




# 2025 February

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
					1
3	4	5	6	7	8
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 Do Nagomi@10-12pm	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Let's Gen together- My First Skool@10am-12nn	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
<b>Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm</b>	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	<b>Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm</b>	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit@10-11am	Let's CrossFit@3.30-4pm	Let's Do Stocking craft@10-11am	Let's Do Crochet@11-12pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Walking Football@10-11.30am	<b>Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm</b>	
	<b>Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm</b>		<b>Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm</b>	Let's Celebrate Chinese New Year@2-4pm	
			Let's Do Patchwork@2-4pm		
			Let's Support EQUAL@2-4pm		

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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 Gen together- @10am-12nn	
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		Let's Do Stocking Craft@10-11am		Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am			
Let's Support EQUAL@2-4pm		Let's CrossFit@10-11am		Let's Gen together-MFS@10am-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 @2.30-5pm		Let's Support EQUAL@2-4pm		Let's Do Sewing@10.30am-12pm		Let's Walking Football@10-11.30am		Let's Do Crochet@11-12pm			
				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 Celebrate Birthday@2-4pm			
				Let's CrossFit@3.30-4pm		Let's Support EQUAL@2-4pm					
17		18		19		20		21		22	
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		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 EQUAL@2-4pm		Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am		Let's Get Together (TOUCH Enabled services)@10-11.30am		Square Stepping Exercise@10-11am		Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am		Let's Gen together- @10am-12nn	
Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm		Let's CrossFit@10-11am		Strategise with Kakis (RUMMY O) @12-1pm @4-5pm		Let's Walking Football@10-11.30am		Let's Do Crochet@11-12pm			
		Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm		Let's Do Rolling Programme@2-3pm		Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm		Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm			
		Let's Steel Combat (Male Exclusive)@2-3pm		Let's CrossFit@3.30-4pm		Let's Do Patchwork@2-4pm		Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)			
		Let's Support EQUAL@2-4pm				Let's Support EQUAL@2-4pm					

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MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Services - Wellness - Diabetes health talk (9-11am) & Screening@9am-4pm	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	
Let's Do Nagomi@10-12pm	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 Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
<b>Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm</b>	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	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit(F4)@10-11am	Let's Do Rolling Programme@2-3pm	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
Let's Support EQUAL@2-4pm	<b>Strategise with Kakis (RUMMY O) @11am-12pm @3.30-5.30pm</b>	Let's CrossFit@3.30-4pm	Let's Gen together-PCF@11am-12pm	<b>Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm</b>	
	Let's Support EQUAL@2-4pm	<b>Strategise with Kakis (RUMMY O) @4-5pm</b>	<b>Strategise with Kakis (RUMMY O) @12-1pm @2-5pm</b>	Let's KTV Together@2-4.30pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Do Patchwork@2-4pm		
	Let's Lim Kopi (Male exclusive)@3-5pm		Let's Support EQUAL@2-4pm		
			Let's Jam with Harmonica@4-5pm		

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3	4	5	6	7	8
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	代际交流 - My First Skool @ 10-11am	一起跟Razak线上做运动(跳舞)@9-9.45am	
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	游戏时间-数字麻将 @11am-1pm @2-5pm	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	一起做 CrossFit@3.30-4pm	一起做 丝袜手工@10-11am	一起做钩针编织@11-12pm	
	一起做有氧搏击活动(只限男性)@2-3pm		一起来踢球@10-11.30am	游戏时间-数字麻将 @11am-1pm @4-5pm	
	游戏时间-数字麻将 @11am-1pm @3.30-5pm		游戏时间-数字麻将 @11am-1pm @2-5pm	一起来庆祝 农历新年@2-4pm	
			一起做拼布工艺@2-4pm		
			一起参与研究计划 - EQUAL(与马互动)@2-4pm		

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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	代际交流 @10am-12nn
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	
一起参与研究计划 - (EQUAL)@2pm-4pm	一起做CrossFit@10-11am	代际交流 - My First Skool @ 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 @2.30-5pm	一起参与研究计划 - (EQUAL)@2pm-4pm	一起做缝纫@10.30am-12pm	一起来踢球@10-11.30am	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 @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	一起庆祝生日@2-4pm	
		一起做 CrossFit@3.30-4pm	一起参与研究计划 - (EQUAL)@2pm-4pm		
17	18	19	20	21	22
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	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
一起参与研究计划 - (EQUAL)@2pm-4pm	一起跟Razak线上做运动(水瓶运动) @10-10.45am	当我们同在一起 (TOUCH)@10-11.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	代际交流 @10am-12nn
游戏时间-数字麻将 @12-1pm @2.30-5.30pm	一起做CrossFit@10-11am	游戏时间-数字麻将 @12-1pm @4-5pm	一起来踢球@10-11.30am	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11am-1pm @3.30-5.30pm	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-1pm @4-5pm	
	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@2-3pm(中), 3-4pm(英)	
	一起参与研究计划 - (EQUAL)@2pm-4pm		一起参与研究计划 - (EQUAL)@2pm-4pm		

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一起打太极@10-11am	一起做运动@9-10am	糖尿病讲座(9-11am)与足部筛查@9am-4pm	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	
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	一起跳椅子尊巴@9-10am	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(跳舞)@9-9.45am	
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(拉力带)@10-10.45am	
	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	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	游戏时间-数字麻将@11am-12pm@3.30-5.30pm	一起做 CrossFit@3.30-4pm	代际交流 - PCF @ 11-12pm	游戏时间-数字麻将@11am-1pm@2-5pm	
	一起参与研究计划 - (EQUAL)@2pm-4pm	游戏时间-数字麻将@4-5pm	游戏时间-数字麻将@12pm-1pm@2-5pm	一起来K歌@2-4.30pm	
	一起做有氧搏击活动(只限男性)@2-3pm		一起做拼布工艺@2-4pm		
	一起喝咖啡(只限男性)@3-5pm		一起参与研究计划 - (EQUAL)@2pm-4pm		
			一起吹口琴@4-5pm		

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