




2026 April

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S640493
 **Centre Contact:** 6256 3671



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Centre Closed for Good Friday	Let's Line Dance (Beginner)@9.30-10.30am
		Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am		Let's Line Dance (Intermediate)@10.45-11.45am
		Let's Talk News@10-11am	Communal Dining-F4@10-10.30am		
		Let's Do Sewing@10-12pm	Let's Piloxing@10.30-11.30am		
		Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @10.30-1pm @4.30-5pm		
		Strategise with Kakis (RUMMY O) @11.15-1pm @4.30-5pm	Let's Do Patchwork@2-4pm		
		Let's Do Rolling Programme@2-3pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Taichi (II)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner)@9.30-10.30am
Lets's Do Zentangle@10-11am	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise With Kakis (Rummy O) @11.30-1pm @4.30-5.30pm	Strategise with Kakis (RUMMY O) @10.30-1pm @3-5pm	Let's Talk News@10-11am	Communal Dining-F4@10-10.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Chair Yoga (II)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Sewing@10-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Say No to Frailty@2-4pm	Scent Healing@2-3pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm	Strategize With Kakis (Rummy O) @11-1pm @4.30-5.30pm	
Project PRAISE@3-4.30pm	Let's Lim Kopi (Male exclusive)@3-4pm	Strategise With Kakis (Rummy O) @11.15-1pm @4.30-5.30pm	Let's Celebrate Birthday@1.30-3pm	Let's Gen Together-Jurong West Secondary School@3.30-4.30pm	
		Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
		Let's Crossfit@3.30-4.15pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner)@9.30-10.30am
SilverWings (Drone Videography Intro workshop)@10am-12pm	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @10.30-1pm @4-5pm	Let's Talk News@10-11am	Communal Dining-F4@10-10.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Sewing@10-12pm	Let's Gen Together-Singapore Poly@10-11.30am	Let's Do Crochet@11-12pm	
Let's Learn to Cook (Male Exclusive)@2-4pm	Let's Gen Together-Singapore Poly@2.30-4pm	Let's Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5.30pm	
re:ACT 2026 (Drama workshop)@4-5pm		Strategise With Kakis (Rummy O) @11.15-1pm @4.30-5.30pm	Strategise with Kakis (RUMMY O) @11.30-1pm @4.30-5.30pm	Digital - IMDA Go-Digital - Workshop@1-2.30pm(Chi); 2.45-4.15pm(Eng)	
		Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
		Let's Crossfit@3.30-4.15pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner)@9.30-10.30am
Lets's Do Zentangle@10-11am	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Malay Community Program@11-12pm	Let's Talk News@10-11am	Communal Dining-F4@10-10.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @4.30-5.30pm	Let's Do Sewing@10-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Say No to Frailty@2-4pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @10.30-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm	Strategise With Kakis (Rummy O) @11.15-1pm @4.30-5.30pm	Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am		
Lets's Do Nagomi@10-12pm	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am		
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm	Let's Talk News@10-11am	Communal Dining-F4@10-10.30am		
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Sewing@10-12pm	Let's Piloxing@10.30-11.30am		
Let's Say No to Frailty@2-4pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm		
	Let's Gen Together-River Valley High School@2.30-4.30pm	Strategise With Kakis (Rummy O) @11.15-1pm @4.30-5.30pm	Let's Do Patchwork@2-4pm		
		Let's Do Rolling Programme@2-3pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起做椅子尊巴 @9-10am	一起练气功@9-10am	耶稣受难节	一起跳排舞(初级班)@9.30-10.30am
		一起跳尊巴(乐龄版)@414A @9.30-10.30am	一起做丝袜手工 @10-11am		一起跳排舞(中级班) @10.45-11.45am
		一起聊新闻@10-11am	一起来Makan - F4@10-10.30am		
		一起做缝纫@ 10-12pm	一起做Piloxing @10.30-11.30am		
		一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.30-1pm @4.30-5pm		
		游戏时间-数字麻将 @11.15-1pm @4.30-5pm	一起做拼布工艺@2-4pm		
		一起做防跌运动 @ 2-3pm	代际交流-辅华中学 @3.30-4.30pm		
		一起做CrossFit @3.30-4.15pm			

