




# 2026 May

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 1	SAT 2
				<b>Centre closed for Labor Day 中心关闭 - 劳动节</b>	

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Celebrate Birthday 一起来庆生@10am-12pm	Let's Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am	Let's Exercise - Online Video (Theraband) 一起线上做运动(弹力带拉筋操) @10am-11am	Centre closed for one day 中心关闭一天	
Stay Well Series - Health Talk 保健系列 - 健康讲座 @11am -12pm		Let's Go Gai Gai (Hay Dairies Goat Farm) 一起去 Gai Gai(新加坡牧羊场) @9.15am-12pm	Let's Talk News 一起聊新闻 @11am-12pm		
Let's Exercise - Online Video (Fun Dance) 一起线上做运动(跳舞) @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 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 Paper Art 一起做纸艺 @3pm-4pm	Fun with Kakis(Games) 游戏时间(游戏) @3pm-4pm	Let's CrossFit 一起做CrossFit @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 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
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 Go Gai Gai (CPF Jurong East) 一起去 Gai Gai (裕廊东公积金局) @8.45am-11.30am
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 Exercise - Online Video(Modified Boxing) 一起线上做运动(拳击运动) @10am-11am Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	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 (Fun Dance) 一起线上做运动(跳舞) @1pm-2pm	Grooving Down Memory Lane @ 2pm-3pm	Let's do Leaf Carving 一起做叶雕 @ 1pm - 2pm	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	
Let's Lim Kopi (Male exclusive) 一起喝咖啡 (只限男性) @2pm-3.30pm	Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm	Digital - IMDA Go-Digital - Workshop 数码乐龄计划 - 培训课程 @2pm-4pm	Let's Gen Together (ACSI) 代际交流((英华学校) @2pm-3pm	Let's Gen Together (Huayi Sec) 代际交流((华义中学) @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	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 @4.30pm-5.30pm	

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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 Gen Together(Juying Sec - Offsite) 代际交流(聚英中学 - 异地) @9am-12pm	Let's Gen Together(PCF Sparkle Tots) 代际交流(PCF Sparkle Tots) @10am-11am	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(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 Fun with Kakis(Just Be Happy) 游戏时间(Just Be Happy) @11am-12pm	Let's Pick Up 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 (Chairobics) 一起线上做运动(有氧运动) @1pm-2pm	
Let's Gen Together(NIE) 代际交流(国立教育学院) @2pm-4pm	Let's Gen Together(NIE) 代际交流(国立教育学院) @2pm-4pm	Let's KTV Together 一起来 K歌 @2pm-4pm	Centre Closed for Half Day 中心关闭半天	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @2pm-3pm	
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		Let's Gen Together (Huayi Sec) 代际交流((华义中学) @3pm-5pm	

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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT	
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Let's Gen Together(Dunearn Sec) 代际交流(德能中学) @10.30am-12.30pm	Centre Closed for Hari Raya Haji 中心关闭 - 哈芝节	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 Talk News 一起聊新闻 @11am-12pm			Let's Makan Together 一起来 makan@ 11am-12pm	Let's Learn to Cook (Male Exclusive) 一起学烹饪(男士) @11am-12.30pm		
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 @2pm-3pm	
Let's Gen Together(NIE) 代际交流(国立教育学院) @2pm-4pm	Grooving Down Memory Lane @ 2pm-3pm			Let's Exercise 一起做运动@2pm-3pm		
	Let's do Art&Craft (DDMA) 一起做手工 (DDMA) @3pm-4pm			Community Health Post (CHP) 服务 - 社区保健站 @2pm-5pm	Let's Gen Together(Raffles Institution) 代际交流(莱佛士书院) @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	

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