

2026 March

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Taichi (II)@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
Lets's Do Nagomi@10-12pm	Let's Chairbics@10.15-11.15am	Let's Zumba Gold (414a)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise With Kakis (Rummy O) @12-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5pm	Communal Dining-F4@10-10.15am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (II)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Talk News@10.15am-11.15am	Square Stepping Exercise@10-11am	Let's Go Gai Gai With DBS@9am-12pm	
	Let's Lim Kopi (Male Exclusive)@3-4pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5pm	Strategise With Kakis (Rummy O) @11-1pm @4.15-5pm	
	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm	Strategise With Kakis (Rummy O) @11.15-1pm @4-5pm	Let's Do Patchwork@2-4pm	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-Fuhua Secondary School@3.30-4.30pm		
		Let's Crossfit@3.30-4pm			

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9	10	11	12	13	14
Let's Taichi (IL)@10-11am	Centre Closed	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
Lets's Do Zentangle@10-11am		Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11-1pm @2-5pm		Communal Dining-F4@10-10.15am	Square Stepping Exercise@10-11am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm		Let's Talk News@10.15-11.15am	Let's Gen Together-PCF@11-12pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
Women's Day		Let's Do Sewing@10-12pm	Let's Piloxing@10.30-11.30am	Let's KTV Together@2-4pm	
		Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @12-1pm @4.30-5pm		
		Strategise with Kakis (RUMMY O) @11.15-1pm @4-5pm	Let's Do Patchwork@2-4pm		
		Let's Do Rolling Programme@2-3pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		
		Let's Crossfit@3.30-4pm			

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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	Community Health Post @9am-5pm	Let's Line Dance (Beginner)@9.30-10.30am
Lets's Do Nagomi@10-12pm	Let's Chairbics@10.15-11.15am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @10.30-1pm @4-5pm	Health Talk by CHP@10-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Calligraphy@10.15-11.30am	Square Stepping Exercise@10-11am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
Let's Learn to Cook (Male Exclusive)@2-4pm	Let's Celebrate Birthday@2-4pm	Let's Do Sewing@10-12pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's KTV Together @2-4pm	
		Strategise with Kakis (RUMMY O) @12.15pm-1pm @4-5pm	Let's Do Patchwork@2-4pm		
		Let's Do Rolling Programme@2-3pm			
		Let's Crossfit@3.30-4pm			

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Centre Closed for Hari Raya	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 Chairobics@10.15-11.15am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Do Stocking Craft@10-11am	Let's Exercise - Live Stream(Resistance Band)@10-10.45am	Let's Line Dance (Intermediate)@10.45-11.45am
	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5pm	Communal Dining-F4@10-10.15am	Square Stepping Exercise@10-11am	Let's Do Crochet@11-12pm	
	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Gen Together - My First Skool @ Blk 459@10-11am	Let's Piloxing@10.30-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm	Let's Talk News@10.15-11.15am	Strategise with Kakis (RUMMY O) @11-1pm @4.30-5pm	Halliburton Do Good at JCP@2-4pm (Hari Raya Celebration)	
		Let's Do Calligraphy@10.15-11.30am	Let's Do Patchwork@2-4pm		
		Let's Do Sewing@10-12pm	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm		
		Strategise with Kakis (RUMMY O) @11.15-1pm @4-5pm			
		Let's Do Rolling Programme@2-3pm			
	Let's Crossfit@3.30-4pm				

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MON

TUE

WED

THU

FRI

SAT

30

31

MON	TUE	WED	THU	FRI	SAT
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am				
Lets's Do Zentangle@10-11am	Let's Chairobics@10.15-11.15am				
Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11.30-1pm @4.30-5pm				
Let's Chair Yoga @ 2-3pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm				
	Let's Gen Together-Fuhua Secondary School@3.30-4.30pm				

