

2026 September

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



ntuc Health

MON	TUE 1	WED 2	THU 3	FRI 4	SAT 5
	Let's Gen Together - CCK Primary @8-11:30am	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 Exercise@9-10am	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 Appreciate Coffee @10-12pm	Let's Exercise - Live Stream(Resistance Band) @10-10.45am	Let's Go Gai Gai @8am-1pm
	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Do Sewing@10-12pm	Let's Talk News@10-10.45am	Let's Do Crochet @11am-12pm	
	Let's Lim Kopi@2.30-3.30pm	Let's Walking Football @10-11.30am	Let's Dragon Boat @10-12pm	Let's Latin Dance (Cha Cha) @ 11am-12.30pm	
	Strategize with Kakis (RUMMY O) @10.30-1pm @2-5pm	Let's Do Calligraphy @10.15-11.30am	Let's Piloxing @10.30-11.30am	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) @10.45-1pm @2-5pm		
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5pm			

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Health

MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12
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 @10-12pm	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 Do Seated Exercise @9-9.45am	Let's Line Dance (Intermediate) @10.45-11.45am
Let's Appreciate Coffee @10am-12pm	Let's Do Kickboxing (Male Exclusive) @1.30-2.30pm	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 Celebrate Birthday @2-4pm	Let's Talk News@10.30-11.15am	Let's Piloxing @10.30-11.30am	Let's Do Crochet@11-12pm	
Let's Jam with Ukulele @2-4pm	Strategize with Kakis (RUMMY O) @10.15-1pm @4-5pm	Let's Walking Football @10-11.30am	Let's Dragon Boat @10-12pm	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 Do Patchwork @2-4pm	Let's KTV Together@2-4pm	
		Let's Do Rolling Programme@2-3pm	Strategize with Kakis (RUMMY O) @12-1pm @2-5pm	Strategize with Kakis (RUMMY O) @11-1pm @4-5pm	
		Let's Learn to Sing @2:30-4pm			
		Let's Crossfit@3.30-4.15pm			
		Strategize with Kakis (RUMMY O) @11.15-1pm @4.30-5pm			

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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) @9.30-10.30amL
Let's Do Zentangle @10-11am	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 Appreciate Coffee @10am-12pm	Let's Do Kickboxing (Male Exclusive) @1.30-2.30pm	Let's Makan Together - F4 @10-10.30am	Let's Appreciate Coffee @10-12pm		
Let's Chair Yoga(IL) @2-3pm	Let's Boccia & Let's Disc Golf @2.30-3.30pm	Let's Do Sewing@10-12pm	Let's Piloxing @10.30-11.30am		
Let's Jam with Ukulele @2pm-4pm	Strategize with Kakis (RUMMY O) @10-1pm @3.30pm-5pm	Let's Gen Together-MFS @10-11am	Let's Dragon Boat@10-12pm		
Strategize with Kakis (RUMMY O) @12.15-1pm @2-5pm		Let's Walking Football @10-11.30am	Let's Do Patchwork @2-4pm		
		Let's Do Calligraphy @10.15-11.30am	Strategize with Kakis (RUMMY O) @12-1pm @2-5pm		
		Let's Do Rolling Programme @2-3pm			
		Let's Learn to Sing @2:30-4pm			
		Let's Crossfit @3.30-4.15pm			
		Strategize with Kakis (RUMMY O) @10.30-1pm @4.30-5pm			

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MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26
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 @10-12pm	Silver Wings (Males Exclusive) @9am-11.30am	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 Chairobics (Frail) @10.15-11.15am	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 Do Kickboxing (Male Exclusive) @1.30-2.30pm	Let's Talk News@10.30-11.15am	Let's Gen Together - PCF @11-12pm	Let's Do Crochet @11-12pm	
Let's Jam with Ukulele @2-4pm	Let's Learn to Cook (Males Exclusive) @2-4pm	Let's Walking Football @10-11.30am	Let's Piloxing @10.30-11.30am	Let's Latin Dance (Cha Cha) @ 11am-12.30pm	
Strategize with Kakis (RUMMY O) @12.15-1pm @2-5pm	Strategize with Kakis (RUMMY O) @10-1pm @4-5pm	Let's Do Calligraphy @10.15-11.30am	Let's Dragon Boat @10-12pm	Let's KTV Together @2-4pm	
		Let's Do Rolling Programme @2-3pm	Let's Do Patchwork @2-4pm	Strategize with Kakis (RUMMY O) @11-1pm @4-5pm	
		Let's Learn to Sing @2:30-4pm	Let's Cup Stacking & Ladder Toss @2.30-3.30pm		
		Let's Crossfit @3.30-4.15pm	Strategize with Kakis (RUMMY O) @12-1pm @4-5pm		
		Strategize with Kakis (RUMMY O) @11:15-1pm @4.30-5pm			

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am			
Let's Do Zentangle @10-11am	Let's Chairbics (Frail) @10.15-11.15am	Let's Zumba Gold (414a) @9.30-10.30am			
Let's Appreciate Coffee @10am-12pm	Let's Do Kickboxing (Male Exclusive)@1.30-2.30pm	Let's Makan Together - F4 @10-10.30am			
Let's Pick Up Malay @11-12pm	Let's Learn to Cook (Female Exclusive) @2-4pm	Let's Walking Football @10-11.30am			
Let's Chair Yoga(IL) @2-3pm	Strategize with Kakis (RUMMY O) @10-1pm @4-5pm	Let's Do Calligraphy @10.15-11.30am			
Let's Jam with Ukulele @2-4pm		Let's Do Rolling Programme @2-3pm			
Strategize with Kakis (RUMMY O) @11.30-1pm @2-5pm		Let's Learn to Sing @2.30-4pm			
		Let's Crossfit @3.30-4.15pm			
		Strategize with Kakis (RUMMY O) @11.15-1pm @4.30-5pm			

