2026 November

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
2	3	4	5	6	7
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@9-5pm	Let's Line Dance (Beginner) @9.30-10.30am
Let's Do Nagomi@10am-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 Do Seated Exercise@9-9.45am	Let's Line Dance (Intermediate) @10.45-11.45am
Let's Appreciate Coffee @10am-12pm	Let's Celebrate Birthday@2-4pm	Let's Makan Together - F4 @10-10.30am	Let's Appreciate Coffee @10-12pm	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	
Let's Chair Yoga(IL)@2-3pm	Let's Lim Kopi@2.30-3.30pm	Current affairs U&Me @10.30-11.15am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11am-12pm	
Let's Jam with Ukulele@2-4pm	Strategize with Kakis (RUMMY O) @10.20am-12.30pm @4-5pm	Let's Do Sewing@10-12pm	Let's Dragonboat@10am-12pm	Let's Latin Dance (Cha Cha)@ 11am-12.30pm	
Strategize with Kakis (RUMMY O) @12.15-1pm @2-5pm		Let's Do Calligraphy @10.15-11.30am	Let's Gen Together - RVPS@1:30-3:30pm	Digital - IMDA Go-Digital - Workshop @1-2.30pm(Chi); 2.45-4.15pm(Eng)	
		Let's Do Rolling Programme @2-3pm	Let's Do Patchwork@2-4pm	Strategize with Kakis (RUMMY O) @11-12pm @4.15-5pm	
		Let's Crossfit@3.30-4.15pm	Strategize with Kakis (RUMMY O) @10am-1pm @2-5pm		
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed for Deepavali	Let's Exercise @9-10am	Let's Chair Zumba @9-10am	Let's Qigong @9-10am	Community Health Post @9-5pm	Let's Line Dance (Beginner) @9.30-10.30am
	Let's Appreciate Coffee @10am-12pm	Let's Zumba Gold (414a) @9.30-10.30am	Let's Do Stocking Craft @10-11am	Let's Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45-11.45am
	Let's Chairobics (Frail) @10.15-11.15am	Let's Makan Together - F4 @10-10.30am	Let's DragonBoat @10am-12pm	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	Digital- Fun! LEGGO with Grandkids @ 9-2pm
	Let's Celebrate Deepavali@2-4pm	Let's Do Sewing@10-12pm	Let's Piloxing @10.30-11.30am	Let's Appreciate Coffee @10-12pm	
	Strategize with Kakis (RUMMY O) @10.20-1pm @4-5pm	Let's Gen Together - MFS @ 10-11am	Let's Do Patchwork @2-4pm	Let's Do Crochet@11-12pm	
		Let's Do Calligraphy @10.15-11.30am	Let's Boccia, Cup Staking & Disc Golf@2-3pm	Let's Latin Dance (Cha Cha) @ 11am-12.30pm	
		Let's Do Rolling Programme@2-3pm	Strategize with Kakis (RUMMY O) @10am-1pm @3-5pm	Let's Dragonboat (Competition) @1-5pm	
		Let's Crossfit @3.30-4.15pm		Let's KTV Together@2-4pm	
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm		Strategize with Kakis (RUMMY O) @11-12pm @4.15-5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Taichi (IL)@10-11am	Centre Closed	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Community Health Post @9-5pm	Let's Line Dance (Beginner) @9.30-10.30am
Let's Do Nagomi @10-12pm		Let's Zumba Gold (414a) @9.30-10.30am	Let's Do Stocking Craft @10-11am	Let's Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45-11.45am
Let's Appreciate Coffee @10am-12pm		Let's Makan Together - F4 @10-10.30am	Let's Appreciate Coffee @10-12pm	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	Digital- Fun! LEGGO with Grandkids @ 9-2pm
Let's Chair Yoga(IL)@2-3pm		Let's Calligraphy @10.15-11.30am	Let's Piloxing @10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Jam with Ukulele @2pm-4pm		Let's Do Rolling Programme@2-3pm	Let's Do Patchwork @2-4pm	Let's Latin Dance (Cha Cha) @ 11am-12.30pm	
Strategize with Kakis (RUMMY O) @12.15-1pm @4-5pm		Let's Crossfit @3.30-4.15pm	Stay Strong@2-4pm	Centre closed at 3pm	
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm	Strategize with Kakis (RUMMY O) @10.30am-1pm @4-5.30pm		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 @9-5pm	Let's Line Dance (Beginner) @9.30-10.30am
Let's Do Zentangle @10am-11pm	Let's Appreciate Coffee @10-12pm	Let's Zumba Gold (414a) @9.30-10.30am	Let's Do Stocking Craft @10-11am	Let's Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45-11.45am
Let's Chair Yoga (IL) @2-3pm	Let's Chairobics (Frail) @10.15-11.15am	Let's Makan Together - F4 @10-10.30am	Let's Piloxing @10.30-11.30am	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	
Let's Jam with Ukulele@2-4pm	Malay Community Program @11.30am-12.30pm	Let's Do Calligraphy @10.15-11.30am	Let's Do Patchwork @2-4pm	Let's Appreciate Coffee @10-12pm	
Let's Floorball & Ladder toss@3-4pm	Let's Learn to Cook (Female Exclusive) @ 2-4pm	Let's Do Rolling Programme @2-3pm	Stay Strong: Strengthening Nutrition for Seniors@2-4pm	Let's Do Crochet @11-12pm	
Strategize with Kakis (RUMMY O) @11.15-1pm @4-5pm	Strategize with Kakis (RUMMY O) @12-1pm @4.15-5pm	Let's Crossfit @3.30-4.15pm	Strategize with Kakis (RUMMY O) @10am-1pm @3.30-5pm	Let's Latin Dance (Cha Cha) @ 11am-12.30pm	
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5.30pm		Let's Learn to Cook (Male Exclusive) @ 2-4pm	
				Strategize with Kakis (RUMMY O) @11-1pm @4-5pm	

