




2026 June

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	5	6
Centre closed for Vesak Day	Community Health Post @9am-12pm	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Let's Gen Together - National Junior College@8am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
	Let's Exercise@9-10am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Community Health Post @9am-5pm	Let's Line Dance (Intermediate)@10.45-11.45am
	Let's Exercise - Online Video(Chairobics)@10-10.45am	Let's Makan Together - F4@10-10.30am	Let's Gen Together - Jurong Pioneer Junior College @10-11am	Let's Exercise - Online Video(Chairobics)@9-9.45am	
	Strategise with Kakis (RUMMY O) @10.15am-1pm @4-5pm	Let's Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
	Let's Lim Kopi (Male Exclusive) @3-4pm	Let's Walking Football@10-11.30am	Strategise with Kakis (RUMMY O) @10.15am-1pm @4-5pm	Let's Do Crochet@11-12pm	
	Let's Gen Together - National Junior College@2-4pm	Let's Do Calligraphy@10.15-11.30am	Let's Do Patchwork@2-4pm	Strategise with Kakis (RUMMY O) @11am-1pm @4.30-5.30pm	
		Strategise With Kakis (Rummy O) @10.30am-1pm @4.30-5.30pm	HAPPY Programme @2-3pm	Digital - IMDA Go-Digital - Workshop@1-2.30pm(Chi); 2.45-4.15pm(Eng)	
		Let's Do Rolling Programme@2-3pm	Let's Gen Together - National Junior College@2-4pm		
		Let's Boccia, Seated Floorball, Disc Golf, Cup Stacking, Ladder Toss @2-3pm			
	Let's Crossfit@3.30-4.15pm				

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Let's Taichi (IL)@10-11am	Community Health Post @9am-12pm	Let's Go Gai Gai (Singapore Sports Hub)@7am-1pm	Let's Qigong@9-10am	Community Health Post @9am-5pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Zentangle@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	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
Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Chairobics (Frail) @10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Gen Together - Jurong Pioneer @10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @10.15am-1pm @4-5pm	Let's Makan Together - F4@10-10.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Say No to Frailty@2-4pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Legal Talk @10-11am(Chi); 11am-12pm(Eng)	Strategise with Kakis (RUMMY O) @10.15am-1pm @3-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
Let's Celebrate Birthday@2-4pm	Let's Gen Together - National Junior College@2-4pm	Let's Do Sewing@10-12pm	Let's Do Patchwork@2-4pm	Let's KTV@2-4pm	
		Let's Do Calligraphy@10.15-11.30am	HAPPY Programme @2-3pm		
		Strategise With Kakis (Rummy O) @12-1pm @4.30-5.30pm			
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Taichi (IL)@10-11am	Community Health Post @9am-12pm	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@10-12pm	Digital- Fun! Drone for Memories /Silver Wings (Males Exclusive) @8.45-11.30am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Learn to Bake (Grandparents)@9.30am-12pm	Let's Exercise - Online Video(Chairobics)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Exercise@9-10am	Let's Makan Together - F4@10-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Let's Exercise - Online Video(Chairobics)@10-10.45am	Let's Walking Football@10-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Say No to Frailty@2-4pm	Strategise with Kakis (RUMMY O) @10.15am-1pm @4-5pm	Let's Gen Together-MFS @11am-12pm	Strategise with Kakis (RUMMY O) @10.15am-1pm @3-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	
	Let's Gen Together - National Junior College@2-4pm	Let's Do Calligraphy@10.15-11.30am	Let's Do Patchwork@2-4pm		
		Strategise With Kakis (Rummy O) @12-1pm @4.30-5.30pm	HAPPY Programme @2-3pm		
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Taichi (IL)@10-11am	Community Health Post @9am-12pm	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@10-12pm	Let's Exercise@9-10am	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
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Exercise - Online Video(Chairobics)@10-10.45am	Let's Makan Together - F4@10-10.30am	Let's Gen Together - Jurong Pioneer @10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	
Let's Learn to Cook (Male Exclusive)@1.30pm-2.30pm	Strategise with Kakis (RUMMY O) @10.15am-1pm @3-5pm	Let's Talk News@10.30-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm	Let's Learn to Cook (Female Exclusive) (Thermomix)@2-3pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @10.15am-1pm @3-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
Let's Say No to Frailty@2-4pm		Strategise With Kakis (Rummy O) @11am-1pm @4.30-5.30pm	Let's Do Patchwork@2-4pm	Let's KTV@2-4pm	
Let's Jam with Ukelele @2-4pm		Let's Do Rolling Programme@2-3pm	HAPPY Programme @2-3pm		
		Let's Crossfit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Taichi (IL)@10-11am	Community Health Post @9am-12pm				
Let's Do Zentangle@10-11am	Let's Exercise@9-10am				
Let's Pick Up Malay@11-12pm	Let's Chairobics (Frail) @10.15-11.15am				
Strategise with Kakis (RUMMY O) @12pm-1pm @4-5pm	Malay Community Program@11am-12pm				
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm				
Let's Say No to Frailty@2-4pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm				

