

2025 July

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



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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 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 Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @10-1pm	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Gen Together - Westwood@2.30-4.30pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
			Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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@10am-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) @11.30-1pm @3-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	NICA Senior Champs Showcase@9-12pm	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@10-11am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Do Crochet@11-12pm	
Let's Pick Up Malay@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5.30pm	Strategise with Kakis (RUMMY O) @10-1pm @4-5pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (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 Gen Together-RVHS@2-4pm	Let's Crossfit@3.30-4pm	Let's Gen Together-HCI@2-4pm		
			Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba 9-10am	Let's Qigong@9-10am	IMDA E-Payment Learning Journey@9am-3pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Zentangle@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	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Intermediate) @10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @3-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Gen Together-MFS@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Let's Do Calligraphy@10-11am	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Crochet@11-12pm	
Let's Pick Up Malay@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm	Strategise with Kakis (RUMMY O) @11.15-1pm @4-5pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @10am-1pm @2-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme(F4)@2-3pm	Let's Do Patchwork@2-4pm		
	Let's Gen Together-NJC@2-4pm	Let's Crossfit@3.30-4pm	Let's Jam with Harmonica@4-5pm		

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba 9-10am	Let's Go Gai Gai(Trishaw)@9-12pm	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Qigong@9-10am	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) @11.30-1pm @3-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11am	Let's Do Stocking Craft@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	Strategise with Kakis (RUMMY O) @10-1pm @4-5pm	Square Stepping Exercise@10-11am	Let's Do Crochet@11-12pm	
Let's Pick Up Malay@2-3pm	Malay Community Program@11-12.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Gen Together-Frontier(Sports Hub)@2-5pm	HAPPY Program@2-3pm	Let's Celebrate Racial Harmony Day@2-4pm	
	Let's Gen Together-RVHS@2-4pm	Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm		
	Strategise with Kakis (RUMMY O) @4-5pm		Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
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		
Let's Get Together with TOUCH ESH @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		
Strategise with Kakis (RUMMY O) @12-1.30pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Current Affair U&Me@10-11am	Square Stepping Exercise@10-11am		
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit(F4)@10-11am	Let's Do Calligraphy@10-11am	Let's Gen Together-PCF@11-12pm		
re:ACT 2025 (Drama workshop)@3.30-6pm	Strategise with Kakis (RUMMY O) @11-1pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @3-5pm		
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	HAPPY Program@2-3pm		
	Let's Gen Together-Yuhua @2.30-4.30pm	Let's Learn to Cook(Male Exclusive)@2-4pm	Let's Do Patchwork@2-4pm		
	Let's Lim Kopi (Male exclusive)@3-4pm	Let's Crossfit@3.30-4pm	Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	方块踏步运动@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
	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起写书法@10-11am	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
	一起做CrossFit@10-11am	游戏时间-数字麻将 @10am-1pm	游戏时间-数字麻将 @11am-1pm @3.30-5pm	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11-1pm @2-5pm	代际交流 - 维林中学 @2.30-4.30pm	推广健康老龄化计划(Happy Program)@2-3pm	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	一起来K歌@2-4pm	
			一起吹口琴 @ 4-5pm		

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MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
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@10am-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am	NICA课程与活动@9am-12pm	方块踏步运动@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 @3-5pm	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	一起做 丝袜手工@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@10-11am	游戏时间-数字麻将@11am-1pm @4-5pm	一起做钩针编织@11-12pm	
一起学马来 - 初级@2-3pm	游戏时间-数字麻将@11am-1pm @ 4-5pm	游戏时间-数字麻将@10am-1pm @4-5pm	推广健康老龄化计划(Happy Program)@2-3pm	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	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	一起来庆生@2-4pm	
	代际交流 - 立化中学@2-4pm	一起做 CrossFit@3.30-4pm	代际交流 - 华侨中学@2-4pm		
			一起吹口琴 @ 4-5pm		

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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	资讯通信媒体发展局 - 数码乐龄计划 - 电子付款学习之旅@9am-3pm	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	服务 - 社区保健站 @9am-12pm	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @12-1pm @3-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	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(跳舞) @9-9.45am	
一起做椅子瑜伽@2-3pm	一起做CrossFit@10-11am	一起写书法@10-11am	游戏时间-数字麻将 @11am-1pm @3.30-5pm	一起做钩针编织@11-12pm	
一起学马来 - 初级@2-3pm	游戏时间-数字麻将 @11am-1pm	游戏时间-数字麻将 @10am-1pm @4-5pm	推广健康老龄化计划(Happy Program)@2-3pm	游戏时间-数字麻将 @10am - 1pm @2-5pm	
	一起做有氧搏击活动 (只限男性) @2-3pm	一起做防跌运动(F4)@2-3pm	一起做拼布工艺@2-4pm		
	代际交流 - 国家初级学院 @2-4pm	一起做 CrossFit@3.30-4pm	一起吹口琴 @ 4-5pm		

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
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	一起和“忘年骑车乐”去Gai Gai@9am-12pm	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 @3-5pm	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起写书法@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	游戏时间-数字麻将 @10am-1pm @4-5pm	一起做 丝袜手工@10-11am	一起做钩针编织@11-12pm	
一起学马来 - 初级@2-3pm	马来社区活动@11-12.30pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @3-5pm	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	代际交流- 先锋小学(新加坡体育城) @2-5pm	推广健康老龄化计划(Happy Program) @2-3pm	一起来庆祝种族和谐日 @2-4pm	
	代际交流 - 立化中学@2-4pm	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		
	游戏时间-数字麻将 @4-5pm		一起吹口琴@ 4-5pm		

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28	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	一起练气功@9-10am		
当我们同在一起 (TOUCH)@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	方块踏步运动@10-11am		
游戏时间-数字麻将 @12-1.30pm	一起跟Razak线上做运动 (水瓶运动)@10-10.45am	时事新闻你和我@10-11am	一起做 丝袜手工@10-11am		
一起做椅子瑜伽@2-3pm	一起做CrossFit(F4)@10-11am	一起写书法@10-11am	代际交流 - PCF@11am-12pm		
戏剧班 - re:ACT 2025@3.30-6pm	游戏时间-数字麻将 @11am-1pm	游戏时间-数字麻将 @11am-1pm @4-5pm	游戏时间-数字麻将 @12-1pm @3-5pm		
	一起做有氧搏击活动 (只限男性) @2-3pm	一起做防跌运动@2-3pm	推广健康老龄化计划(Happy Program)@2-3pm		
	代际交流 - 裕华中学 @2.30-4.30pm	一起学烹饪 ((只限男性) @2-4pm	一起做拼布工艺@2-4pm		
	一起喝咖啡(只限男性) @3-4pm	一起做 CrossFit@3.30-4pm	一起吹口琴@4-5pm		

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