

2025 April

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



 NTUC Health

MON	TUE 1	WED 2	THU 3	FRI 4	SAT 5
	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Square Stepping Exercise@10-11am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Let's Walking Football@10-11.30am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Strategise with Kakis (RUMMY O) @11am-1pm	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Let's Gen Together- HCI@3-4.30pm	Strategise with Kakis (RUMMY O) @11am-1pm	
	Strategise with Kakis (RUMMY O) @11-12pm @4-5pm	Let's CrossFit@3.30-4pm		Digital - IMDA Go-Digital - Workshop@1-2pm(Chi);2-3pm(Eng	
	Let's Steel Combat (Male Exclusive)@1-2pm			Let's Gen Together-HYSS@3-5pm	
	Let's Gen Together- JWSS@2.30-4pm				
	Let's Support EQUAL@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 April

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



 NTUC Health

MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10-12pm	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Senior Friendly Tour at National Museum (Chinese)@1.30-4pm	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
Let's Support EQUAL@2-4pm	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	SkillsFuture Workshop@2-4pm	
	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm		
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Jam with Harmonica@4-5pm		
	Let's Celebrate Birthday@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 April

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671





MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Walk in the Park (Male Exclusive)@9-10am	Let's Qigong@9-10am	Good Friday! Public Holiday	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Chair Zumba@9-10am	Let's Do Stocking Craft@10-11am		Let's Line Dance (Intermediate)@10.45-11.45am
Let's Gen Together-Frontier@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am		
Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	SSquare Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Let's Gen Together- MFS@10-11am	Let's Walking Football@10-11.30am		
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm		
	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Senior Friendly Tour at National Museum (English)@1.30-4pm		
	Let's Celebrate Hari Raya@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 April

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



ntuc Health

MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10-12pm	Walking Football Match@9-11.30am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Current Affair U&Me@10-11am	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Let's Do Crochet@11-12pm	
	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Strategise with Kakis (RUMMY O) @11am-1pm	
	Let's CrossFit@10-11am	Let's CrossFit@3.30-4pm		Let's KTV Together@2-4pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Let's Lim Kopi@4-5pm			
	Let's Steel Combat (Male Exclusive)@2-3pm				
28	29	30			
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Center Closed			
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am				
Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am				
	Square Stepping Exercise(Beginner)@10-11am				
Let's Gen Together-Frontier@2-4pm	Let's CrossFit@10-11am				
	Strategise with Kakis (RUMMY O) @4-5pm				
	Let's Steel Combat (Male Exclusive)@2-3pm				
	Let's Gen Together-JWSS@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 April

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671





MON ?	TUE 1	WED 2	THU 3	FRI 4	SAT 5
	一起做运动@9-10am	一起跳椅子尊巴@9-10am	方块踏步运动@10-11am	服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起来踢球@10-11.30am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(中级班) @10.45-11.45am
	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起做缝纫@10.30am-12pm	游戏时间-数字麻将 @11am-1pm	一起跟Razak线上做运动(拉力带) @10-10.45am	
	方块踏步运动(初级到高级班:12周)@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
	一起做CrossFit@10-11am	一起做防跌运动@2-3pm	代际交流 - 华侨中学 @ 3-4.30pm	游戏时间-数字麻将 @11am-1pm	
	游戏时间-数字麻将 @11am-12pm @4-5pm	一起做 CrossFit@3.30-4pm		资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@1-2pm (中), 2-3pm(英)	
	一起做有氧搏击活动 (只限男性) @1-2pm			代际交流 - 华义中学 @ 3-5pm	
	代际交流 - 裕廊西中学 @ 2.30-4pm				
	一起参与研究计划 - EQUAL(与马互动)@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 April

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



 NTUC Health

MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩@10-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(中级班)@10.45-11.45am
游戏时间-数字麻将 @12-1pm @2.30-5pm	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起做缝纫@10.30am-12pm	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
游览国家博物馆(中文)@1.30-4pm	方块踏步运动(初级到高级班:12周)@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	一起来踢球@10-11.30am	一起做钩针编织@11-12pm	
一起参与研究计划 - (EQUAL)@2pm-4pm	一起做CrossFit@10-11am	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	技能创前程课程@2-4pm	
	游戏时间-数字麻将 @11am-1pm @4-5pm	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		
	一起做有氧搏击活动(只限男性) @2-3pm				
	一起来庆生@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 April

标有颜色的项目是受邀参与的活动

📍 **Centre Name:** AACC (Jurong Central Plaza)
 🏠 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 ☎️ **Centre Contact:** 6256 3671



ntuc Health

MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
一起打太极@10-11am	一起做运动@9-10am	一起去公园走走(只限男性)@9-10am	一起练气功@9-10am	耶稣受难日 公共假期	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@10-11am	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳椅子尊巴@9-10am	一起做 丝袜手工@10-11am		一起跳排舞(中级班)@10.45-11.45am
代际交流 - 先锋小学 @ 2.-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am		
游戏时间-数字麻将 @11.30-1pm @4--5pm	方块踏步运动(初级到高级班:12周)@10-11am	代际交流 - My First Skool @ 10-11am	一起来踢球@10-11.30am		
	一起做CrossFit@10-11am	游戏时间-数字麻将 @11am--1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @2-5pm		
	游戏时间-数字麻将 @11am-1pm @4-5pm	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm		
	一起做有氧搏击活动(只限男性) @2-3pm	一起做 CrossFit@3.30-4pm	游览国家博物馆(英文)@1.30-4pm		
	一起来庆祝开斋节@2-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 April

标有颜色的项目是受邀参与的活动

📍 **Centre Name:** AACC (Jurong Central Plaza)
 🏠 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 ☎ **Centre Contact:** 6256 3671



ntuc Health

MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩@10-12pm	一起来踢球@9-11.30am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(中级班)@10.45-11.45am
游戏时间-数字麻将 @12-1pm @2.30-5pm	一起跟Razak线上做运动(有氧运动) @9-9.45am	时事新闻你和我@10-11am	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
	一起跟Razak线上做运动(水瓶运动)@10-10.45am	游戏时间-数字麻将 @10am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @2-5pm	一起做钩针编织@11-12pm	
	方块踏步运动(初级到高级班:12周)@10-11am	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	游戏时间-数字麻将 @11am-1pm	
	一起做CrossFit@10-11am	一起做 CrossFit@3.30-4pm		一起来K歌@2-4pm	
	游戏时间-数字麻将 @11am-12pm @3.30-5.30pm	一起喝咖啡(只限男性)@4-5pm			
	一起做有氧搏击活动(只限男性) @2-3pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 April

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



MON		TUE	WED	THU	FRI	SAT
28		29	30			
一起打太极@10-11am	一起做运动@9-10am	中心休业一天				
一起做禅绕画@10-11am	一起跟Razak线上做运动(有氧运动) @9-9.45am					
游戏时间-数字麻将 @11.30-1pm @4-5pm	一起跟Razak线上做运动 (水瓶运动)@10-10.45am					
	方块踏步运动(初级到高级班:12周)@10-11am					
代际交流 - 先锋小学 @ 2.-4pm	一起做CrossFit@10-11am					
	游戏时间-数字麻将 @4-5pm					
	一起做有氧搏击活动 (只限男性) @2-3pm					
	代际交流 - 裕廊西中学 @ 2-4pm					