

2025 August

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	WED	THU	FRI	SAT
				1	2
				Services - Wellness - CHP@9am-12pm	
				Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
				Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
				Let's Do Crochet@11-12pm	
				Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
				Digital - IMDA Go-Digital - Workshop@2-3pm(Chi); 3-4pm(Eng)	
4	5	6	7	8	9
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Let's Gen Together-JWSS@7.30am-1pm	National Day
Let's Talk About Healthy 365@10am-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Services - Wellness - CHP@9am-12pm	
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Exercise with Razak on Zoom (Water Bottle) (F4)@10-10.45am	Let's Do Calligraphy@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @10-1pm @4-5pm	Let's Piloxing@10.30-11.30am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Pick Up Malay@3-4pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Crochet@11-12pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Crossfit@3.30-4pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Gen Together-RVHS@2-4pm		Let's Do Patchwork@2-4pm	Let's Celebrate Birthday@2-4pm	
	Let's Adaptive Sports@3-4pm		Let's Adaptive Sports@3-4pm		
			Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre closed	Let's Exercise@9-10am	Let's Chair Zumba 9-10am	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	SISEU Do Good at JCP@9am-12pm
	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @10-1pm @4-5pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Malay Community Program@11am-12.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11am-12pm	
	Strategise with Kakis (RUMMY O) @2-5pm	HeritageCares programmes@2-5pm	Let's Do Patchwork@2-4pm	Centre closed@1pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Crossfit@3.30-4pm	Let's Adaptive Sports@3-4pm		
	Let's Adaptive Sports@3-4pm		Let's Jam with Harmonica@4-5pm		
18	19	20	21	22	23
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 Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@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) @11.30-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle) (F4)@10-10.45am	Let's Do Calligraphy@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Let's Gen Together-MFS@10-11am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
	Let's Adaptive Sports@3-4pm	Let's Crossfit@3.30-4pm	Let's Adaptive Sports@3-4pm		
			Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Go Gai Gai (Trishaw)@9am-12pm	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 Taichi (IL)@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Do Nagomi@10-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's CrossFit@10-11am	Current Affair U&Me@10-11am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Gen Together-Woodgrove@3-5pm	Steady Lah! (Registration)@2-3.30pm	Let's Gen Together-Frontier@2.30-4.30pm	
	Let's Lim Kopi (Male exclusive)@3-4pm		Let's Do Patchwork@2-4pm		
	Let's Adaptive Sports@3-4pm		Let's Jam with Harmonica@4-5pm		

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MON		TUE		WED		THU		FRI		SAT	
								1		2	
								服务 - 社区保健站@9am-12pm			
								一起跟Razak线上做运动(跳舞) @9-9.45am			
								一起跟Razak线上做运动(拉力带) @10-10.45am			
								一起做钩针编织@11-12pm			
								游戏时间-数字麻将 @11am-1pm @4-5pm			
								资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2-3pm (中), 3-4pm(英)			
4		5		6		7		8		9	
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		代际交流 - 裕廊西中学@7.30am-1pm		国庆日公共假期	
一起来谈Healthy 365 @10am-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		一起做丝袜手工@10-11am		服务 - 社区保健站@9am-12pm			
游戏时间-数字麻将 @12-1pm @4-5pm		一起跟Razak线上做运动(水瓶运动) (F4)@10-10.45am		一起写书法@10-11am		方块踏步运动@10-11am		一起跟Razak线上做运动(跳舞) @9-9.45am			
一起做椅子瑜伽@2-3pm		一起做CrossFit@10-11am		游戏时间-数字麻将 @10am-1pm @4-5pm		一起做Piloxing @ 10.30-11.30am		一起跟Razak线上做运动(拉力带) @10-10.45am			
一起学马来 - 初级@3-4pm		游戏时间-数字麻将 @11-1pm @4-5pm		一起做防跌运动@2-3pm		游戏时间-数字麻将 @11am-1pm @3-5pm		一起做钩针编织@11-12pm			
		一起做有氧搏击活动(只限男性) @2-3pm		一起做 CrossFit@3.30-4pm		推广健康老龄化计划(Happy Program)@2-3pm		游戏时间-数字麻将 @11am-1pm @4-5pm			
		代际交流 - 立化中学@2-4pm				一起做拼布工艺@2-4pm		一起来庆生@2-4pm			
		一起做运动@3-4pm				一起做运动@3-4pm					
						一起吹口琴@4-5pm					

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
中心休业一天	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	SISEU 与 JCP 同乐@9am-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	一起做丝袜手工@10-11am	一起跟Razak线上做运动(跳舞)@9-9.45am	
	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起写书法@10-11am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带)@10-10.45am	
	一起做CrossFit@10-11am	游戏时间-数字麻将 @10am-1pm @4-5pm	一起做Piloxing @ 10.30-11.30am	一起做钩针编织@11-12pm	
	马来族群活动@11am-12.30pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	游戏时间-数字麻将 @11am-12pm	
	游戏时间-数字麻将 @ 2-5pm	国家文物局 - 文化遗产社区关怀计划@2-5pm	一起做拼布工艺@2-4pm	中心休业@1pm	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做 CrossFit@3.30-4pm	一起做运动@3-4pm		
	一起做运动@3-4pm		一起吹口琴 @ 4-5pm		
18	19	20	21	22	23
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
一起做禅绕画@10-11am	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	一起做丝袜手工@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 @11.30-1pm @4-5pm	一起跟Razak线上做运动(水瓶运动)(F4)@10-10.45am	一起写书法@10-11am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带)@10-10.45am	
一起做椅子瑜伽@2-3pm	一起做CrossFit@10-11am	代际交流 - My First Skool @ 10-11am	一起做Piloxing @ 10.30-11.30am	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11am-1pm @4-5pm	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	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
	一起做运动@3-4pm	一起做 CrossFit@3.30-4pm	一起做运动@3-4pm		
			一起吹口琴@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起和“忘年骑车乐”去Gai Gai@9am-12pm	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
一起打太极 @10-11am	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	一起做丝袜手工 @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
一起做日本和谐粉彩 @10-12pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起写书法@10-11am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
游戏时间-数字麻将 @12-1pm @4-5pm	一起做CrossFit@10-11am	时事新闻你和我 @10-11am	一起做Piloxing @ 10.30-11.30am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
	一起做有氧搏击活动(只限男性) @2-3pm	代际交流 -林景中学 @3-5pm	Steady Lah! 保健操(登记) @2-3.30pm	代际交流 - 先锋小学 @2.30-4.30pm	
	一起喝咖啡(只限男性) @3-4pm		一起做拼布工艺@2-4pm		
	一起做运动@3-4pm		一起吹口琴 @ 4-5pm		

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