




2026 May

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 |
|--|--|--|--|------------------------------|---|
| | | | | Centre Closed for Labour Day | Let's Line Dance (Beginner)@9.30-10.30am |
| | | | | | Let's Gen Together-NJC@10-11.30am |
| | | | | | Let's Line Dance (Intermediate)@10.45-11.45am |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|---------------|---|
| 4 | 5 | 6 | 7 | 8 | 9 |
| Lets's Do Nagomi@10-12pm | 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 |
| Strategise With Kakis (Rummy O) @12-1pm @3-5pm | Let's Chairbics (Frail) @10.15-11.15am | Let's Zumba Gold (414a)@9.30-10.30am | Let's Do Stocking Craft@10-11am | | Let's Line Dance (Intermediate)@10.45-11.45am |
| Let's Say No to Frailty@2-4pm | Strategise with Kakis (RUMMY O) @10.15-1pm @4-5pm | Let's Talk News@10-11am | Communal Dining-F4@10-10.30am | | |
| Let's Boccia, Cup Stacking & Seated Floorball @2-3pm | Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm | Let's Do Calligraphy@10.15-11.30am | Let's Piloxing@10.30-11.30am | | |
| | Let's Celebrate Birthday@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 | | |
| | Let's Lim Kopi (Male Exclusive)@3-4pm | Let's Do Rolling Programme@2-3pm | Let's Do Patchwork@2-4pm | | |
| | | Let's Crossfit@3.30-4.15pm | Digital - IMDA Go-Digital - Workshop@1-2.30pm(Chi); 2.45-4.15pm(Eng) | | |

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|---|---|---|--|--|---|
| 11 | 12 | 13 | 14 | 15 | 16 |
| Lets's Do Zentangle@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 |
| Let's Learn to Cook (Male Exclusive)@11am-1pm | Let's Chairbics (Frail) @10.15-11.15am | Let's Zumba Gold (414a)@9.30-10.30am | Let's Do Stocking Craft@10-11am | Let's Exercise - Online Video(Chairbics)@9-9.45am | Let's Gen Together-NJC@10-11.30am |
| Strategise with Kakis (RUMMY O) @4-5pm | Strategise with Kakis (RUMMY O) @10.15am-1pm | Let's Do Sewing@10-12pm | Communal Dining-F4@10-10.30am | Let's Exercise - Live Stream(Resistance Band)@10-10.45am | Let's Line Dance (Intermediate)@10.45-11.45am |
| Let's Say No to Frailty@2-4pm | Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm | Let's Walking Football@10-11.30am | Let's Piloxing@10.30-11.30am | Let's Do Crochet@11-12pm | |
| Let's Disc golf & Ladder Toss @2-3pm | Let's Gen Together- River Valley High School@3-5pm | Let's Do Calligraphy@10.15-11.30am | Let's Gen Together-PCF @11am-12pm | Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm | |
| | | Strategise With Kakis (Rummy O) @11am-1pm @4.30-5.30pm | Strategise with Kakis (RUMMY O) @11.30am-1pm @4-5pm | Let's Celebrate Mother's Day @2-4pm | |
| | | Let's Do Rolling Programme@2-3pm | Let's Do Patchwork@2-4pm | | |
| | | Let's Crossfit@3.30-4.15pm | HAPPY Programme@2-3.30pm | | |

