

2025 June

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
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	Services - Wellness - CHP@9am-12pm	Hari Raya Haji Public Holiday
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Gen Together -NJC (Dragonboat Paddling) @8am-1pm	
Let's Gen Together-NJC@11-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Gen Together-Gummy Education@10-12pm	Let's Do Stocking Craft@10-11am	Let's Gen Together-NJC @10-12pm	
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Let's Do Sewing@10.30-12pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Do Crochet@11-12pm	
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Do Rolling Programme@2-3pm	Let's Gen Together-NJC (Dragonboat Training) @2-4pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi); 3-4pm(Eng)	
	Let's Gen Together-NJC (Dragonboat Training) @2-4pm	Let's CrossFit@3.30-4pm			
	Let's Steel Combat (Male Exclusive)@2-3pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

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
9	10	11	12	13	14
Centre Closed	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(Chairbics)@9-9.45am	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	Let's Line Dance (Intermediate)@10.45-11.45am
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5pm	Let's Do Crochet@11-12pm	
	Let's CrossFit (F4)@10-11am	Let's Do Rolling Programme@2-3pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Jam with Harmonica@4-5pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

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
16	17	18	19	20	21
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(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 @3-5pm	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 Pick Up Malay@2-3pm	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Let's Gen Together-MFS@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5pm	Let's Do Crochet@11-12pm	
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm	HAPPY Program@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Halliburton Do Good at JCP X Let's Celebrate Birthday@2-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Let's Jam with Harmonica@4-5pm		
		Centre closed @4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

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
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	Centre Closed	Let's Line Dance (Beginner)@9.30-10.30am
Let'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	Square Stepping Exercise@10-11am		Let's Line Dance (Intermediate)@1045-1145am
Strategise with Kakis (RUMMY O) @1130-1pm @3-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Current Affair U&Me@10-11am	Let's Do Stocking Craft@10-11am		
Let's Pick Up Malay@2-3pm	Let's CrossFit (F4)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5pm		
	Malay Community Program@ 11-12.30pm	Let's Do Rolling Programme@2-3pm	HAPPY Program@2-3pm		
	Strategise with Kakis (RUMMY O) @4-5pm	Let's Learn to Cook(Male Exclusive)@3-430pm	Let's Do Patchwork@2-4pm		
	Let's KTV Together@2-4pm	Let's CrossFit@3.30-4pm	Let's Jam with Harmonica@4-5pm		
	Let's Steel Combat (Male Exclusive)@2-3pm				
	Let's Lim Kopi (Male exclusive)@3-4pm				
30					
Let's Taichi (IL)@10-11am					
Let's Do Nagomi@10-12pm					
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm					
re:ACT 2025 (Drama workshop)@2-4pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

标有颜色的项目是受邀参与的活动

 **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 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
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	哈芝节公共假期
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	方块踏步运动@10-11am	代际交流 - 国家初级学院 (划龙舟) @ 8am-1pm	
代际交流 - 国家初级学院 @ 11am-12pm	一起跟Razak线上做运动(水瓶运动) @10-10.45am	代际交流 - Gummy Education @ 10am-12pm	一起做 丝袜手工 @10-11am	代际交流 - 国家初级学院 @ 10-12pm	
游戏时间-数字麻将 @12-1pm @2-5pm	方块踏步运动(初级-高级班)@10-11am	一起做缝纫@10.30am-12pm	代际交流 - PCF @ 1-2pm	一起做钩针编织@11-12pm	
	一起做CrossFit@10-11am	游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
	游戏时间-数字麻将 @11-1pm @4-5pm	一起做防跌运动@2-3pm	推广健康老龄化计划(Happy Program)@2-3pm	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)	
	代际交流 - 国家初级学院 (划龙舟预备班) @ 2-4pm	一起做 CrossFit@3.30-4pm	代际交流 - 国家初级学院 (划龙舟预备班) @ 2-4pm		
	一起做有氧搏击活动 (只限男性) @2-3pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 June

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671





MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
中心休业一天	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	一起做缝纫@10.30am-12pm	一起做 丝袜手工 @10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
	方块踏步运动(初级-高级班)@10-11am	游戏时间-数字麻将 @10am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @3.30-5pm	一起做钩针编织@11-12pm	
	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	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	
	游戏时间-数字麻将 @11-1pm @2-5pm	一起做 CrossFit@3.30-4pm	一起做拼布工 艺@2-4pm	一起来K歌@2-4pm	
	一起做有氧搏 击活动 (只限男性) @2-3pm		一起吹口琴 @ 4-5pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
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	代际交流 - My First Skool @ 10am-11am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
一起学马来 - 初级@2-3pm	方块踏步运动(初级-高级班)@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	
	一起做 CrossFit@10-11am	游戏时间-数字麻将 @11am-1pm	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	
	游戏时间-数字麻将 @11am-1pm @2-5pm	一起做防跌运动@2-3pm	一起做拼布工 艺@2-4pm	Halliburton 与 JCP同乐(庆生会) @2-4pm	
	一起做有氧搏击活动 (只限男性) @2-3pm	中心休业@4pm	一起吹口琴 @ 4-5pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 June

标有颜色的项目是受邀参与的活动

📍 **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 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
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	中心休业一天	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	方块踏步运动@10-11am		一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @11.30am-1pm @4-5pm	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		
一起学马来 - 初级@2-3pm	一起做CrossFit (F4)@10-11am	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		
	马来社区活动@11-12.30pm	一起做防跌运动@2-3pm	推广健康老龄化计划(Happy Program)@2-3pm		
	游戏时间-数字麻将 @4-5pm	一起学烹饪(只限男性) @3-4.30pm	一起做拼布工 艺@2-4pm		
	一起来K歌@2-4pm	一起做 CrossFit@3.30-4pm	一起吹口琴 @ 4-5pm		
	一起做有氧搏击活动(只限男性) @2-3pm				
	一起喝咖啡(只限男性) @3-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 June

标有颜色的项目是受邀参与的活动

 **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
30					
一起打太极 @10-11am					
一起做日本和谐粉彩 @10-12pm					
游戏时间-数字麻将 @12-1pm @4-5pm					
戏剧班 - re:ACT 2025@2-4pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或 删除计划的所有权利，恕不另行通知。