

2026 March

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 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Let's Exercise - Live Stream (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 Celebrate Birthday 一起来庆生@10am-12pm	Happy Program 推广健康老龄化计划(运动) @10am-11am	Let's Exercise - Live Stream (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(IL) 一起做坐式瑜伽 (IL) @11am-12pm		Fun with Kakis (Just Be Happy) 游戏时间 (Just Be Happy) @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) @2pm-3pm	Let's Exercise - Online Video(Chairbics) 一起线上做运动(有氧运动) @1pm-2pm		Let's CrossFit 一起做 CrossFit @1pm-2pm		
Let's do Pottery Hand Building 一起做陶艺 @2pm-4pm	Let's Gen Together with NAP 代际交流(义安理工学院) @2pm-4pm	Let's Exercise - Online Video(Water Bottle) 一起线上做运动(水壶运动) @2pm-3pm	Let's Gen Together with NAP 代际交流(义安理工学院) @2pm-4pm	Stay Green Together - Edible Garden 一起种植物 - Edible Garden @2.30pm - 4pm	
Fun with Kakis(Games) 游戏时间(游戏) @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	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4.30pm-5.30pm	

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MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
Let's Exercise - Live Stream (Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Centre Closed for One Day 中心关闭一天	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) @10am-11am	Let's Exercise - Live Stream (Theraband) 一起线上做运动(弹力带拉筋操) @10am-11am	
Let's Talk News 一起聊新闻 @11am-12pm		Let's do Leaf Carving 一起做叶雕 @ 11am - 12 pm	Let's Learn Malay 一起学(马来语 - 初级) @11am-12pm	Let's Makan Together 一起来 makan @11am-12pm	
Let's Gen Together (NTU) 代际交流(南洋理工大学) @2pm-4pm		Let's Gen Together (ACSI) 代际交流(英华学校) @ 2pm - 3pm	Stay Green Together - Edible Garden 一起种植物 - Edible Garden @ 1 pm - 2.30 pm		
		Grooving Down Memory Lane(Live) @ 2pm-3.30 pm	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-4.30pm	
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 @4.30pm-5.30pm	

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
Let's Exercise - Live Stream (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) @10am-11am	Let's Exercise - Live Stream (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 (IL) 一起做坐式瑜伽 (IL) @11am-12pm	Fun with Kakis (Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	F4 Let's Makan Together 一起来 makan - F4 @ 11am-12pm	Fun with Tech/ Exergame 电子游戏时间 @11am-12pm	
Scent Healing - Aromatherapy 心灵系列 - 芳香疗愈 @ 2pm - 3pm	Scent Healing - Aromatherapy 心灵系列 - 芳香疗愈 @ 2pm - 3pm	Let's Exercise - Online Video (Water Bottle) 一起线上做运动(水壶运动) @2pm-3pm	Let's CrossFit 一起做 CrossFit @1pm-2pm	Stay Green Together - Edible Garden 一起种植物 - Edible Garden @ 1pm - 2.30 pm	
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @3pm-4pm	Let's Exercise - Online Video (Chairbics) 一起线上做运动(有氧运动) @3pm-4pm	Let's do DDMA (Art&Craft) 一起做 DDMA(手工) @ 3pm - 4pm	Scent Healing - Aromatherapy 心灵系列 - 芳香疗愈 @ 2pm - 3pm	Let's Do Recycle Art 一起做再循环工艺 @2.30pm-4.30pm	
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	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @4.30pm-5.30pm	

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MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
Centre Closed - Hari Raya Puasa 中心关闭 - 开斋节	Let's Talk News 一起聊新闻 @10am-11am	Fun with Kakis (Bingo) 游戏时间(宾果) @10am-11am	Let's Gen Together with(Hwa Chong JC) 代际交流(华中初级学院) @9.30am-11.30am	Let's Exercise - Live Stream (Theraband) 一起线上做运动(弹力带拉筋操) @10am-11am	
	Let's Chair Yoga(IL) 一起做坐式瑜伽 (IL) @11am-12pm	Let's Makan Together 一起来 makan @11am-12pm	Let's CrossFit 一起做 CrossFit @1pm-2pm	Fun with Tech/ Exergame 电子游戏时间 @11am-12pm	
	Let's Learn Malay 一起学(马来语 - 初级) @1pm-2pm	Let's do Leaf Carving 一起做叶雕 @ 2pm - 3pm	Grooving Down Memory Lane @ 2pm-3pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @2pm-3pm	
	Let's KTV Together 一起来 K歌 @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	Stay Green Together - Edible Garden (Offsite) 一起种植物 - Edible Garden(异地活动) @ 2.30pm to 4.30 pm	
	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 @4.30pm-5.30pm	

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MON 30	TUE 31	WED	THU	FRI	SAT 21
Let's Exercise - Live Stream(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				
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 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 Learn to Cook (Male Exclusive) 一起学烹饪(男士) @2.30pm-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				

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