

2025 December

 **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 | 5 | 6 |
| Let's Taichi / 一起打太极 09.15am - 10.30am | Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am | Let's Qigong / 一起练气功 9:30am -10:15am | Let's Line Dance / 排舞 9.00am - 10.00am | TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am | |
| Let's Do Knitting / 一起做针织 01:30 pm - 2:30 pm | Let's Celebrate Birthday (Dec) / 庆祝十二月生日 / 11:00am - 12:00pm | Let's CALM / 一起做防肌肉萎缩运动 11.00am-12.00pm | Let's KTV Together / 一起来K歌 1:00pm-3:00pm | Square Stepping Exercise / 方块踏步运动 9:00am-10:00am | |
| Let's Jam with Ukelele/ 一起玩 Ukelele 2.30pm-4.00pm | Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm-5.00pm | Let's Do Horticulture Art / 园艺 2.00pm - 04.00pm | Let's Do Chair Yoga / 一起做椅子瑜伽 3:30pm - 4:30pm | Let's Piloxing (Lite) / 拳击普拉提 2:00pm - 3:00pm | |
| Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm-5.00pm | Volunteering Appreciation Day / 志愿者感谢 06.00pm-09.00pm | Community Health Post - CHP 社区保健站 / 2.00pm - 5.00pm | | Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm-5.00pm | |
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