

2026 August

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 / 8163 2702



ntuc
Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Leave Well Series-Legacy Planning Workshop @10am-4pm	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Community Health Post @9-5pm	Let's Line Dance (Beginner) @9.30am-10.30am
Let's Do Nagomi@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 Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45am-11.45am
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4 @10-10.30am	Let's Appreciate Coffee@10-12pm	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Jam with Ukelele@2-4pm	Let's Celebrate Birthday @2-4pm	Let's Do Sewing@10-12pm	Let's Piloxing @10.30-11.30am	Let's Gen Together - MFS @10-11am	
Let's Appreciate Coffee@2-4pm	Strategize with Kakis (RUMMY O) @10am-1pm @4-5pm	Let's Do Calligraphy @10.15-11.30am	Let's Gen Together - PCF@11-12pm	Let's Do Crochet@11am-12pm	
Strategize with Kakis (RUMMY O) @12-1pm @4-5pm		Let's Crossfit@3.30-4.15pm	HAPPY Programme @2-3pm	Digital - IMDA Go-Digital - Workshop @1pm-2.30pm(Chi); 2.45pm-4.15pm(Eng)	
		Strategize with Kakis (RUMMY O) @10am-1pm @4.30-5pm	Let's Do Patchwork@2-4pm	Strategize with Kakis (RUMMY O) @11-1pm @4.15-5pm	
			Brain Power! A Mental Fitness Programme for Seniors @2-4pm		
			Strategize with Kakis (RUMMY O) @12-1pm @4-5pm		

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closed (National Day)	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9am-10am	Community Health Post @9-5pm	Let's Line Dance (Beginner) @9.30am-10.30am
	Let's Chairobics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10am-11am	Let's Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45am-11.45am
	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4 @10-10.30am	Let's Piloxing @10.30am-11.30am	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	
	Let's Learn to Cook(Female Exclusive)@2-4pm	Let's Talk News@10.30-11am	Let's Appreciate Coffee@10-12pm		
	Let's Lim Kopi@2.30-3.30pm	Let's Do Calligraphy@10.15-11.30am	Centre Close at 12pm	Let's Do Crochet@11am-12pm	
	Strategize with Kakis (RUMMY O) @10am-1pm @2-5pm	Let's Do Rolling Programme@2-3pm		Let's Gen Together - Frontier Primary@2:30-3:15pm	
		Let's Crossfit@3.30-4.15pm		Strategize with Kakis (RUMMY O) @12pm-1pm @3.15pm-5pm	
		Strategize with Kakis (RUMMY O) @10.30am-1pm @4.30-5pm			

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Health

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Let's Taichi (IL)@10am-11am	Let's Exercise@9am-10am	Let's Chair Zumba@9am-10am	Let's Qigong@9am-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner) @9.30am-10.30am
Let's Do Nagomi@10am-12pm	Let's Chairbics (Frail) @10.15am-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft @10am-11am	Let's Do Seated Exercise @9am-9.45am	Let's Line Dance (Intermediate) @10.45am-11.45am
Let's Chair Yoga (IL) @2pm-3pm	Let's Do Kickboxing (Male Exclusive)@1.30pm-2.30pm	Let's Makan Together - F4@10am-10.30am	Let's Piloxing @10.30am-11.30am	Let's Exercise - Live Stream(Resistance Band) @10am-10.45am	
Let's Jam with Ukulele @2pm-4pm	Brain Power! A Mental Fitness Programme for Seniors @2pm-4pm	Let's Walking Football @10am-11.30am	Let's Do Patchwork @2pm-4pm	Let's Do Crochet @11am-12pm	
Let's Learn to Cook (Male Exclusive)@2-4pm	Strategize with Kakis (RUMMY O) @10am-1pm @4pm-5pm	Let's Do Sewing@10am-12pm	HAPPY Programme @2pm-3pm	Guardians of the Green @2pm-3pm	
Strategize with Kakis (RUMMY O) @10am-1pm @2pm-5pm		Let's Do Calligraphy @10.15am-11.30am	Brain Power! A Mental Fitness Programme for Seniors @2pm-4pm	Strategize with Kakis (RUMMY O) @10am-1pm @3pm-5pm	
		Let's Do Rolling Programme@2-3pm	Strategize with Kakis (RUMMY O) @10am-1pm @4pm-5pm		
		Let's Crossfit@3.30-4.15pm			
		Strategize with Kakis (RUMMY O) @10am-1pm @4.15pm-5pm			

