

2025 September

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	5	6
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Go Gai Gai (Trishaw)@9am-12pm	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Qigong@9-10am	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 Do Calligraphy@10-11.30am	Let's Do Stocking Craft@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	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Square Stepping Exercise@10-11am	Let's Do Crochet@11-12pm	
Let's KTV Together@2-4pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Do Rolling Programme@2-3pm	Let's Piloxing@10.30-11.30am	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Crossfit@3.30-4pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi); 3-4pm(Eng)	
	Let's Adaptive Sports@3-4pm		Let's Do Patchwork@2-4pm		
			Let's Adaptive Sports@3-4pm		
8	9	10	11	12	13
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Join Senior National Games at Singapore Sports Hub@7am-1pm	Centre Closed	Let's Line Dance (Beginner)@9.30-10.30am
Let's Talk About Dengue@10-11am	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold (414A)@9.30-10.30am	Let's Qigong@9-10am		Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11.30am-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11.30am	Let's Do Stocking Craft@10-11am		
Let's Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am	Let's Do Sewing@10-12pm	Square Stepping Exercise@10-11am		
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Piloxing@10.30-11.30am		
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11-1pm @3.30-5pm		
	Let's Adaptive Sports@3-4pm	Let's Crossfit@3.30-4pm	Steady Lah!@2-3.30pm		
			Let's Do Patchwork@2-4pm		

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ntuc
Health

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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 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 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 @2-3pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11.30am	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	Let's Gen Together-MFS@10-11am	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
Volunteer Appreciation@3.30-4.30pm	Malay Community Program@11am-12.30pm	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	
	Strategise with Kakis (RUMMY O) @2-5pm	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Halliburton Do Good at JCP X Let's Celebrate Birthday@2-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Crossfit@3.30-4pm	Let's Do Patchwork@2-4pm		
22	23	24	25	26	27
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@10-11am	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	Let's Line Dance (Intermediate)@10.45-11.45am
Strategise with Kakis (RUMMY O) @11.30-1pm @2-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Calligraphy@10-11.30am	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	Strategise with Kakis (RUMMY O) @11-1pm @4-5pm	Let's Piloxing@10.30-11.30am	Let's Do Crochet@11-12pm	
	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm	Let's Do Rolling Programme@2-3pm	Let's Gen Together-PCF@11-12pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Crossfit@3.30-4pm	Strategise with Kakis (RUMMY O) @12-1pm @3.30-5pm		
			Steady Lah!@2-3.30pm		
			Let's Do Patchwork@2-4pm		
					28
					Let's Join Qigong at Ayer Rajah CC@9.15am-12pm

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MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am				
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@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 Chair Yoga (IL)@2-3pm	Let's CrossFit@10-11am				
Let's KTV Together@2-4pm	Strategise with Kakis (RUMMY O) @11-1pm @2-5pm				
	Let's Steel Combat (Male Exclusive)@2-3pm				
	Let's Lim Kopi (Male exclusive)@3-4pm				

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MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
一起打太极@10-11am		一起做运动@9-10am		一起跳椅子尊巴@9-10am		一起和“忘年骑车乐”去Gai Gai@9am-12pm		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		一起练气功@9-10am		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)(F4)@10-10.45am		一起写书法@10-11.30am		一起做丝袜手工@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		游戏时间-数字麻将@11-1pm@4-5pm		方块踏步运动@10-11am		一起做钩针编织@11-12pm			
一起来K歌@2-4pm		游戏时间-数字麻将@11-1pm@2-5pm		一起做防跌运动@2-3pm		一起做Piloxing @ 10.30-11.30am		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 CrossFit@3.30-4pm		游戏时间-数字麻将@11-1pm@2-5pm		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)			
		一起做运动@3-4pm				一起做拼布工艺@2-4pm					
						一起做运动@3-4pm					
8		9		10		11		12		13	
一起打太极@10-11am		一起做运动@9-10am		一起跳椅子尊巴@9-10am		一起参加Senior National Games在新加坡体育城@7am-1pm		中心休业一天		一起跳排舞(初级班)@9.30-10.30am	
一起来谈骨痛热症@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		一起练气功@9-10am				一起跳排舞(中级班)@10.45-11.45am	
游戏时间-数字麻将@11.30am-1pm@2-5pm		一起跟Razak线上做运动(水瓶运动)(F4)@10-10.45am		一起写书法@10-11.30am		一起做丝袜手工@10-11am					
一起做椅子瑜伽@2-3pm		一起做CrossFit@10-11am		一起做缝纫@10-12pm		方块踏步运动@10-11am					
		游戏时间-数字麻将@11-1pm@2-5pm		游戏时间-数字麻将@11-1pm@4-5pm		一起做Piloxing @ 10.30-11.30am					
		一起做有氧搏击活动(只限男性)@2-3pm		一起做防跌运动@2-3pm		游戏时间-数字麻将@11-1pm@3.30-5pm					
		一起做运动@3-4pm		一起做 CrossFit@3.30-4pm		Steady Lah! 保健操@2-3.30pm					
						一起做拼布工艺@2-4pm					

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MON		TUE		WED		THU		FRI		SAT	
15		16		17		18		19		20	
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	
一起做日本和谐粉彩@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@12-1pm @2-3pm		一起跟Razak线上做运动(水瓶运动)(F4)@10-10.45am		一起写书法@10-11.30am		方块踏步运动@10-11am		一起跟Razak线上做运动(拉力带)@10-10.45am			
一起做椅子瑜伽@2-3pm		一起做CrossFit@10-11am		代际交流 - My First Skool @ 10-11am		一起做Piloxing @ 10.30-11.30am		一起做钩针编织@11-12pm			
义工感谢会@3.30pm-4.30pm		马来族群活动@11am-12.30pm		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			
		游戏时间-数字麻将@2-5pm		一起做防跌运动@2-3pm		Steady Lah! 保健操@2-3.30pm		Halliburton与JCP同乐 X 一起来庆生@2-4pm			
		一起做有氧搏击活动(只限男性)@2-3pm		一起做 CrossFit@3.30-4pm		一起做拼布工艺@2-4pm					
22		23		24		25		26		27	
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)(F4)@10-10.45am		一起写书法@10-11.30am		方块踏步运动@10-11am		一起跟Razak线上做运动(拉力带)@10-10.45am			
一起做椅子瑜伽@2-3pm		一起做CrossFit@10-11am		游戏时间-数字麻将@11-1pm @4-5pm		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@11-1pm @2-5pm		一起做防跌运动@2-3pm		代际交流 - PCF@11-12pm		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 CrossFit@3.30-4pm		游戏时间-数字麻将@12-1pm @3.30-5pm		一起来K歌@2-4pm		28	
						Steady Lah! 保健操@2-3.30pm				一起参加气功在Ayer Rajah CC@9.15am-12pm	
						一起做拼布工艺@2-4pm					

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一起打太极@10-11am	一起做运动@9-10am				
一起做禅绕画@10-11am	一起跟Razak线上做运动(有氧运动) @9-9.45am				
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) (F4)@10-10.45am				
一起做椅子瑜伽@2-3pm	一起做CrossFit@10-11am				
	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				
	一起喝咖啡(只限男性) @3-4pm				