




# 2026 June

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	5	6
Centre Close for Vesak Day 中心关闭 - 卫塞节	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 Programme 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 Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Go Gai Gai (Bollywood Veggies) 一起去 Gai Gai (Bollywood Veggies) @9.15am-11.45am	Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am -12pm	
	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(有氧运动) @10am-11am	Let's CrossFit 一起做 CrossFit @1pm-2pm	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	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 (中文)@2pm-4pm	Let's Celebrate Birthday 一起来庆生@2pm-4pm	Let's Sing Together 一起来唱歌 (2pm-3pm)	
	Let's Gen Together (NJC) 代际交流(国家初级学院) @3pm-4pm			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	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4pm-5pm	

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MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13
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 Programme 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(弹力带拉伸操) @10am-11am	
Fun with Kakis (Bingo) 游戏时间(宾果) @11am-12pm	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Learn to Cook (Male Exclusive) 一起学烹饪(男士) @11am-12.30pm	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 (Theraband) 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		
Stay Well Series - Health Talk(Coping with depression) 保健系列 - 健康讲座(应对忧郁症) @2pm-3.30pm	Grooving Down Memory Lane @ 2pm-3pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Air Liquide Do Good at NTUC Health AAC Gek Poh Air Liquide与NTUC Health Gek Poh 活跃乐龄中心同乐 @2pm - 4pm	Let's Gen Together (Singapore Polytechnic) 代际交流(新加坡理工学院) @1pm-4pm	
	Let's Gen Together (NJC) 代际交流(国家初级学院) @3pm-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 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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 Programme 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 Gen Together (NJC) 代际交流(国家初级学院) @11am-12pm	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 Makan Together 一起来makan @11am-12pm	Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	
Let's Volunteer Together 一起当义工 @11am-12pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	Leave Well Series - Legacy Planning Workshop - Lasting Power of Attorney( English) 走得自在系列 -遗产与遗嘱规划 - 持久授权书(英文) @1.30pm-2.30pm	Let's CrossFit 一起做CrossFit @1pm-2pm	Stay Well Series - Health Talk(Movement as Medicine: Train the Body, Treat the Brain) 保健系列 - 健康讲座 @1pm-2pm	
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm	Scent Healing (Scent of Wellness for Better Sleep) 心灵系列 - 健康之香, 助您安眠 @ 2pm-3pm	Let's KTV Together 一起来K歌 @2pm-4pm	Scent Healing (Scent of Wellness for Better Sleep) 心灵系列 - 健康之香, 助您安眠 @ 2pm-3pm	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 Paper Art 一起做纸艺@3pm-4pm	Leave Well Series - Legacy Planning Workshop - Lasting Power of Attorney( Chinese) 走得自在系列 -遗产与遗嘱规划 - 持久授权书(中文) @2.45pm-3.45pm	Let's Do Paper Art 一起做纸艺@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 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
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 Programme 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-12.30pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Gen Together (NJC) 代际交流(国家初级学院) @11am-12pm	F4 Let's Makan Together 一起来 makan - F4 @11am-12pm	Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	
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(Modified Boxing) 一起线上做运动(拳击运动) @1pm-2pm	Let's Pick Up Malay 一起学(马来语 - 初级) @12pm-1pm	Stay Well Series - Health Talk(Clinical Apathy in Parkinson's disease) 保健系列 - 健康讲座 @1pm-2pm	
Leave Well Series - Legacy Planning Workshop - Advanced Care Planning 走得自在系列 - 遗产与遗嘱规划 - 预先护理计划 @2pm-4pm	Grooving Down Memory Lane @ 2pm-3pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程(中文) @2pm-4pm		
	Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm	Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	Let's Do Recycle Art 一起做再循环工艺 @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 29	TUE 30	WED	THU	FRI	SAT 30
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 Appreciate our Volunteer 义工感谢会 @11.30am - 1pm	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm				
Let's Exercise - Online Video(Theraband) 一起线上做运动(有氧运动) @1pm - 2pm	Let's Exercise - Online Video (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm				
Let's KTV Together 一起来K歌 @2pm-4pm	CPF Board Do Good at NTUC Health AAC Gek Poh 公积金局与 NTUC Health Gek Poh 活跃乐龄中心同乐 @2pm-4.30pm				
Let's Gen Together(Raffles Institution) 代际交流(莱佛士书院) @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				

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