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Taichi (IL)@10-11am					
Let's Do Zentangle @10-11am					
Let's Appreciate Coffee @10am-12pm					
Let's Pick Up Malay@11am-12pm					
Let's Chair Yoga (IL) @2-3pm					
Let's Jam with Ukulele @2-4pm					
Strategize with Kakis (RUMMY O) @12-1pm @4-5pm					

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 @9-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉@10-12pm	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	一起做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
一起鉴赏咖啡 @10am-12pm	一起来庆生@2-4pm	一起来Makan - F4 @10-10.30am	一起鉴赏咖啡 @10-12pm	一起线上做运动(拉力带) @10-10.45am	
一起做椅子瑜伽 @2-3pm	一起喝咖啡(只限男性) @2.30-3.30pm	一起聊新闻 @10.30am-11.15am	一起拳击皮拉提 @10.30-11.30am	一起做钩针编织 @11-12pm	
一起玩乌克丽丽@2-4pm	游戏时间-数字麻将 @10.20-12.30pm @4-5pm	一起做缝纫@10am-12pm	一起划龙舟@10am-12pm	一起跳拉丁舞 (恰恰) @11-12.30PM	
游戏时间-数字麻将 @12.15-1pm @4pm-5pm		一起写书法@10.15-11.30am	代际交流 - 立化小学 @1.30pm-3.30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @1pm-2.30pm (Chi); @2.45pm-4.15pm (Eng)	
		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 @11-12pm @4.15pm-5pm	
		一起做CrossFit@3.30-4.15pm	游戏时间-数字麻将 @10am-1pm @2-5pm		
		游戏时间-数字麻将 @10.30am-1pm @4.30-5.30pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心休息一天（屠妖节）	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 @9-5pm	一起跳排舞(初级班)@9.30-10.30am
	一起鉴赏咖啡 @10-12pm	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工@10-11am	一起做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班) @10.45-11.45am
	一起做坐式韵律操 (衰弱) @10.15-11.15am	一起来Makan - F4 @10-10.30am	一起划龙舟@10am-12pm	一起线上做运动(拉力带) @10-10.45am	Leggo! 与乖孙 @9am - 2pm
	一起来庆祝（屠妖节）@2-4pm	一起做缝纫@10am-12pm	一起拳击皮拉提 @10.30-11.30am	一起鉴赏咖啡 @10-12pm	
	游戏时间-数字麻将 @10.20-1pm @4-5pm	代际交流 - MFS 幼儿园 @10-11am	一起做拼布工 艺@2-4pm	一起做钩针编织 @11-12pm	
		一起写 书法 @10.15-11.30am	一起玩硬地滚球、竞技叠杯和飞盘高尔夫@2-3pm	一起跳拉丁舞 (恰恰) @11-12.30PM	
		一起做防跌运 动@2-3pm	游戏时间-数字麻将 @10am-1pm @2-5pm	一起划龙舟 (比赛) @1pm-5pm	