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24	25	26	27	28	29
Let's Taichi (IL)@10am-11am	Let's Exercise@9am-10am	Let's Chair Zumba@9am-10am	Let's Qigong@9am-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner) @9.30am-10.30am
Let's Do Zentangle@10am-11am	Let's Chairbics (Frail) @10.15am-11.15am	Let's Zumba Gold (414a) @9.30am-10.30am	Let's Do Stocking Craft @10am-11am	Let's Do Seated Exercise @9am-9.45am	Let's Line Dance (Intermediate) @10.45am-11.45am
Let's Jam with Ukulele @2pm-4pm	Let's Do Kickboxing (Male Exclusive)@1.30pm-2.30pm	Let's Makan Together - F4 @10am-10.30am	Let's Piloxing @10.30am-11.30am	Let's Exercise - Live Stream(Resistance Band) @10am-10.45am	
Strategize with Kakis (RUMMY O) @11.30am-1pm @2-5pm	Silver Wings (Male Exclusive) @2pm-4pm	Let's Talk News @10.30am-11.30am	Let's Do Patchwork @2pm-4pm	Let's Do Crochet@11am-12pm	
	Strategize with Kakis (RUMMY O) @10am-1pm @4-5pm	Let's Do Calligraphy @10.15am-11.30am	Brain Power! A Mental Fitness Programme for Seniors @2pm-4pm	Let's KTV Together @2-4pm	
		Let's Chair Yoga(IL) @1.30pm-2.30pm	Strategize with Kakis (RUMMY O) @10am-1pm @4-5pm	Strategize with Kakis (RUMMY O) @11am-1pm @4-5pm	
		Let's Crossfit@3.30pm-4.15pm			
		Strategize with Kakis (RUMMY O) @11.30am-1pm @4.15-5pm			

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Taichi (IL)@10am-11am					
Let's Do Zentangle@10am-11am					
Let's Pick Up Malay @11am-12pm					
Let's Jam with Ukulele @2pm-4pm					
Strategize with Kakis (RUMMY O) @12pm-1pm @2-5pm					

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
走得自在系列 - 遗产与遗嘱规划 - 持久授权书@10am-4pm	一起做运动@9-10am	一起做椅子尊巴 @9am-10am	一起练气功@9am-10am	服务 - 社区保健站 @9am-5pm	一起跳排舞(初级班)@9.30am-10.30am
一起做日本和谐粉彩 @10am-12pm	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起跳尊巴(乐龄版) @414A @9.30am-10.30am	一起做丝袜手工 @10am-11am	一起线上做运动(坐式韵律操)@9am-9.45am	一起跳排舞(中级班) @10.45am-11.45am
一起做椅子瑜伽 @2pm-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10am-10.30am	一起拳击皮拉提 @10.30am-11.30am	一起线上做运动(拉力带) @10am-10.45am	
一起玩乌克兰丽丽@2pm-4pm	一起来庆生@2-4pm	一起做缝纫@10am-12pm	代际交流 - PCF幼儿园 @11am-12pm	代际交流 - MFS幼儿园 @10am-11am	
游戏时间-数字麻将 @12pm-1 pm @2-5pm	游戏时间-数字麻将 @10am-1 pm @4-5pm	一起来踢球 @10am-11.30am	推广健康老龄化计划 @2pm-3pm	一起做钩针编织@11am-12pm	
		一起写书法 @10.15am-11.30am	一起做拼布工 艺@2pm-4pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @1-2.30pm (Chi); @2.45-4.15 (Eng)	
		一起做 CrossFit@3.30pm-4.15pm	最强大脑! 乐龄心理健康节 @2pm-4pm	游戏时间-数字麻将 @11am-1 pm @4-5pm	
		游戏时间-数字麻将 @10am-1pm @4.30-5pm	游戏时间-数字麻将 @12pm-1 pm @4-5pm		

