

2026 January

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
			1	2	3
			New Year's Day	Community Health Post @9am-12pm	Let's Line Dance (Beginner)@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
				Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
				Let's Do Crochet@11-12pm	
				Strategise with Kakis (RUMMY O) @11-12pm @2-5pm	
				Let's KTV Together@2-4pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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
Lets'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 Talk News@10-11am	Let's Intergen Together-National Junior College@10am-12pm	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	Functional Screening@9am-12.30pm
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) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let's Celebrate Birthday@2-4pm	
	Let's Lim Kopi (Male Exclusive)@3-4pm	Let's Crossfit@3.30-4pm	Let's Intergen Together-National Junior College@2-4pm		

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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
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 Gen Together-National Junior College@9.30-11.30am	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 Gen Together-National Junior College@9.30-11.30am	Let's Gen Together-National Junior College@9.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Let's Do Sewing@10am-12pm	Square Stepping Exercise@10-11am	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's KTV Together@2-4pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm		
	Let's Boccia & Cup Stacking@2-3pm	Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm		
			Fun with Exergame (Gamified Lion Dance)@2-4pm		

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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(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
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Talk News@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 Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Strategise with Kakis (RUMMY O) @10.30-1pm @4-5pm	Let's Do Patchwork@2-4pm		
	Let's Ladder Toss & Disc Golf@2-3pm	Let's Do Rolling Programme@2-3pm	Fun with Exergame (Gamified Lion Dance)@2-4pm		
		Let's Crossfit@3.30-4pm			

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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
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 Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Talk News@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 Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Malay Community Program@11-12pm	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 @4-5pm	
	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let’s KTV Together@2-4pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Let’s Crossfit@3.30-4pm	Fun with Exergame (Gamified Lion Dance)@2-4pm		
		Let's Learn to Cook (Male Exclusive)@2-4pm			

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2026 一月

标有颜色的项目是受邀参与的活动

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 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S640493
 **Centre Contact:** 6256 3671





MON			TUE			WED			THU			FRI			SAT		
									1			2			3		
									新年快乐！			服务 - 社区保健站 @9am-12pm			一起跳排舞(初级班) @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		
												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 @11-12pm @2-5pm					
												一起来K歌@2-4pm					

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 @12-1pm @2-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起聊新闻 @10-11am	代际交流 -(国家初级学院) @10-12pm	一起跟Razak线上做运动(拉力带) @10-10.45am	健康检查 @9am-12.30pm
一起做椅子瑜伽 @2-3pm	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	
	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @4-5pm	
	一起做踢拳 (只限男性) @2-3pm	一起做防跌运动 @ 2-3pm	一起做拼布工 艺@2-4pm	一起来庆生@2-4pm	
	一起喝咖啡(只限男性)@3-4pm	一起做CrossFit @3.30-4pm	代际交流 - 国家初级学院 @2-4pm		

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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	代际交流 -(国家初级学院) @9.30-11.30am	一起跳排舞 (中级班) @10.45-11.45am
游戏时间-数字麻将 @11-1pm @2-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	代际交流 -(国家初级学院) @9.30-11.30am	代际交流 -(国家初级学院) @9.30-11.30am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm	一起做CrossFit@10-11am	一起做缝纫@10-12pm	方块踏步运动@10-11am	游戏时间-数字麻将 @12-1pm @4-5pm	
	游戏时间-数字麻将 @11-1pm @3-5pm	一起写书法@10.15-11.30am	一起做Piloxing@10.30-11.30am	一起来K歌@2-4pm	
	一起做踢拳 (只限男性) @2-3pm	游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @11-1pm @4-5pm		
	一起玩硬地滚球和 竞技叠杯 @2-3pm	一起做防跌运动 @ 2-3pm	一起做拼布工艺@2-4pm		
		一起做CrossFit @3.30-4pm	游戏化舞狮@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	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 @12-1pm @2-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起聊新闻 @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	一起做缝纫@10-12pm	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 @11-1pm @3-5pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @2-5pm	
	一起做踢拳 (只限男性) @2-3pm	游戏时间-数字麻将 @10.30-1pm @4-5pm	一起做拼布工 艺@2-4pm		
	一起玩梯式投球和飞盘高尔夫 @2-3pm	一起做防跌运动 @ 2-3pm	游戏化舞狮@2-4pm		
		一起做CrossFit @3.30-4pm			

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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 @11-1pm @2-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起聊新闻 @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	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	
	马来社区计划 @11-12pm	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	
	游戏时间-数字麻将 @12-1pm @2-5pm	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	
	一起做踢拳 (只限男性) @2-3pm	一起学烹饪 (只限男性)@2-4pm	游戏化舞狮@2-4pm		
		一起做CrossFit @3.30-4pm			

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