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|--|---|--|---------------------------------|--|---|
| 18 | 19 | 20 | 21 | 22 | 23 |
| 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 Chairobics (Frail) @10.15-11.15am | 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 Gen Together-NJC@10-11.30am |
| Strategise with Kakis (RUMMY O) @12-1pm @4-5pm | Malay Community Program@11-12pm | Let's Do Sewing@10-12pm | Communal Dining-F4@10-10.30am | Let's Exercise - Live Stream(Resistance Band)@10-10.45am | Let's Line Dance (Intermediate)@10.45-11.45am |
| Let's Chair Yoga (IL)@2-3pm | Strategise with Kakis (RUMMY O) @12-1pm @3-5pm | Let's Do Calligraphy@10.15-11.30am | 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 | NIE GESL Do Good at JCP@11-12pm | Centre closed @12pm | Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm | |
| Let's Gen Together-Frontier Primary School@2.30-3.30pm | Let's Boccia, Cup Stacking & Seated Floorball@2.30-3.30pm | Strategise With Kakis (Rummy O) @4.30-5pm | | Let's Gen Together-Hua Yi Secondary School@2-4pm | |
| | | Let's Do Rolling Programme@2-3pm | | | |
| | | Let's Crossfit@3.30-4.15pm | | | |

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|---|---|----------------------------------|--|--|---|
| 25 | 26 | 27 | 28 | 29 | 30 |
| Let's Taichi (IL)@10-11am | Let's Gen Together-Clementi Town Secondary School @8am-1.40pm | Centre closed for Hari Raya Haji | Let's Qigong@9-10am | Community Health Post @9am-5pm | Let's Line Dance (Beginner)@9.30-10.30am |
| NIE GESL Do Good at JCP@10-11am | Let's Exercise@9-10am | | Let's Do Stocking Craft@10-11am | Let's Exercise - Online Video(Chairbics)@9-9.45am | Let's Line Dance (Intermediate)@10.45-11.45am |
| Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm | Let's Chairbics (Frail) @10.15-11.15am | | Communal Dining-F4@10-10.30am | 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 | | Let's Gen Together-CCK Primary School@11am-1pm | Let's Do Crochet@11-12pm | |
| Let's Say No to Frailty@2-4pm | Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm | | Let's Do Patchwork@2-4pm | Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm | |
| Let's Disc golf & Ladder Toss @3-4pm | Let's Gen Together-River Valley High School@2.30-5.30pm | | HAPPY Programme @2-3pm | Let's KTV@2-4pm | |
| | | | Strategise with Kakis (RUMMY O) @3-5pm | | |

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| | | | | 1 | 2 |
|--|--|--|--|--------|---------------------------|
| | | | | | 一起跳排舞(初级班)@9.30-10.30am |
| | | | | 中心休业一天 | 代际交流 - 国家初级学院 @10-11.30am |
| | | | | | 一起跳排舞(中级班) @10.45-11.45am |

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| 4 | 5 | 6 | 7 | 8 | 9 |
| 一起做日本和谐粉彩 @10-11am | 一起做运动@9-10am | 一起做椅子尊巴 @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 |
| 游戏时间-数字麻将 @12-1pm @3-5pm | 一起做坐式韵律操 (衰弱) @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 | | 一起跳排舞(中级班) @10.45-11.45am |
| 与衰弱说不@2-4pm | 游戏时间-数字麻将 @10.15-1pm @4-5pm | 一起聊新闻@10-11am | 一起来Makan - F4 @10-10.30am | | |
| 一起玩硬地滚球、竞技叠杯和飞盘高尔夫@2-3pm | 一起做踢拳 (只限男性) @1.30-2.30pm | 一起写书法@10.15-11.30am | 一起做Piloxing @10.30-11.30am | | |
| | 一起来庆生@2-4pm | 游戏时间-数字麻将 @11am-1pm @4.30-5.30pm | 游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm | | |
| | 一起喝咖啡(只限男性) @3-4pm | 一起做防跌运动 @ 2-3pm | 一起做拼布工艺@2-4pm | | |
| | | 一起做CrossFit @3.30-4.15pm | 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) | | |

