌 @2pm-4pm	Let's Gen Together (Ngee Ann Poly) 代际交流(义安理工学院) @3pm-4.30pm	Let's Exercise - Online Video (Dance of the Nation) 一起线上做运动(跳舞) @2pm-3pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @3pm-4pm	Let's Do Recycle Art 一起做再循环工艺 @2.30pm-4pm	
Let's Gen Together (Raffles Institution) 代际交流(莱佛士书院) @4pm-5pm	Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Let's do Art&Craft (DDMA) 一起做手工 @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 @4.30pm-5.30pm	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	

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