

2026 January

Centre Name: AAC Taman Jurong
 Centre Address: 118A Corporation Drive S(611118)
 Centre Contact: 6261 6563



ntuc Health

MON

TUE

WED

THU

FRI

SAT

				1	2	3
5	6	7	8	9	10	
Let's Taichi / 一起打太极 9.15am - 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 Exercise (Square Stepping) / 方块踏步运动 9:00am-10:00am	
Let's Jam with Ukelele/ 一起玩 Ukelele 1pm-2.30pm	Let's Do Magic / 一起变魔术 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	TCM (15 Pax) / 大众中医会诊 (限制 十五个人) 9.30am - 11.00am	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am-10:00am	
Let's Do Knitting / 一起做针织 2.30 pm - 3:30 pm	Stay Well Series - Health Talk by RHS (Nutrition For Healthy Aging Talk) / 保健系列 - 健康讲座 2:00PM - 4:00PM	Let's Do Acrylic Painting (HPB) / 一起来作画 2.00PM-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	Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm-5.00pm	
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12	13	14	15	16	17
Let's Taichi / 一起打太极 9.15am - 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 Jam with Ukelele/ 一起玩 Ukelele 1pm-2.30pm	Let's Do Magic / 一起变魔术 11:00am-12:00pm	Let's Gen Together - Tertiary (NJC CNY) / 代际交流 - 大专学府 9:00am - 12:00pm	Let's Gen Together - Tertiary (NJC CNY) / 代际交流 - 大专学府 9:00am - 12:00pm	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am - 10:00am	
Let's Do Knitting / 一起做针织 2.30 pm - 3:30 pm	Let's Talk About - Smart Phone Coaching / 智能手机辅导 2.00pm - 5.00pm	Community Health Post 社区保健站 / 2.00pm - 5.00pm	Let's KTV Together / 一起来K歌 1:00pm - 3:00pm	Let's Gen Together - Tertiary (NJC CNY) / 代际交流 - 大专学府 9:00am - 12:00pm	
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	Hydroponic Maintenance / 保养室外水耕种植 2:00pm - 5:00pm	Let's Do Chair Yoga / 一起做椅子瑜伽 3:30pm - 4:30pm	Hydroponic Maintenance / 保养室外水耕种植 2:00pm - 5:00pm	
19	20	21	22	23	24
Let's Taichi / 一起打太极 9.15am - 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 Jam with Ukelele/ 一起玩 Ukelele 1pm-2.30pm	Let's Do Magic / 一起变魔术 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	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am - 10:00am	
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MON

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26	27	28	29	30	31
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 Jam with Ukelele/ 一起 玩 Ukelele 1pm-2.30pm	Let's Do Magic / 一起变魔术 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	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am - 10:00am	
Let's Do Knitting / 一起做针 织 2.30 pm - 3:30 pm	Stay Well Series - Health Talk by RHS (Bone Health For Seniors) / 保健系列 - 健康讲座 / 2:00pm - 4:00pm	Community Health Post 社区保健站 / 2.00pm - 5.00pm	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	
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MON	TUE	WED	THU	FRI	SAT
			(New Year Day) Public Holiday 公众假期	1 TCM (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am Let's Exercise (Square Stepping) / 方块踏步运动 9:00am-10:00am Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm-5.00pm Hydroponic Maintenance / 保养室外水耕种植 2:00pm - 5:00pm	2 3
5 Let's Taichi / 一起打太极 9.15am - 10.30am	6 Let's Do Seated Exercise / 一起做运动 (坐式) 9.30am - 10.30am	7 Let's Qigong / 一起练气功 9:30am - 10:15am	8 Let's Line Dance / 排舞 9.00am - 10.00am	9 TCM (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	10
Let's Jam with Ukelele/ 一起玩 Ukelele 1pm-2.30pm	Let's Do Magic / 一起变魔术 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	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am-10:00am	
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