




2025 March

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






MON	TUE	WED	THU	FRI	SAT
					1 Let's Line Dance (Beginner)@9.30-10.30am
					Let's Line Dance (Intermediate)@10.45-11.45am
					Let's Gen together-@10am-12nn
3	4	5	6	7	8
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	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 Support EQUAL@2-4pm	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	Let's Gen together-@10am-12nn
Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @3-5pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Centre Closed from 1pm-6pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm		
	Let's Support EQUAL@2-4pm		Let's Support EQUAL@2-4pm		
			Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)		

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 March

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






MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
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 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
Let's Support EQUAL@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @11.30-1pm @2.30-5pm	Let's CrossFit(F4)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm		
	Let's Support EQUAL@2-4pm		Let's Support EQUAL@2-4pm		
17	18	19	20	21	22
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
Let's Support EQUAL@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Gen together- My First Skool @10am-11.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @12-1pm @2.30-5pm	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @11.30am-1pm @4-5pm	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11am-1pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm	Halliburton Do Good at JCP X Birthday@2-4pm	
	Let's Support EQUAL@2-4pm		Let's Support EQUAL@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 March

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



MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 30
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Services - Wellness - Diabetes health talk (9-11am) & Screening@9am-4pm	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	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 Chair Zumba@9-10am	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 @2.30-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit(F4)@10-11am	Current affair U&Me@10-11	Let's Walking Football@10-11.30am	Let's Do Crochet@11-12pm	
Let's Support EQUAL@2-4pm	Strategise with Kakis (RUMMY O) @3.30-5.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Support EQUAL@2-4pm	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	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Support EQUAL@2-4pm		
	Let's Lim Kopi (Male exclusive)@3-5pm		Let's Gen Together-HYSS@3.30pm-5pm		
			Let's Jam with Harmonica@4-5pm		
31					
Selamat Hari Raya Puasa!					

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 March

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
					1 一起跳排舞(初级班)@9.30-10.30am
					一起跳排舞(中级班)@10.45-11.45am
					代际交流 @10am-12nn
3	4	5	6	7	8
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	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
一起参与研究计划 - EQUAL(与马互动)@2-4pm	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	代际交流 @10am-12nn
游戏时间-数字麻将 @12-1pm @2.30-5pm	一起做CrossFit@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	一起来踢球@10-11.30am	一起做钩针编织@11-12pm	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	下午1点休业	
	游戏时间-数字麻将 @11am-1pm @3.30-5pm	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		
	一起参与研究计划 - EQUAL(与马互动)@2-4pm		一起参与研究计划 - EQUAL(与马互动)@2-4pm		
			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)		

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 March

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 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
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
一起参与研究计划 - (EQUAL)@2pm-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起做缝纫@10.30am-12pm	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
游戏时间-数字麻将 @11.30am-1pm @2.30-5pm	一起做CrossFit (F4)@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	一起来踢球 @10-11.30am	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11am-1pm @3.30-5.30pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	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	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		
	一起参与研究计划 - (EQUAL)@2pm-4pm		一起参与研究计划 - (EQUAL)@2pm-4pm		
17	18	19	20	21	22
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
一起参与研究计划 - (EQUAL)@2pm-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	代际交流 - My First Skool @ 10-11.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
游戏时间-数字麻将 @12-1pm @2.30-5.30pm	一起做CrossFit@10-11am	游戏时间-数字麻将 @11.30-1pm @4-5pm	一起来踢球 @10-11.30am	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11am-1pm @3.30-5.30pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @2-5pm	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	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm	Halliburton与JCP 同乐(庆生会) @2-4pm	
	一起参与研究计划 - (EQUAL)@2pm-4pm		一起参与研究计划 - (EQUAL)@2pm-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 March

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 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
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 @11.30-1pm @2.30-5pm	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	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CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	一起来踢球@10-11.30am	一起做钩针编织@11-12pm	
一起参与研究计划 - (EQUAL)@2pm-4pm	游戏时间-数字麻将 @11am-12pm @3.30-5.30pm	一起做 CrossFit@3.30-4pm	游戏时间-数字麻将 @11am-1pm @2-3pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
	一起参与研究计划 - (EQUAL)@2pm-4pm	游戏时间-数字麻将 @11am-1pm @4-5pm	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		一起参与研究计划 - (EQUAL)@2pm-4pm		
	一起喝咖啡(只限男性)@3-5pm		代际交流 - 华义中学 @ 3.30-5pm		
			一起吹口琴@4-5pm		
31					
开斋节公共假期					

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。