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| 11 | 12 | 13 | 14 | 15 | 16 |
| 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 |
| 一起学烹饪(只限男性)@11-1pm | 一起做坐式韵律操 (衰弱) @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(坐式韵律操)@9-9.45am | 代际交流-国家初级学院 @10-11.30am |
| 游戏时间-数字麻将 @11.30am-1 pm @4-5pm | 游戏时间-数字麻将 @10.15am-1pm | 一起做缝纫@ 10-12pm | 一起来Makan - F4@10-10.30am | 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 |
| 与衰弱说不@2-4pm | 一起做踢拳 (只限男性) @1.30-2.30pm | 一起来踢球 @10-1130am | 一起做 Piloxing@10.30-11.30am | 一起做钩针编织@11-12pm | |
| 一起玩地板球和梯式投球 @2-3pm | 代际交流 - (金文泰镇中学) @3-5pm | 一起写书法@10.15-11.30am | 代际交流 - (PCF) @11-12pm | 游戏时间-数字麻将 @11am-1pm @4-5pm | |
| | | 游戏时间-数字麻将 @11am-1pm @4.30-5.30pm | 游戏时间-数字麻将 @11.30-1pm @4-5pm | 母亲节插花 @ 2-4pm | |
| | | 一起做防跌运动@ 2-3pm | 一起做拼布工艺@2-4pm | | |
| | | 一起做CrossFit@3.30-4.15pm | 推广健康老龄化计划 @2-3.30pm | | |

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|---------------------------------|---------------------------------|--------------------------------|----------------------------|-----------------------------------|---------------------------|
| 18 | 19 | 20 | 21 | 22 | 23 |
| 一起打太极(IL)@10-11am | 一起做运动@9-10am | 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 | 一起做坐式韵律操 (衰弱) @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(坐式韵律操)@9-9.45am | 代际交流-国家初级学院 @10-11.30am |
| 游戏时间-数字麻将 @12-1pm @4-5pm | 马来社区计划 @11-12pm | 一起做缝纫@10-12pm | 一起来Makan - F4@10-10.30am | 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 |
| 一起做椅子瑜伽 @2-3pm | 游戏时间-数字麻将 @12-1pm @3-5pm | 一起写书法@10.15-11.30am | 一起做 Piloxing@10.30-11.30am | 一起做钩针编织@11-12pm | |
| 与衰弱说不@2-4pm | 一起做踢拳 (只限男性) @1.30-2.30pm | NIE GESL与JCP活跃乐龄同乐 @11-12pm | 中心休息 @12pm | 游戏时间-数字麻将 @11am-1pm @4-5pm | |
| 代际交流 - (先锋小学) @2.30-3.30pm | 一起玩硬地滚球、竞技叠杯和飞盘高尔夫@2.30-3.30pm | 游戏时间-数字麻将 @4.30-5pm | | 代际交流 - 华义中学 @2-4pm | |
| | | 一起做防跌运动 @ 2-3pm | | | |
| | | 一起做CrossFit @3.30-4.15pm | | | |

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| 一起打太极 @10-11am | 代际交流 - 锦文中学 @8am-1.40pm | 哈芝节 | 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 |
| NIE GESL与JCP活跃乐龄同乐 @10-11am | 一起做运动 @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 | 一起做坐式韵律操 (衰弱) @10.15-11.15am | | 一起来 Makan - F4 @10-10.30am | 一起线上做运动 (拉力带) @10-10.45am | |
| 一起做椅子瑜伽 @2-3pm | 游戏时间-数字麻将 @10.15am-1pm | | 代际交流-蔡厝港小学 @11am-1pm | 一起做钩针编织 @11-12pm | |
| 与衰弱说不 @2-4pm | 一起做踢拳 (只限男性) @1.30-2.30pm | | 一起做拼布工艺 @2-4pm | 游戏时间-数字麻将 @11am-1pm @4-5pm | |
| 一起玩地板球和梯式投球 @3-4pm | 代际交流 - 立化中学 @2.30-5.30pm | | 推广健康老龄化计划 @2-3pm | 一起来K歌 @2-4pm | |
| | | | 游戏时间-数字麻将 @3-5pm | | |

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