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2026 六月

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	5	6
中心休业一天	服务 - 社区保健站 @9am-5pm	一起做椅子尊巴 @9-10am	一起练气功 @9-10am	代际交流 - 国家初级学院 @8am-12pm	一起跳排舞(初级班) @9.30-10.30am
	一起做运动 @9-10am	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-5pm	一起跳排舞(中级班) @10.45-11.45am
	服务 - 社区保健站 @9am-12pm	一起来Makan - F4 @10-10.30am	代际交流 - 裕廊先驱初级学院 @10-11am	一起线上做运动(坐式韵律操) @9-9.45am	
	一起线上做运动(坐式韵律操) @10-10.45am	一起做缝纫 @10am-12pm	一起拳击皮拉提 @10.30-11.30am	一起线上做运动(拉力带) @10-10.45am	
	游戏时间-数字麻将 @10.15am-1pm @4-5pm	一起来踢球 @10-11.30am	游戏时间-数字麻将 @10.15am-1pm @4-5pm	一起做钩针编织 @11-12pm	
	一起喝咖啡(只限男性) @3-4pm	一起写书法 @10.15-11.30am	一起做拼布工艺 @2-4pm	游戏时间-数字麻将 @11am-1pm @4.30-5.30pm	
	代际交流 - 国家初级学院 @2-4pm	游戏时间-数字麻将 @10.30am-1pm @4.30-5.30pm	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)	
		一起做防跌运动 @ 2-3pm	代际交流 - 国家初级学院 @2-4pm		
		一起玩硬地滚球、地板球, 飞盘高尔, 技叠杯和梯式投球 @2-3pm			
		一起做CrossFit @3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
一起打太极(IL)@10-11am	服务 - 社区保健站@9am-5pm	一起去Gai Gai (新加坡体育城)@7am-1pm	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	一起做运动@9-10am	一起做椅子尊巴@9-10am	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
游戏时间-数字麻将@11am-1pm@4-5pm	服务 - 社区保健站@9am-12pm	一起跳尊巴(乐龄版)@414A@9.30-10.30am	代际交流 - 裕廊先驱初级学院@10-11am	一起线上做运动(拉力带)@10-10.45am	
一起做椅子瑜伽@2-3pm	一起做坐式韵律操(衰弱)@10.15-11.15am	一起来Makan - F4@10-10.30am	一起拳击皮拉提@10.30-11.30am	一起做钩针编织@11-12pm	
与衰弱说不@2-4pm	游戏时间-数字麻将@10.15am-1pm@4-5pm	一起来谈(法律讲座)@10-11am(Chi); 11am-12pm(Eng)	游戏时间-数字麻将@10.15am-1pm@3-5pm	游戏时间-数字麻将@11am-1pm@4-5pm	
一起来庆生@2-4pm	一起做踢拳(只限男性)@1.30-2.30pm	一起做缝纫@10-12pm	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
	代际交流 - 国家初级学院@2-4pm	一起写书法@10.15-11.30am	推广健康老龄化计划@2-3pm		
		游戏时间-数字麻将@12pm-1pm@4.30-5.30pm			
		一起做防跌运动@2-3pm			
		一起做CrossFit@3.30-4.15pm			

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起打太极(IL)@10-11am	服务 - 社区保健站 @9am-5pm	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 @10-12pm	航拍无人机/银翼天翔 (只限男性) @8.45-11.30am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起学烘焙(祖孙活动) @9.30am -12pm	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
游戏时间-数字麻将 @12pm-1pm @4-5pm	服务 - 社区保健站 @9am-12pm	一起来Makan - F4@10-10.30am	一起做丝袜手工 @10-11am	一起线上做运动(拉力带) @10-10.45am	
一起做椅子瑜伽 @2-3pm	一起做运动@9-10am	一起来踢球 @10-11.30am	一起拳击皮拉提 @10.30-11.30am	一起做钩针编织@11-12pm	
与衰弱说不@2-4pm	一起线上做运动(坐式韵律操)@10-10.45am	代际交流 - (MFS) @11-12pm	游戏时间-数字麻将 @10.15am-1pm @3-5pm	游戏时间-数字麻将 @11am-1pm @2-5pm	
	游戏时间-数字麻将 @10.15am-1pm @4-5pm	一起写书法@10.15-11.30am	一起做拼布工艺@2-4pm		
	代际交流 - 国家初级学院 @2-4pm	游戏时间-数字麻将 @12-1pm @4.30-5.30pm	推广健康老龄化计划 @2-3pm		
		一起做防跌运动@ 2-3pm			
		一起做CrossFit@3.30-4.15pm			

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22	23	24	25	26	27
一起打太极(IL)@10-11am	服务 - 社区保健站 @9am-5pm	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 @10-11am	一起做运动@9-10am	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
游戏时间-数字麻将 @12-1pm @4-5pm	服务 - 社区保健站 @9am-12pm	一起来Makan - F4@10-10.30am	代际交流 - 裕廊先驱初级学院 @10-11am	一起线上做运动(拉力带) @10-10.45am	
一起学烹饪(只限男性) @1.30-2.30pm	一起线上做运动(坐式韵律操)@10-10.45am	一起聊新闻@10-11am	一起拳击皮拉提 @10.30-11.30am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm	游戏时间-数字麻将 @10.15am-1pm @3-5pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.15am-1pm @3-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
与衰弱说不@2-4pm	一起学烹饪(只限女性)(美善品)@2-3pm	游戏时间-数字麻将 @11am-1pm @4.30-5.30pm	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
一起玩音乐 - (尤克里里)@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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29	30				
一起打太极(IL)@10-11am	服务 - 社区保健站 @9am-5pm				
一起做禅绕画@10-11am	一起做运动@9-10am				
一起学马来语-初级@11-12pm	服务 - 社区保健站 @9am-12pm				
游戏时间-数字麻将 @12pm-1pm @4-5pm	一起做坐式韵律操 (衰弱) @10.15-11.15am				
一起做椅子瑜伽 @2-3pm	马来社区计划 @11am-12pm				
与衰弱说不@2-4pm	游戏时间-数字麻将 @12-1pm @2-5pm				
	一起做踢拳 (只限男性) @1.30-2.30pm				

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