		一起做CrossFit@3.30-4.15pm		一起来K歌@2-4pm	
		游戏时间-数字麻将 @10.30am-1pm @4.30-5.30pm		游戏时间-数字麻将 @11-12pm @4.15 - 5pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起打太极(IL)@10-11am	中心休业	一起做椅子尊巴 @9-10am	一起练气功@9-10am	服务 - 社区保健站@9-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉@10-12pm		一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工@10-11am	一起做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班）@10.45-11.45am
一起鉴赏咖啡 @10am-12pm		一起来Makan - F4 @10-10.30am	一起鉴赏咖啡 @10-12pm	一起线上做运动(拉力带）@10-10.45am	Leggo! 与乖孙 @9am - 2pm
一起做椅子瑜伽 @2-3pm		一起写书法 @10.15-11.30am	一起拳击皮拉提 @10.30-11.30am	一起做钩针编织 @11-12pm	
一起玩乌克丽丽 @2-4pm		一起做防跌运动 @2-3pm	一起做拼布工艺@2-4pm	一起跳拉丁舞 (恰恰) @11-12.30PM	
游戏时间-数字麻将 @12.15-1pm @4-5pm		一起做CrossFit@3.30-4.15pm	强壮起步计划@2-4pm	中心休业 @3PM	
		游戏时间-数字麻将 @10.30-1pm @4.30-5.30pm	游戏时间-数字麻将 @10.30-1pm @4-5.30pm		

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23	24	25	26	27	28
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 @9-5pm	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@10-11am	一起鉴赏咖啡 @10-12pm	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工@10-11am	一起做运动(坐式韵律操)@9-9.45am	一起跳排舞(中级班） @10.45-11.45am
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	一起线上做运动(拉力带） @10-10.45am	
一起玩乌克丽丽@2-4pm	马来社区计划 @11.30am-12.30pm	一起写书法 @10.15-11.30am	一起做拼布工艺 @2-4pm	一起鉴赏咖啡 @10-12pm	
一起玩地板球和	一起学烹饪 (只限女士) @2pm-4pm	一起做防跌运动 @2-3pm	强壮起步计划 @ 2-4pm	一起做钩针编织 @11-12pm	
游戏时间-数字麻将 @11.15am - 1pm @4pm - 5pm	游戏时间-数字麻将 @12-1pm @4.15pm - 5pm	一起做CrossFit @3.30-4.15pm	游戏时间-数字麻将 @10am-1pm @4pm-5pm	一起跳拉丁舞 (恰恰) @11-12.30PM	
		游戏时间-数字麻将 @10.30-1pm @4.30pm-5.30pm		一起学烹饪 (只限男士) @2pm-4pm	
				游戏时间-数字麻将 @11pm-1pm @4pm-5pm	

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30					
一起打太极(IL)@10-11am					
一起做禅绕画@10-11am					
一起鉴赏咖啡@10am-12pm					
一起学马来语-初级 @11am-12pm					
一起做椅子瑜伽 @2-3pm					
一起玩乌克丽丽@2-4pm					
游戏时间-数字麻将 @12-1pm @4-5pm					

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