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
中心休息一天(国 庆日)	一起做运动@9am-10am	一起做椅子尊巴 @9am-10am	一起练气功@9am-10am	服务 - 社区保健站 @9am-5pm	一起跳排舞(初级班)@9.30am-10.30am
	一起做坐式韵律操 (衰弱) @10.15am-11.15am	一起跳尊巴(乐龄版) @414A @9.30am-10.30am	一起做丝袜手工 @10am-11am	一起做CrossFit@9am-10am	一起跳排舞(中级班) @10.45-11.45am
	一起做踢拳 (只限男性) @1.30pm-2.30pm	一起来Makan - F4@10am-10.30am	一起 拳 击 皮 拉 提 @10.30am-11.30am	一起线上做运动(拉力带) @10am-10.45am	
	一起喝咖啡(只限男性) @3-4pm	一起写书法 @10.15am-11.30am	中心休业@12pm	一起做钩针编织@11am-12pm	
	游戏时间-数字麻将 @10am-1 pm @2-5pm	一起做防跌运动@ 2pm-3pm		代际交流 -先锋小学 @2.30pm-3.15pm	
		一起做 CrossFit@3.30pm-4.15pm		游戏时间-数字麻将 @12pm-1 pm @3.15pm-5pm	
		游戏时间-数字麻将 @10.30am-1 pm @4.30-5pm			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
一起打太极(IL)@10am-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
一起做日本和谐粉彩 @10am-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	一起做CrossFit@9-10am	一起跳排舞(中级班) @10.45-11.45am
一起做椅子瑜伽 @2pm-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
一起玩乌克丽丽@2pm-4pm	最强大脑! 乐龄心理健康节 @2pm-4pm	一起来踢球 @10-11.30am	一起做拼布工 艺@2-4pm	一起做钩针编织@11-12pm	
游戏时间-数字麻将 @11.30am-1 pm @4-5pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm	一起做缝纫@10am-12pm	推广健康老龄化计划 @2-3pm	环保活动 - 绿色护卫队 @2-3pm	
		一起写书法@10.15m-11.30am	最强大脑! 乐龄心理健康节 @2pm-4pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm	
		一起做防跌运动@ 2-3pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm		
		一起做CrossFit@3.30-4.15pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm		
		游戏时间-数字麻将 @10am-1 pm @4.15pm-5pm			

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24	25	26	27	28	29
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
一起做日本和谐粉彩 @10am-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	一起做CrossFit@9-10am	一起跳排舞(中级班) @10.45-11.45am
一起玩乌克兰丽丽@2-4pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
游戏时间-数字麻将 @11.30am-1 pm @4-5pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm	一起聊新闻@10-11am	一起做拼布工 艺@2-4pm	一起做钩针编织@11-12pm	
		一起写书法@10.15-11.30am	最强大脑! 乐龄心理健康节 @2pm-4pm	一起来K歌@2-4pm	
		一起做椅子瑜伽 @1.30-2.30pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm	游戏时间-数字麻将 @11.30am-1 pm @4-5pm	
		一起做防跌运动@ 2-3pm			
		一起做CrossFit@3.30-4.15pm			
		游戏时间-数字麻将 @11.30am-1 pm @4-5pm			

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31					
银翼天翔 (只限男性)@3-5pm					
一起打太极 (IL)@10-11am					
一起做禅绕画@10-11am					
一起学马来语-初级 @11am-12pm					
一起玩乌克兰丽丽@2-4pm					
游戏时间-数字麻将 @11.30am-1 pm @4-5pm					

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