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MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
一起打太极(IL)@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-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩 @10-12pm	一起坐式韵律操 @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(拉力带) @10-10.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @11-1pm @2-5pm	游戏时间-数字麻将 @10.30-1pm @4.30-5pm	一起来 Makan - F4 @10-10.15am	一起做Piloxing @10.30-11.30am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm	一起做踢拳(只限男性) @1.30-2.30pm	一起聊新闻@10.15-11.15am	一起做方块踏步运动 @10-11am	一起和DBS去Gai Gai@9am-12pm	
	一起喝咖啡(只限男性)@3-4pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @10.30-1pm @4.30-5pm	游戏时间-数字麻将 @11-1pm @4.15-5pm	
	代际交流-辅华中学 @3.30-4.30pm	游戏时间-数字麻将 @11.15-1pm @4-5pm	一起做拼布工艺@2-4pm	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-辅华中学 @3.30-4.30pm		

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MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
一起打太极(IL)@10-11am	中心休业一天	一起跳椅子尊巴 @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@10-11.30am		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(拉力带) @10-10.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @11.30-1pm @2-5pm		一起来 Makan - F4 @10-10.15am	方块踏步运动@10-11am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm		一起聊新闻@10.15-11.15am	一起做Piloxing @10.30-11.30	游戏时间-数字麻将 @11-1pm @4-5pm	
		一起写书法@10.15-11.30am	代际交流 - PCF @11-12pm	一起来K歌@2-4pm	
		一起做缝纫@10am-12pm	游戏时间-数字麻将 @12-1pm @4.30-5pm		
		游戏时间-数字麻将 @11.15-1pm @4-5pm	一起做拼布工艺@2-4pm		
		一起做防跌运动 @ 2-3pm	代际交流-辅华中学 @3.30-4.30pm		
		一起做CrossFit @3.30-4pm			

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
一起打太极 (IL)@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-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩 @10-12pm	一动起做有氧运 @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(拉力带) @10-10.45am	一起跳排舞(中级班) @10.45-11.45am
游戏时间-数字麻将 @12-1 pm @4-5 pm	游戏时间-数字麻将 @10.30-1pm @4-5pm	保健系列 - 健康讲座(CHP) @10-12pm	一起做Piloxing@10.30-11.30am	一起做钩针编织@11-12pm	
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起写书法 @10.15-11.30am	方块踏步运动@10-11am	游戏时间-数字麻将 @11-1pm @4-5pm	
一起学烹饪(只限男性)@2-4pm	一起来庆生@2-4pm	一起做缝纫@10-12pm	游戏时间-数字麻将 @11-1pm @2-5pm	一起来K歌 @ 2-4pm	
		游戏时间-数字麻将 @12.15-1pm @2-5pm	一起做拼布工艺@2-4pm		
		一起做防跌运动 @ 2-3pm			
		一起做CrossFit @3.30-4pm			

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23	24	25	26	27	28
开斋节	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-5pm	一起跳排舞(初级班)@9.30-10.30am
	一起做有氧运动 @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(拉力带) @10-10.45am	一起跳排舞(中级班) @10.45-11.45am
	游戏时间-数字麻将 @11.30-1pm @2-5pm	一起来Makan - F4@10-10.30am	方块踏步运动@10-11am	一起做钩针编织@11-12pm	
	一起做踢拳(只限男性) @1.30-2.30pm	代际交流-My First Skool@大牌459@10-11am	一起做Piloxing@10.30-11.30am	游戏时间-数字麻将 @11-1pm @4-5pm	
		一起聊新闻@10-11am	游戏时间-数字麻将 @10.30-1pm @4.30-5pm	Halliburton与JCP活跃乐龄中心同乐@2-4pm(节日庆典)	
		一起写书法@10.15-11.30am	一起做拼布工艺@2-4pm		
		一起做缝纫@10am-1pm	代际交流 - (辅华中学) @3.30-4.30pm		
		游戏时间-数字麻将 @11-1pm @4-5pm			
		一起做防跌运动 @ 2-3pm			
	一起做CrossFit @3.30-4pm				

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30	31				
一起打太极 @10-11am	一起做运动@9-10am				
一起做禅绕画@10-11.30am	一起做有氧运动 @10.15-11.15am				
游戏时间-数字麻将 @11-1pm @2-5pm	游戏时间-数字麻将 @10.30-1pm @4.30-5pm				
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm				
	代际交流 - (辅华中学) @3.30-4.30pm (地板球)				

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