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	代际交流 - 蔡厝港小学 @8-11.30am	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
	一起做运动@9-10am	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	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	一起鉴赏咖啡 @10-12pm	一起线上做运动(拉力带) @10-10.45am	一起去Gai Gai @8am-1pm
	一起做踢拳 (只限男性) @1.30-2.30pm	一起做缝纫@10-12pm	一起聊新闻 @10.30am-11.15am	一起做钩针编织 @11-12pm	
	一起喝咖啡(只限男性) @3-4pm	一起来踢球 @10-11.30am	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 @10.30-1 pm @2-5pm	一起写书法 @10.15-11.30am	一起拳击皮拉提 @10.30-11.30am	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 @4.15-5pm	
		一起做CrossFit @3.30-4.15pm	游戏时间-数字麻将 @10.45-1 pm @2-5pm		
		游戏时间-数字麻将 @10.30-1 pm @4.30-5pm			

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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
一起做日本和谐粉彩 @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
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	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	
一起鉴赏咖啡 @2-4pm	一起来庆生@2-4pm	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	
一起玩乌克兰丽丽 @2-4pm	游戏时间-数字麻将 @10.15-1 pm @4-5pm	一起来踢球 @10-11.30am	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 @12.15-1 pm @2-5pm		一起写书法 @10.15-11.30am	一起做拼布工艺@2-4pm	一起来K歌@2-4pm	
		一起做防跌运动 @2-3pm	游戏时间-数字麻将 @10-1 pm @2-5pm	游戏时间-数字麻将 @11-1 pm @4-5pm	
		一起学唱歌 @2.30-4pm			
		一起做CrossFit @3.30-4.15pm			
		游戏时间-数字麻将 @11.15-1 pm @4.30-5pm			

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	中心休息一天	一起跳排舞(初级班)@9.30-10.30am
一起做禅绕画@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		一起跳排舞(中级班) @10.45-11.45am
一起做椅子瑜伽 @2-3pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4 @10-10.30am	一起鉴赏咖啡 @10-12pm		
一起鉴赏咖啡 @2-4pm	一起玩硬地滚球和飞盘高尔夫 @2-2.30pm	一起做缝纫 @10-12pm	一起拳击皮拉提 @10.30-11.30am		
一起玩乌克兰丽丽 @2-4pm	游戏时间-数字麻将 @11.30-1 pm @4-5pm	代际交流 - MFS 幼儿园 BLK 459 @10-11am	一起划龙舟 @10-12pm		
游戏时间-数字麻将 @11--1pm @4-5pm		一起来踢球 @10-11.30am	一起做拼布工艺 @2-4pm		
		一起写书法 @10.15-11.30am	游戏时间-数字麻将 @10-1 pm @4-5pm		
		一起做防跌运动 @2-3pm			
		一起学唱歌 @2:30-4pm			
		一起做CrossFit @3.30-4.15pm			
		游戏时间-数字麻将 @10.30-1pm @4.30-5pm			

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21	22	23	24	25	26
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
一起做日本和谐粉彩 @10-12pm	银翼天翔 (只限男性) @9am-11.30am	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	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	一起鉴赏咖啡 @10-12pm	一起线上做运动(拉力带) @10-10.45am	
一起鉴赏咖啡 @2-4pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起聊新闻 @10.30am-11.15am	代际交流 - PCF幼儿园 @11am-12pm	一起做钩针编织 @11-12pm	
一起玩乌克兰丽丽 @2-4pm	一起学烹饪 (只限男性) @2pm-4pm	一起做缝纫 @10-12pm	一起划龙舟 @10-12pm	一起跳拉丁舞 (恰恰) @11-12.30PM	
游戏时间-数字麻将 @11.30-1pm @4-5pm	游戏时间-数字麻将 @11.30-1 pm @4-5pm	一起来踢球 @10-11.30am	一起拳击皮拉提 @10.30-11.30am	一起来K歌@2-4pm	
		一起写书法 @10.15-11.30am	一起做拼布工艺 @2-4pm	游戏时间-数字麻将 @11-1pm @3-5pm	
		一起做防跌运动 @2-3pm	一起玩梯式投球和 竞技叠杯 @2-2.30pm		
		一起学唱歌 @2:30-4pm	游戏时间-数字麻将 @12-1 pm @2-5pm		
		一起做CrossFit @3.30-4.15pm			
		游戏时间-数字麻将 @11.15-1pm @4.30-5pm			

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28	29	30			
一起打太极 (IL)@10-11am	一起做运动@9-10am	一起做椅子尊巴 @9-10am			
一起做禅绕画@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			
一起学马来语-初级 @11am-12pm	一起做踢拳 (只限男性) @1.30-2.30pm	一起来Makan - F4 @10-10.30am			
一起做椅子瑜伽 @2-3pm	一起学烹饪 (只限女士) @2pm-4pm	一起做缝纫 @10-12pm			
一起鉴赏咖啡 @2-4pm	游戏时间-数字麻将 @11.30-1 pm @4-5pm	一起来踢球 @10-11.30am			
一起玩乌克兰丽丽 @2-4pm		一起写书法 @10.15-11.30am			
游戏时间-数字麻将 @11.30-1pm @4-5pm		一起做防跌运动 @2-3pm			
		一起学唱歌 @2:30-4pm			
		一起做CrossFit @3.30-4.15pm			
		游戏时间-数字麻将 @10-1pm @4.30-5pm			

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