

2025 December

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	5	6
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-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10-12pm	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 Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Support NUS-WISDOM Study@1.30-3.30pm	Let's CrossFit@10-11am	Let's Do Sewing@10am-12pm	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	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-12pm @4.15-5pm	
	Let's Adaptive sports@2-3pm	Strategise with Kakis (RUMMY O) @10.30-1pm @4-5pm	Let's Do Patchwork@2-4pm	Digital - IMDA Go-Digital - Workshop 1-2.30pm(Chi);2.45-4.15pm(Eng)	
		Let's Do Rolling Programme@2-3pm	Gamified Lion Dance@2-4pm		
		Let's Crossfit@3.30-4pm			

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 December

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Centre Closed	Let's Line Dance (Beginner)@9.30-10.30am
Lets'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 Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Talk About Diabetes @10am-12pm	Square Stepping Exercise@10-11am		
Let's Support NUS-WISDOM Study@1.30-3.30pm	Let's CrossFit@10-11am	Let's Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am		
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm		
	Let's Adaptive sports@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Do Patchwork@2-4pm		
	Let's Lim Kopi (Male Exclusive)@3-4pm	Let's Appreciate our Volunteer(Closed-door Event)@2-4pm	Gamified Lion Dance@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 December

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Gen Together - Red Cross@10-11.30am	Let's Exercise@9-10am	Let's Chair Zumba 9-10am	Let's Qigong@9-10am	Community Health Post @9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	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 Support NUS-WISDOM Study@1.30-3.30pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am	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 Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @10.30-1pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-12pm @4-5pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm			Let's Celebrate Birthday@2-4pm	
	Let's talk about ACP LPA CPF nomination Will Workshop (Malay) @2-4pm	Let's Celebrate Christmas@2-4pm	Let's Do Patchwork@2-4pm		
			Let's Gen Together - Nanyang Polytecnic @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 December

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Christmas Holiday	Community Health Post @9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am		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 @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am		Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Current affair U&Me@10.30-11.30am		Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Do Calligraphy@10.15-11.30am		Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Centre Closed at 1pm		Let's KTV Together@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 December

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am			
Lets'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			
Private Event@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am			
	Let's CrossFit@10-11am	Let's Talk News@10.30-11.30am			
	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Do Calligraphy@10.15-11.30am			
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Centre Closed at 1pm			

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 十二月

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 S640493
 **Centre Contact:** 6256 3671





MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起打太极(IL)@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	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 @12pm-1pm @2-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来 Makan - F4@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	
一起参与研究计划 - (国大智识研究项目)@1.30pm-3.30pm	一起做CrossFit@10-11am	一起写书法@10.15-11.30am	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 @11-1pm @2-5pm	一起做缝纫@10-12pm	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @11-12pm @4.15-5pm	
	一起做运动@2-3pm	游戏时间-数字麻将 @11-1pm @4-5pm	一起做拼布工艺@2-4pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@1-2.30pm(中文)2.45-4.15pm(英文)	
		一起做防跌运动@2-3pm	游戏化舞狮@2-4pm		
		一起做 CrossFit@3.30-4pm			

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 十二月

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 S640493
 **Centre Contact:** 6256 3671





MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
一起打太极(IL)@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	中心休业一天	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@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	一起做丝袜手工 @10-11am		一起跳排舞(中级班) @10.45-11.45am
一起参与研究计划 - (国大智识研究项目)@1.30pm-3.30pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起做缝纫@10-12pm	方块踏步运动@10-11am		
游戏时间-数字麻将 @12pm-1pm @2-5pm	一起做CrossFit@10-11am	保健系列 - 健康讲座(糖尿病) @10-12pm	一起做Piloxing @10.30-11.30am		
一起做椅子瑜伽 @2-3pm	游戏时间-数字麻将 @11-1pm @2-5pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @11-1pm @4-5pm		
	一起做运动@2-3pm	游戏时间-数字麻将 @12-1pm @4-5pm	一起做拼布工 艺@2-4pm		
	一起喝咖啡(只限男性)@3-4pm	义工感谢会@2-4pm	游戏化舞狮@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 十二月

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 S640493
 **Centre Contact:** 6256 3671



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
代际交流 - 红十字会 @10-11.30am	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@10-11pm	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 @12pm-1pm @3.30-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来Makan - F4@10-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
一起参与研究计划 - (国大智识研究项目)@1.30pm-3.30pm	一起做CrossFit@10-11am	一起写书法@10.15-11.30am	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 @11-1pm	游戏时间-数字麻将 @12-1pm	游戏时间-数字麻将 @11-1pm @3.30-5pm	游戏时间-数字麻将 @11-1pm @4-5pm	
	一起来谈(CPF提名与遗嘱规划)马来语@2-4pm	一起庆祝圣诞节@2-4pm	一起做拼布工艺@2-4pm	一起来庆生@2-4pm	
	一起做有氧搏击活动(只限男性) @2-3pm		代际交流 -(南洋理工学院)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 十二月

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 S640493
 **Centre Contact:** 6256 3671



MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
一起打太极 @10-11am	一起做运动@9-10am	一起跳椅子尊巴 @9-10am	圣诞节	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		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 @4-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来 Makan - F4@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	时事新闻你和我 @10.30-11.30am		一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11-1pm @4-5pm	一起写书法@10.15-11.30am		游戏时间-数字麻将 @11-1pm @4-5pm	
	一起做有氧搏击活动(只限男性) @2-3pm	中心休业@1pm		一起来K歌@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 十二月

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 S640493
Centre Contact: 6256 3671



MON	TUE	WED	THU	FRI	SAT
29	30	31			
一起打太极 @10-11am	一起做运动@9-10am	一起跳椅子尊巴 @9-10am			
一起做禅绕画@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			
非公开活动@2-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来 Makan - F4@10-1030am			
	一起做CrossFit@10-11am	一起聊新闻@10.30-11.30am			
	游戏时间-数字麻将 @11-1pm @4-5pm	一起写书法@10.15-11.30am			
	一起做有氧搏击活动 (只限男性) @2-3pm				
		中心休业@1pm			

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。