

2025 October

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	4
		Let's Go Gai Gai@8:30am-2pm	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
		Let's Chair Zumba@9-10am	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 Zumba Gold (414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
		Let's Makan Together - F4@10-11am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
		Let's Do Calligraphy@10.15-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
		Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Do Patchwork@2-4pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi); 3-4pm(Eng)	
		Let's Do Rolling Programme@2-3pm	Steady Lah! @2-3:30pm		
		Let's Crossfit@3.30-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 October

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
6	7	8	9	10	11
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 Zentangle@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 Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Go Gai Gai@1-4.30pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @11.30am-1pm @2-5pm	Let's CrossFit@10-11am	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	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Let's Join Rummy O competition (ITE West) @ 8am-2pm	
	Let's Celebrate Birthday@2-3pm	Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm	Let's KTV Together@2-4pm	
	Let's Celebrate Mid-Autumn Festival@3-4pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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



MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 Zentangle@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 Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @12-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-11am	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	Let's Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @3-5pm	Let's Gen Together-MFS (Blk 459)@10-11am	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Steady Lah!@2-3.30pm	Magic Magic@2-3pm	
		Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
		Let's Crossfit@3.30-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利,恕不另行通知。

2025 October

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
20	21	22	23	24	25
Deepavali 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(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)@10.45-11.45 am
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Makan Together - F4@10-11am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	Let's Join DFL festival at Vivocity @10am-1pm
	Let's CrossFit@10-11am	Let's Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	Wellness-Functional Screening @9am-1pm
	Malay Community Program@11-12pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @12-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11am-1pm	
	Strategise with Kakis (RUMMY O) @12-1pm @2-5pm				
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Lets Gen Together-Swiss International @2-5pm	
	Let's Lim Kopi (Male Exclusive)@3-4pm	Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm	Magic Magic @2-3pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 October

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
27	28	29	30	31	1
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 Do Nagomi@10-11am	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	
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@10-11am	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	Let's Do Calligraphy@10.15-11.30am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Gen Together-NJC@2-4pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Let's KTV Together@2-4pm	
	Let's Celebrate Deepavali@2-4pm	Let's Learn to Cook (Male Exclusive)@2-4pm	Let's Do Patchwork@2-4pm		
		Let's Crossfit@3.30-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 十月

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671





MON		TUE		WED		THU		FRI		SAT	
				1		2		3		4	
				一起去Gai Gai@8am-2.30pm		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	
				一起跳椅子尊巴@9-10am		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(拉力带)@10-10.45am			
				一起来Makan - F4@10-11am		一起做Piloxing @ 10.30-11.30am		一起做钩针编织@11-12pm			
				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 @11-1pm @4-5pm		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@2-3pm (中), 3-4pm(英)			
				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							
6		7		8		9		10		11	
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-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	
一起去Gai Gai@1-4.30pm		一起跟Razak线上做运动(水瓶运动)(F4)@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			
游戏时间-数字麻将 @11.30-1pm @2-5pm		一起做CrossFit@10-11am		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		游戏时间-数字麻将 @11-1pm @4-5pm		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 @11-1pm @2-5pm			
		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		一起参加Rummy-O竞赛(工艺西区教育学院)@8am-2pm			
		一起来庆生@2-3pm		一起做 CrossFit@3.30-4pm		一起做拼布工艺@2-4pm		一起来K歌@2-4pm			
		一起庆祝中秋节@3-4pm									

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 十月

标有颜色的项目是受邀参与的活动

📍 **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
13	14	15	16	17	18
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
一起做禅绕画@10-11am	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 @2-5pm	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	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	
	游戏时间-数字麻将@2-5pm	代际交流 - My First Skool (大牌459) @10-11am	游戏时间-数字麻将@11-1pm @3.30-5pm	游戏时间-数字麻将@11-1pm @3-5pm	
	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	魔术魔术@2-3pm	
		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			
20	21	22	23	24	25
屠妖节	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-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	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	一起参加DFL庆典@10am-1pm
	一起做CrossFit@10-11am	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	服务 - 健康检查@9am-1pm
	马来族群活动@11am-12pm				
	游戏时间-数字麻将@12-1pm @2-5pm	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@11-1pm	
	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 - 瑞士国际@2-5pm	
	一起喝咖啡(只限男性)@3-4pm	一起做 CrossFit@3.30-4pm	一起做拼布工艺@2-4pm	魔术魔术@2-3pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

2025 十月

标有颜色的项目是受邀参与的活动

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671



MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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	
一起做日本和谐粉@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	
游戏时间-数字麻将 @12-1pm @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	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	
代际交流-国家初级学院 @2-4pm	游戏时间-数字麻将 @11-1pm @4-5pm	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 @11-1pm @4-5pm	
	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	一起来K歌@2-4pm	
	一起来庆祝-屠妖节@2-4pm	一起学烹饪 (只限男性)@2-4pm	一起做拼布工艺@2-4pm		
		一起做CrossFit@3.30-4pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。