




# 2026 July

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 / 8163 2702






MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		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 Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairobics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
		Let's Makan Together - F4@10-10.30am	Let's Piloxing@10.30-11.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
		Let's Do Sewing@10am-12pm	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
		Let's Walking Football@10-11.30am	HAPPY Programme @2-3pm	Digital - IMDA Go-Digital - Workshop @1-2.30pm(Chi); 2.45-4.15pm(Eng)	
		Leave Well Series - Legacy Planning Workshop @10am-12pm			
		Let's Do Calligraphy@10.15-11.30am			
		Let's Gen Together-Westwood Secondary School@2-4pm			
		Let's Crossfit@3.30-4.15pm			
<b>Rummy-O can be played when no programmes are scheduled, excluding 1:00 PM to 2:00 PM.</b>					

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6	7	8	9	10	11
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 Do Nagomi@10am-12pm	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4@10-10.30am	Let's Gen Together-PCF @11am-12pm	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Say No to Frailty@2-4pm	Let's Celebrate Birthday@2-4pm	Let's Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Talk About Say YES to Waste Less @3.15-4.15pm		Let's Do Calligraphy@10.15-11.30am	Let's Do Patchwork@2-4pm	Let's KTV@2-4pm	
		Let's Do Rolling Programme@2-3pm	HAPPY Programme @2-3pm		
		Let's Crossfit@3.30-4.15pm			
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13	14	15	16	17	18
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 Do Zentangle@10am-11am	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4@10-10.30am	Let's Piloxing@10.30-11.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Say No to Frailty@2-4pm	Let's Learn to Cook(Male Exclusive)@2-4pm	Let's Walking Football@10-11.30am	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
Let's Jam with Ukelele @2-4pm		Let's Gen Together-MFS @11am-12pm	HAPPY Programme @2-3pm	Fun with Kakis@2-3pm	
		Let's Do Calligraphy@10.15-11.30am			
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
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 Do Nagomi@10am-12pm	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4@10-10.30am	Let's Piloxing@10.30-11.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Learn to Cook(Female Exclusive)@2-4pm	Let's Lim Kopi (Male Exclusive) @3-4pm	Let's Talk News@10.30-11.30am	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
Let's Jam with Ukelele @2-4pm		Let's Do Calligraphy@10.15-11.30am	HAPPY Programme @2-3pm	Halliburton Do Good at JCP@2-4pm (Racial Harmony Day)	
		Let's Gen Together@2.30-4pm			
		Let's Crossfit@3.30-4.15pm			

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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-5pm	
Let's Do Zentangle@10am-11am	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Online Video(Chairbics)@9-9.45am	
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4@10-10.30am	Let's Piloxing@10.30-11.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Jam with Ukelele @2-4pm		Let's Walking Football@10-11.30am	Let's Do Patchwork@2-4pm	Let's Do Crochet@11-12pm	
		Let's Do Calligraphy@10.15-11.30am	HAPPY Programme @2-3pm	Let's KTV@2-4pm	
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4.15pm			

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# 2026 七月

标有颜色的项目是受邀参与的活动

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MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		一起做椅子尊巴 @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
		一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工 @10-11am	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
		一起来Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
		一起做缝纫@10am-12pm	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
		一起来踢球 @10-11.30am	推广健康老龄化计划 @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)	
		一起来谈(持久授权书) @10am-12pm			
		一起写书法@10.15-11.30am			
		代际交流-维林中学@2-4pm			
		一起做CrossFit@3.30-4.15pm			

在没有安排活动时, 可玩数字麻将(Rummy-O), 但中午 1:00至下午 2:00除外。

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一起打太极(IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @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
一起做日本和谐粉彩 @10am-12pm	一起做坐式韵律操 (衰弱) @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	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10-10.30am	代际交流 - (PCF) @11am-12pm	一起线上做运动(拉力带) @10-10.45am	
与衰弱说不@2-4pm	一起来庆生@2-4pm	一起做缝纫@10am-12pm	一起拳击皮拉提 @10.30-11.30am	一起做钩针编织@11-12pm	
安心系列-环保讲座 @3.15-4.15pm		一起写书法@10.15-11.30am	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
		一起做防跌运动@ 2-3pm	推广健康老龄化计划 @2-3pm		
		一起做CrossFit@3.30-4.15pm			

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一起打太极(IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @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	一起做坐式韵律操 (衰弱) @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	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
与衰弱说不@2-4pm	一起学烹饪(只限男性)@2-4pm	一起来踢球 @10-11.30am	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
一起玩乌克兰丽丽@2-4pm		代际交流 - (MFS)@11-12pm	推广健康老龄化计划 @2-3pm	游戏时间@2-3pm	
		一起写书法@10.15-11.30am			
		一起做防跌运动@ 2-3pm			
		一起做CrossFit@3.30-4.15pm			

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一起做日本和谐粉彩 @10am-12pm	一起做坐式韵律操 (衰弱) @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	一起线上做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
一起学烹饪(只限女性) @2-4pm	一起喝咖啡(只限男性) @3-4pm	一起聊新闻@10-11am	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
一起玩乌克兰丽丽@2-4pm		一起写书法@10.15-11.30am	推广健康老龄化计划 @2-3pm	Halliburton与JCP活跃乐龄中心同乐@2-4pm (种族和谐日)	
		一起做防跌运动@ 2-3pm			
		一起做CrossFit@3.30-4.15pm			

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一起做禅绕画@10-11am	一起做坐式韵律操 (衰弱) @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	一起线上做运动(坐式韵律操)@9-9.45am	
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来 Makan - F4@10-10.30am	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
一起玩乌克兰丽丽@2-4pm		一起来踢球 @10-11.30am	一起做拼布工艺@2-4pm	一起做钩针编织@11-12pm	
银翼天翔 (只限男性)@3-5pm		一起写书法@10.15-11.30am	推广健康老龄化计划 @2-3pm	一起来K歌@2-4pm	
		一起做防跌运动@ 2-3pm			
		一起做CrossFit@3.30-4.15pm			

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