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MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
一起打太极(IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @9-10am	一起练气功@9-10am	服务 - 社区保健站 @9am-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@10-11am	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起跳尊巴(乐龄版)@414A @9.30-10.30am	一起做丝袜手工 @10-11am	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @11.30-1pm @4.30-5.30pm	游戏时间-数字麻将 @10.30-1pm @3-5pm	一起聊新闻@10-11am	一起来Makan - F4 @10-10.30am	一起线上做运动(拉力带) @10-10.45am	
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起做缝纫@ 10-12pm	一起做Piloxing @10.30-11.30	一起做钩针编织@11-12pm	
与衰弱说不 @2-4pm	心灵系列 - 芳香疗愈@2-3pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm	游戏时间-数字麻将 @11-1pm @4.30-5.30pm	
防诈骗讲座 @ 3-4.30pm	一起喝咖啡(只限男性) @3-4pm	游戏时间-数字麻将 @11.15-1pm @4.30-5.30pm	一起来庆生@1.30-3pm	代际交流-裕廊西中学 @3.30-4.30pm	
		一起做防跌运动 @ 2-3pm	一起做拼布工艺@2-4pm		
		一起做CrossFit @3.30-4.15pm	代际交流-辅华中学 @3.30-4.30pm		

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
一起打太极 (IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @9-10am	一起练气功@9-10am	服务 - 社区保健站 @9am-5pm	一起跳排舞(初级班)@9.30-10.30am
银翅航拍(无人机摄影讲座)@10-12pm	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工 @10-11am	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @12-1 pm @4-5pm	游戏时间-数字麻将 @10.30-1pm @4-5pm	一起聊新闻@10-11am	一起来Makan - F4@10-10.30am	一起线上做运动(拉力带) @10-10.45am	
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起做缝纫@ 10-12pm	代际交流-新加坡理工学院 @10-11.30pm	一起做钩针编织@11-12pm	
一起学烹饪(只限男性) @ 2-4pm	代际交流-新加坡理工学院 @2.30-4.00pm	一起写书法@10.15-11.30am	一起做Piloxing@10.30-11.30am	游戏时间-数字麻将 @11-1pm @4.30-5.30pm	
戏剧班 - re:ACT 2026@4-5pm		游戏时间-数字麻将 @11.15-1pm @4.30-5.30pm	游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@ 1-230pm (Chi) 2.45-4.25p(Eng).	
		一起做防跌运动@ 2-3pm	一起做拼布工艺@2-4pm		
		一起做CrossFit@3.30-4.15pm	代际交流-辅华中@3.30-4.30pm		

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20	21	22	23	24	25
一起打太极 (IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @9-10am	一起练气功@9-10am	服务 - 社区保健站 @9am-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@10-11am	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工 @10-11am	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @11.30-1pm @4-5pm	马来社区计划 @11-12pm	一起聊新闻@10-11am	一起来 Makan - F4@10-10.30am	一起线上做运动(拉力带) @10-10.45am	
一起做椅子瑜伽 @2-3pm	游戏时间-数字麻将 @12-1pm @4.30-5.30pm	一起做缝纫@ 10-12pm	一起做Piloxing@10.30-11.30am	一起做钩针编织@11-12pm	
与衰弱说不@2-4pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.30-1pm @2-5pm	游戏时间-数字麻将 @11-1pm @4-5pm	
	代际交流-辅华中学 @3.30-4.30pm	游戏时间-数字麻将 @11.15-1pm @4.30-5.30pm	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
		一起做防跌运动 @ 2-3pm			
		一起做CrossFit @3.30-4.15pm			

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27	28	29	30		
一起做太极 @10-11am	一起做运动@9-10am	一起做椅子尊巴 @9-10am	一起练气功@9-10am		
一起做日本和谐粉彩 @10-12pm	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工 @10-11am		
游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm	一起聊新闻@10-11am	一起来Makan - F4@10-10.30am		
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起做缝纫@ 10-12pm	一起做Piloxing@10.30-11.30am		
与衰弱说不@2-4pm	代际交流 - (立化中学) @2.30-4.30pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm		
	际交流 - (辅华中学) @3.30-4.30pm	游戏时间-数字麻将 @11.15-1pm @4.30-5.30pm	一起做拼布工艺@2-4pm		
		一起做防跌运动@2-3pm	际交流 - 辅华中学 @3.30-4.30pm		
		一起做CrossFit @3.30-4.15pm			

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