2026 November

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
2	3	4	5	6	7
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Current affairs U&Me 时事新闻你和我 @10am-11am	Centre closed for full day 中心整天关 闭	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 Stretch Band (IL) 一起做 弹力带拉筋操 @10am-11am	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm		Let's Celebrate Birthday 一起来 庆生@11am-1pm	Let's Talk About Singtel Discounted Shares 一起来谈(新电信优惠股) @11am-12pm	
Fun with Kakis (Games) 游戏时间(游戏) @11am-12pm				Stay Well Series - Health Talk (Type 2 Diabetes Mellitus: How to Prevent and Manage it) 保健系列 - 健康 讲座 @1pm-2pm	
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		Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 （中文） @1pm-3pm	Let's Do Recycle Art 一起做再循 环工艺 @2.30pm-4pm	
Stay Well Series - Health Talk (SGH Physiotherapy: Preventing Frailty Together) 保健系列 - 健康讲座 @2pm-3.30pm	Let's Gen Together (NTU) 代际交流 (南洋理工大学) @2pm-4pm		Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 （英文） @3pm-5pm		
			Let's 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	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre closed for Diwali/Deepavali 中心屠妖节关闭	Stay Well Series - Health Talk 保健系列 - 健康讲座 @10am-11am	Let's Gen Together (NUS) 代际交流 (新加坡国立大学) @10am-12.30pm	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 Chair Yoga 一起做坐式瑜伽 @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 (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	
	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (Chinese) 一起做涂色 (中文) @2pm-3pm	Let's Dragonboat - Race @1.30pm-6pm	
			Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm		
	Let's Do Mindful Colouring (Happy, Healthy Huemans - 3H) (English) 一起做涂色 (英文) @3.15pm-4.15pm	Let's Gen Together (NTU) 代际交流 (南洋理工大学) @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	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Centre closed for full day 中心整天关闭	Let's CALM 一起做防肌肉萎 缩运动 @8.45am-1pm	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 Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am		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 @10.30am-11.30am	Fun with Kakis (Bingo) 游戏时间 (宾果) @11am-12pm	
Let's Learn to Cook (Male Exclusive) 一起学烹饪 (男士) @11am-12.30pm		Let's CrossFit 一起做CrossFit @2pm-3pm		Stay Well Series - Health Talk (Diabetes and Mental Health: Why Both Matter) 保健系列 - 健康讲座 @1pm-2pm	
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm		Let's do Art&Craft (DDMA) 一起做手工 @3pm-4pm	Digital - IMDA Go-Digital - Workshop (Chinese) 数码乐龄计划 - 培训课程 （中文） @1pm-3pm	Strategise with Kakis (RUMMY O) 游戏时间-数字麻将 @2pm-3pm	
Let's KTV Together 一起来K歌 @2pm-4pm			Digital - IMDA Go-Digital - Workshop (English) 数码乐龄计划 - 培训课程 （英文） @3pm-5pm	Centre closed 中心关闭 @3pm-6pm	
			Let's Do Craft 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		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Inhouse Facilitator-Led: Live stream Exercise(Water Bottle) 一起线上做运动(水壶运动) @10am-11am	Current affairs U&Me 时事新闻你和我 @10am-11am	Let's CrossFit 一起做CrossFit @10am-11am	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 Stretch Band (IL) 一起做弹力带拉筋操 @10am-11am	Let's Chair Yoga 一起做坐式瑜伽 @11am-12pm	Let's Makan Together 一起来makan @11am-12pm	Digital - Fab Lab Series - Digital Embriodery Workshop (Offsite) 数码刺绣工作坊 @10am-1pm	Let's Get Together (Minority Exclusive) 当我们同在一起 （仅限少数民族） @11.30am-1pm	
Let's Lim Kopi (Male exclusive) 一起喝咖啡(只限男性） @11am-12pm			Let's Pick Up Malay 一起学(马来语 - 初级) @11am-12pm		
Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	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 (拳击运动） @1pm-2pm	Let's Exercise - Online Video (Theraband) 一起线上做运 (弹力带拉筋操) @1pm-2pm	Stay Well Series - Health Talk (Eating Well with Diabetes) 保健系列 - 健康讲座 @1pm-2pm	
Fun with Kakis (Games) 游戏时间(游戏) @3pm-4pm	Let's Talk About Bus Safety by SMRT (English) 一起来谈公交安全 (英文) @ 2pm-3pm	Let's do Leaf carving 一起做叶雕 @2pm-3pm	Let's Talk About Dengue prevention by NEA (Chinese) 一起来谈登革热预防 (中文) @2pm-3pm	Let's CALM 一起做防肌肉萎缩运动 @2pm-3pm	
		Let's CALM 一起做防肌肉萎缩运动 @3pm-4pm	Let's Talk About Dengue prevention by NEA (English) 一起来谈登革热预防 (英文) @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	TUE	WED	THU	FRI	SAT
30					30
Centre closed for full day **中心整天关 闭**					

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