

2026 February

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
2	3	4	5	6	7
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 Chairobics@10.15-11.15am	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	Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Let's Talk News@10-11am	Let's Gen Together-PCF@11am-12pm	Let's Exercise with Peggy on Zoom(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 Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Let's Lim Kopi (Male Exclusive)@3-4pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @4-5pm	Let's Gen Together-SP Sports Club@1-3.30pm	
		Let's Do Rolling Programme@2-3pm	Digital - IMDA Go-Digital - Workshop@1-2.30pm(Chi); 2.45-4.15pm(Eng)	Strategise with Kakis (RUMMY O) @4-5pm	
		Let's Crossfit@3.30-4pm	Fun with Exergame (Gamified Lion Dance)@2-4pm		

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9	10	11	12	13	14
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Piloxing@10.30-11.30am	Community Health Post @9am-5pm	
Lets's Do Zentangle@10-11am	Let's Chairobics@10.15-11.15am	Let's Zumba Gold (414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Project PRAISE(Malay)@11am-12pm	Let's Talk New@10-11am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Exercise with Peggy on Zoom(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Do Calligraphy@10.15-11.30am	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
Let's Celebrate Birthday@2-4pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Fun with Exergame (Gamified Lion Dance)@2-4pm	Centre closed at 12pm	
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4pm			

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16	17	18	19	20	21
Let's Intergen Together-Hua Yi Secondary School@8am-11pm	Centre closed for CNY	Centre closed for CNY	Square Stepping Exercise@10-11am	Community Health Post @9am-5pm	
			Let's Piloxing@10.30-11.30am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
			Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Exercise with Peggy on Zoom(Resistance Band)@10-10.45am	
				Let's Do Crochet@11-12pm	
Centre closed at 1pm			Fun with Exergame (Gamified Lion Dance)@2-4pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	
				Let's Gen Together-Jurong West Secondary School@3.30-5pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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
Let's Gen Together-NUS Project Barrios@10am-12pm	Let's Chairobics@10.15-11.15am	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	Strategise with Kakis (RUMMY O) @11am-1pm @3-5pm	Let's Talk New@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Peggy on Zoom(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 Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm (Seated Floorball)	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	
		Let's Celebrate Chinese New Year@1-3pm	Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
			Fun with Exergame (Gamified Lion Dance)@2-4pm		
			Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		

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2	3	4	5	6	7
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-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@10-11am	一起做有氧运动 @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 @11-1pm @2-5pm	游戏时间-数字麻将 @11.30-1pm @4-5pm	一起聊新闻 @10-11am	代际交流 - PCF 幼儿园 @11-12pm	一起跟Peggy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	
	一起喝咖啡(只限男性)@3-4pm	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @4-5pm	代际交流 -(新加坡理工学院) @1-3.30pm	
		一起做防跌运动 @ 2-3pm	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)	游戏时间-数字麻将 @4-5pm	
		一起做CrossFit @3.30-4pm	游戏化舞狮@2-4pm		

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9	10	11	12	13	14
一起打太极 (IL)@10-11am	一起做运动@9-10am	一起跳椅子尊巴 @9-10am	一起做Piloxing @10.30-11.30am	服务 - 社区保健站 @9am-5pm	
一起做禅绕画@10-11am	一起做有氧运动 @10.15-11.15am	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(跳舞) @9-9.45am	
游戏时间-数字麻将 @11-1pm @4-5pm	防诈骗讲座 (马来语) @11am-12pm	一起聊新闻 @10-11am	游戏时间-数字麻将 @11-1pm @4-5pm	一起跟Peggy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 @4-5pm	一起写书法@10.15-11.30am	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
一起来庆生@2-4pm	一起做踢拳 (只限男性) @1.30-2.30pm	游戏时间-数字麻将 @11-1pm @4-5pm	游戏化舞狮@2-4pm	中心休业@12pm	
		一起做防跌运动 @ 2-3pm			
		一起做CrossFit @3.30-4pm			

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代际交流 - (华义中学) @8am-11am	初一	初二	方块踏步运动@10-11am	服务 - 社区保健站 @9am-5pm	
			一起做Piloxing@10.30-11.30am	一起跟Razak线上做运动(跳舞) @9-9.45am	
			游戏时间-数字麻将 @11-1pm @4-5pm	一起跟Peggy线上做运动(拉力带) @10-10.45am	
				一起做钩针编织@11-12pm	
			游戏化舞狮@2-4pm	游戏时间-数字麻将 @12-1pm @4-5pm	
中心休业@1pm				代际交流 - (裕廊西中学) @3.30-5pm	

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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-5pm	一起跳排舞(初级班)@9.30-10.30am
代际交流 - 国立大学 @10-12pm	一起做有氧运动 @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 @2-5pm	游戏时间-数字麻将 @11-1pm @3-5pm	一起聊新闻 @10-11am	方块踏步运动@10-11am	一起跟Peggy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	一起写书法@10.15-11.30am	一起做Piloxing@10.30-11.30am	一起做钩针编织@11-12pm	
	代际交流 - (辅华中学) @3.30-4.30pm (地板球)	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @4-5pm	
		一起来庆祝农历新年@1-3pm	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
			游戏化舞狮@2-4pm		
			代际交流 - (辅华中学) @3.30-4.30pm		

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