

2025 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



ntuc Health

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
					Zone B Functional Screening@9am-1pm
3	4	5	6	7	8
Let's Taichi (IL)@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	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 (Water Bottle)@10-10.45am	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 NUS-WISDOM Study@10am-12pm	Let's CrossFit@10-11am	Let's Makan Together - F4@10-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	Zone G Functional Screening@9am-1pm
Strategise with Kakis (RUMMY O) @12pm-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Do Calligraphy@10.15-11.30am	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)@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11-12pm @4.15-5pm	
	Let's Celebrate Birthday@2-4pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Digital - IMDA Go-Digital - Workshop 1-2.30pm(Chi);2.45-4.15pm(Eng)	
		Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm		

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10	11	12	13	14	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 Talk About Volunteer Recruitment@10-11.30am	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 NUS-WISDOM Study@10am-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's CrossFit@10-11am	Let's Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Chair Yoga (IL)@2-3pm	Malay Community Program@11-12pm	Let's Do Calligraphy@10.15-11.30am	Let's Gen Together-PCF@11am-12pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
Let's Talk About Say Yes To Waste Less@3-4pm	Strategise with Kakis (RUMMY O) @12-1pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @3.30-5pm	Let's KTV Together@2-4pm	
	Let's Do Kickboxing (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm		
	Let's Gen Together-Ahmad Ibrahim Secondary School@3-5pm	Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm		
	Let's Lim Kopi (Male Exclusive)@3-4pm				

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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	Centre Closed	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 Line Dance (Intermediate)@10.45-11.45 am
Let's Support NUS-WISDOM Study@10am-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am	Square Stepping Exercise@10-11am		Zone C Functional Screening@9am-1pm
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's CrossFit@10-11am	Let's Do Sewing@10am-12pm	Let's Piloxing@10.30-11.30am		
Let's Chair Yoga (IL)@2-3pm	Strategise with Kakis (RUMMY O) @12-1pm @4-5pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @12-1pm @3.30-5pm		
Magic Magic@2-4pm	Let's Do Kickboxing (Male Exclusive)@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Steady Lah!@2-3.30pm		
	Let's talk about CPF Nomination Will Workshop@2-4pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
		Let's Crossfit@3.30-4pm			

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24	25	26	27	28	29
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 Support NUS-WISDOM Study@10am-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
Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Current affair U&Me@10.30-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Centre Closed@12.30pm	Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	
		Strategise with Kakis (RUMMY O) @11.30-1pm @4-5pm	Steady Lah!@2-3.30pm	Let's KTV Together@2-4pm	
		Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
		Let's Learn to Cook(Male Exclusive)@3-4pm			
		Let's Crossfit@3.30-4pm			

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2025 十一月

标有颜色的项目是受邀参与的活动

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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
					B区健康检查@9am-1pm
3	4	5	6	7	11
一起打太极(IL)@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	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
一起参与研究计划 - (国大智识研究项目)@10-12pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	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
一起做日本和谐粉彩 @10-12pm	一起做CrossFit@10-11am	一起来Makan - F4@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	G区健康检查@9am-1pm
游戏时间-数字麻将 @12pm-1pm @2-5pm	游戏时间-数字麻将 @11-1pm @2-5pm	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	
一起做椅子瑜伽 @2-3pm	一起做有氧搏击活动(只限男性) @2-3pm	游戏时间-数字麻将 @11-1pm @4-5pm	游戏时间-数字麻将 @11-1pm @3.30-5pm	游戏时间-数字麻将 @11-12pm @4-5pm	
	一起来庆生@2-4pm	一起做防跌运动@2-3pm	Steady Lah! 保健操@2-3.30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@1-2.30pm(中文)2.45-4.15pm(英文)	
		一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		

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10	11	12	13	14	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
一起参与研究计划 - (国大智识研究项目)@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
一起来谈(志愿者招募)@10-11.30am	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来 Makan - F4@10-10.30am	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 @11.30-1pm @4-5pm	一起做CrossFit@10-11am	一起做缝纫@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	马来族群活动@11am-12pm	一起写书法@10.15-11.30am	代际交流 - (PCF) 11-12pm	游戏时间-数字麻将 @11-1pm @4-5pm	
一起来谈(对减少浪费说“是”)@3-4pm	游戏时间-数字麻将 @12-1pm	游戏时间-数字麻将 @12-1pm @4-5pm	游戏时间-数字麻将 @11-1pm @3.30-5pm	一起来K歌@2-4pm	
	一起做有氧搏击活动(只限男性) @2-3pm	一起做防跌运动@2-3pm	Steady Lah! 保健操@2-3.30pm		
	代际交流 -(伊布拉欣中学)@3-5pm	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm		
	一起喝咖啡(只限男性)@3-4pm				

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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	中心休业一天	一起跳排舞(初级班)@9.30-10.30am
一起参与研究计划 - (国大智识研究项目)@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		一起跳排舞(中级班) @10.45-11.45am
一起做日本和谐粉彩 @10-12pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起来 Makan - F4@10-11am	方块踏步运动@10-11am		C区健康检查@9am-1pm
游戏时间-数字麻将 @12-1pm @2-5pm	一起做CrossFit@10-11am	一起做缝纫@10-12pm	一起做Piloxing@10.30-11.30am		
一起做椅子瑜伽 @2-3pm	游戏时间-数字麻将 @11-1pm @4-5pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @12-1pm @3.30-5pm		
一起变魔术 @ 2-4pm	一起做有氧搏击活动(只限男性) @2-3pm	游戏时间-数字麻将 @11-1pm @4-5pm	Steady Lah! 保健操@2-3.30pm		
	一起来谈(CPF提名与遗嘱规划)@2-4pm	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm		
		一起做 CrossFit@3.30-4pm			

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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
一起参与研究计划 - (国大智识研究项目)@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
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	一起来 Makan - F4@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	
一起做椅子瑜伽 @2-3pm	一起做CrossFit@10-11am	时事新闻你和我 @10.30-12pm	一起做 Piloxing@10.30-11.30am	一起做钩针编织@11-12pm	
	中心休业@12.30pm	一起写书法@10.15-11.30am	游戏时间-数字麻将 @11-1pm @3.30-5pm	游戏时间-数字麻将 @11-1pm @4-5pm	
		游戏时间-数字麻将 @12-1pm @4-5pm	Steady Lah! 保健操 @2-3.30pm	一起来K歌@2-4pm	
		一起做防跌运动@2-3pm	一起做拼布工 艺@2-4pm		
		一起学烹饪(只限男性)@3.30-5pm			
		一起做CrossFit@3.30-4pm			

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