

2025 May

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
			1	2	3
			Labour Day! Public Holiday	Services - Wellness - CHP@9am-12pm	
				Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
				Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
				Let's Do Crochet@11-12pm	
				Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
				Let's KTV Together@2-4pm	
5	6	7	8	9	10
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(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 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	Let's Gen Together-PCF@1-2pm	Let's Do Crochet@11-12pm	
	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11-1pm	Let's CrossFit@3.30-4pm	Happy Program (Registration)@2-3pm	Let's Gen Together-Frontier@2.30-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Do Patchwork@2-4pm		
	Let's Gen Together-Clementi Town@2.30-5pm		Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Vesak Day Public Holiday	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	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Gen Together-NJC@10.30-12pm
	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	
	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am	Strategise with Kakis (RUMMY O) @12pm-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Do Crochet@11-12pm	
	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's CrossFit@3.30-4pm	Let's Celebrate Birthday@2-4pm	McGraw Hill Do Good at JCP@2-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Jam with Harmonica@4-5pm		
	Let's Gen Together-JWSS@2.30-4pm				

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 Gen Together-NJC@10.30-12pm
Strategise with Kakis (RUMMY O) @12-1pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Gen Together-MFS@10-11am	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Gen Together-HYSS@3-5pm	Square Stepping Exercise(Beginner to Advance :12 weeks)@10-11am (F4)	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@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) @11am-1pm @2-5pm	Let's CrossFit@3.30-4pm	Let's Do Patchwork@2-4pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Jam with Harmonica@4-5pm		
	Let's Lim Kopi(Male Exclusive)@3-4pm				

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Gen Together-CTSS@8am-12pm	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	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Gen Together-NJC@10.30-12pm
Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Malay Community Program@ 10.30-12pm	Let's Do Stocking Craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Gen Together-HYSS@2-4pm	Square Stepping Exercise(Beginner)@10-11am (F4)	Let's Zumba Gold(414A)@9.30-10.30am	Strategise with Kakis (RUMMY O) @11am-1pm	Let's Gen Together-NJC@11-12pm	
	Let's CrossFit@10-11am	Strategise with Kakis (RUMMY O) @4-5pm	Happy Program@2-3pm	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Strategise with Kakis (RUMMY O) @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4pm	Let's Gen Together-HCI@3.30-4.30pm	Let's KTV Together@2-4pm	
	Let's Gen Together-HYSS@2-4pm		Let's Jam with Harmonica@4-5pm		

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MON	TUE	WED	THU 1	FRI 2	SAT 3
			劳动节公共假期	服务 - 社区保健站 @9am-12pm	
				一起跟Razak线上做运动(跳舞) @9-9.45am	
				一起跟Razak线上做运动(拉力 带) @10-10.45am	
				一起做钩针编织@11-12pm	
				游戏时间-数字麻将 @11am-1pm @4-5pm	
				一起来K歌@2-4pm	

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MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
中心休业	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(初级班)@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	代际交流 - PCF @ 1-2pm	一起做钩针编织@11-12pm	
	一起做CrossFit@10-11am	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @3.30-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
	游戏时间-数字麻将 @11-1pm	一起做 CrossFit@3.30-4pm	推广健康老龄化计划(登记) @2-3pm	代际交流 - 先锋小学 @ 2.30-4pm	
	一起做有氧搏击活动(只限男性) @2-3pm		一起做拼布工艺@2-4pm		
	代际交流 - 锦文中学 @ 2.30-5pm		一起吹口琴 @ 4-5pm		

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
卫塞节公共假日	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	一起做 丝袜手工 @10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	代际交流 - 国家初级学院 @10.30-12pm
	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	
	方块踏步运动(初级班)@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	游戏时间-数字麻将 @11am-1pm @4-5pm	一起做钩针编织@11-12pm	
	一起做 CrossFit@10-11am	一起做防跌运动@2-3pm	一起做拼布工 艺@2-4pm	游戏时间-数字麻将 @11am-1pm @4-5pm	
	游戏时间-数字麻将 @11am-1pm @4-5pm	一起做 CrossFit@3.30-4pm	一起来庆生@2-4pm	McGrawhill 与 JCP同乐@2-4pm	
	一起做有氧搏击活动(只限男性) @2-3pm		一起吹口琴 @ 4-5pm		
	代际交流 - 裕廊西中学 @ 2.30-4pm				

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
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	代际交流 - 国家初级学院 @10.30-12pm
游戏时间-数字麻将 @12-1pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	代际交流 - My First Skool @10-11am	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 - 华义中学 @ 3-5pm	方块踏步运动(初级班)@10-11am (F4)	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	一起做钩针编织@11-12pm	
	一起做CrossFit@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 @11am-1pm @2-5pm	一起做 CrossFit@3.30-4pm	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 @2-3pm(中);3-4pm(英)	
	一起做有氧搏击活动(只限男性) @2-3pm		一起吹口琴 @ 4-5pm		
	一起喝咖啡(只限男性) @3-4pm				

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MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
一起打太极 @10-11am	一起做运动@9-10am	代际交流 - 锦文中学 @ 8-12pm	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	一起跳椅子尊巴 @9-10am	方块踏步运动@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	代际交流 - 国家初级学院 @ 10.30-12pm
游戏时间-数字麻将 @11.30-1pm @4-5pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	马来社区活动@10.30-12pm	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(初级班)@10-11am(F4)	一起跳尊巴(乐龄版) @414A @9.30-10.30am	游戏时间-数字麻将 @11am-1pm	代际交流 - 国家初级学院 @ 11-12pm	
代际交流 - 华义中学 @ 2-4pm	一起做CrossFit@10-11am	游戏时间-数字麻将 @4-5pm	推广健康老龄化计划(Happy Program)@2-3pm	一起做钩针编织@11-12pm	
	游戏时间-数字麻将 @11-1pm @4-5pm	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	游戏时间-数字麻将 @4-5pm	
	一起做有氧搏击活动(只限男性) @2-3pm	一起做 CrossFit@3.30-4pm	代际交流 - 华桥中学 @ 3.30-4.30pm	一起来K歌@2-4pm	
	代际交流 - 华义中学 @ 2-4pm		一起吹口琴 @ 4-5pm		

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