

# 2026 April

 **Centre Name:** AAC (Taman Jurong)  
 **Centre Address:** 118A Corporation Drive S611118  
 **Centre Contact:** 6261 6563



MON

TUE

WED

THU

FRI

SAT

		1	2	3	4
		<b>Let's Qigong (IL) / 一起练气功(IL)</b> 9.30AM - 10.15AM	<b>Let's Line Dance (IL) / 一起跳排舞 (IL) /</b> 9.00AM - 10.00AM	(Good Friday) Public Holiday 公共假期	
		<b>Let's Celebrate Hari Raya / 庆祝开斋节</b> 11:00am-12:00pm	<b>Let's Gen Together - MFS (505) / 代际交流 - 幼儿园 /</b> 10.15AM - 11.15AM		
		<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Let's Gen Together -ACSI / 代际交流 - 英华学校 (2/6)</b> 2:00pm-3:15pm"		
		<b>Community Health Post / 社区保健站 /</b> 2.00PM - 5.00PM	<b>Let's Do Chair Yoga/ 一起做椅子瑜伽</b> 3.30PM - 4.30PM		
6	7	8	9	10	11
<b>Let's Taichi (IL) / 一起打太极 (IL)</b> 9.15am - 10.30am <b>Let's Table Tennis /一起打乒乓</b> 11am to 1.00pm	<b>Let's Do Seated Exercise / 一起做运动 (坐式)</b> 9.30AM - 10.30AM	<b>Let's Qigong (IL)/ 一起练气功(IL) / 9.30AM - 10.15AM</b> - <b>Let's Walking Football (1/10) / 一起来踢球 / 09:45am -</b>	<b>Let's Line Dance (IL) / 一起跳排舞 (IL) /</b> 9.00AM - 10.00AM	<b>TCM/ (15 Pax) / 中医问诊 (限制十五个人) /</b> 9.30AM - 11.00AM	<b>Let's Gen Together - NTU / 代际交流 - 南洋理工大学 /</b> 10.00AM - 12.00PM
<b>Let's Jam with Ukelele / 一起玩 Ukelele</b> 1.00PM - 2.30PM	<b>Let's Learn to Bake / 一起学烘焙</b> 1:00pm -3:00pm	<b>Let's CALM / 一起做防肌肉萎缩运动/</b> 10.45AM - 11.45AM	<b>Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 /</b> 10.15AM - 11.15AM	<b>Square Stepping Exercise / 方块踏步运动/</b> 9.00AM - 10.00AM	
<b>Let's Do Knitting/ 一起做针织</b> 2.30pm - 3.30pm	<b>Let's Talk About Smart Phone Coaching / 智能手机辅导 /</b> 2.00PM - 5.00PM	<b>Let's Talk News / 一起聊新闻</b> / 11:45AM - 12:45PM	<b>Let's KTV Together / 一起来K歌</b> 1.00PM - 3.00PM	<b>Let's Gen Together -Jurong West Secondary / 代际交流 -裕廊西中学</b> 9:00am -11:00am"	
<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	<b>Community Health Post / 社区保健站 /</b> 2.00PM - 5.00PM	<b>Let's Do Chair Yoga/ 一起做椅子瑜伽</b> 3.30PM - 4.30PM	<b>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 /</b> 2.00pm - 5.00pm	

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MON	TUE	WED	THU	FRI	SAT
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Let's Taichi (IL) / 一起打太极 (IL) 9.15am - 10.30am Let's Table Tennis / 一起打乒乓 11am to 1.00pm	Let's Do Seated Exercise / 一起做运动 (坐式) 9.30AM - 10.30AM	Let's Qigong (IL)/ 一起练气功(IL) 9.30AM - 10.15AM	Let's Line Dance (IL) / 一起跳排舞 (IL) / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele 1.00PM - 2.30PM	Let's Gen Together - Singapore Poly/ 代际交流 - 新加坡理工学院 (1/2) / 02:30pm -4:00pm	Let's Gen Together - Singapore Poly/ 代际交流 - 新加坡理工学院 (1/2) / 02:30pm -4:00pm	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM	
Let's Do Knitting/ 一起做针织 2.30pm - 3.30pm	Let's Talk About Smart Phone Coaching / 智能手机辅导 / 2.00PM - 5.00PM	Anti-Scam Engagement by SPF (Malay)/ 防诈骗讲座(马来语) / 2:00pm - 3:30pm"	Let's KTV Together / 一起来K歌 1.00PM - 3.00PM	Guardians of the Green / 环保活动 - 绿色护卫队 (2/22) 3.00PM - 4.00PM"	
Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Let's Taichi (IL) / 一起打太极 (IL) 9.15am - 10.30am Let's Table Tennis / 一起打乒乓 11am to 1.00pm	Let's Do Seated Exercise / 一起做运动 (坐式) 9.30AM - 10.30AM	Let's Qigong (IL)/ 一起练气功(IL) / 9.30AM - 10.15AM - Let's Walking Football (2/10)/ 一起来踢球 / 09:45am -	Let's Line Dance (IL) / 一起跳排舞 (IL) / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele 1.00PM - 2.30PM	Let's Talk News / 一起聊新闻 / 11:45AM - 12:45PM	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM	Let's Gen Together - NTU / 代际交流 - 南洋理工大学 / 10.00AM - 12.00PM
Let's Do Knitting/ 一起做针织 2.30pm - 3.30pm	Let's Learn to Bake / 一起学烘焙 1:00pm -3:00pm	Let's Talk News / 一起聊新闻 / 11:45AM - 12:45PM	Let's KTV Together / 一起来K歌 1.00PM - 3.00PM	Let's Talk About Advance Care Planning/ 一起来谈 预先护理计划 02:00PM - 04:00PM	
Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM	Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	

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27	28	29	30		
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<p>Let's Jam with Ukelele / 一起玩 Ukelele 1.00PM - 2.30PM</p>	<p>Let's Gen Together - yuvabharathi international school / 代际交流 - 尤瓦巴拉提国际学校 / 01:00pm-02:30pm</p>	<p>Let's Gen Together -Jurong Secondary / 代际交流 - 裕廊中学 9:00am -11:00am"</p>	<p>Let's KTV Together / 一起来K歌 1.00PM - 3.00PM</p>		
<p>Let's Do Knitting/ 一起做针织 2.30pm - 3.30pm</p>	<p>Let's Talk About Smart Phone Coaching / 智能手机辅导 / 2.00PM - 5.00PM</p>	<p>Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm</p>	<p>Let's Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM</p>		
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