

2026 July

 **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
		Let's Qigong / 一起练气功 / 9.30AM - 10.15AM	Let's Line Dance / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
		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 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 Table Tennis / 一起打乒乓 / 11AM to 2.00PM	Let's Join Taman Jurong CC 09:00AM - 3:00PM
		Let's Celebrate July Birthday / 一起来庆生 / 2:00PM-3:00pm	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Guardians of the Green (TJ AAC) / 环保活动 - 绿色护卫 队 (10/22) 2.00PM - 3.00PM	
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM		Let's Do Magic / 一起变魔术 / 3:30PM - 4:00PM	

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MON

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THU

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SAT

6

7

8

9

10

11

Let's Taichi (IL) / 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Table Tennis /一起打乒乓 / 11:00AM to 1.00PM	Let's Do Art & Craft Paracord/ 一起做手工 伞绳 / 11:00AM - 12:00PM	Let's Walking Football (7/10) / 一起来踢球 / 09:45AM - 12:00PM	Let's Gen Together - Yuvabharathi International School / 代际交流 - 尤瓦巴拉提国际学 校 / 10.00AM - 12.00PM	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM	
Let's Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	Let's Gen Together - Yuvabharathi International School / 代际交流 - 尤瓦巴拉提国际学 校 / 1.00PM - 2.00PM	Let's Gen Together - MFS (505) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Let's Gen Together - ACSI / 代际交流 - 英华学校 (4/6) 2:00PM- 3:00PM	Let's Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	My Green Fingers /Hydroponic Planting / 种植室外水耕种植 3:00PM- 4:00PM	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	My Green Fingers /Hydroponic maintenance / 保养室外水耕种植 2:30PM - 3:30PM	
		Let's Do Art & Craft / 一起做手工艺 2:00PM - 4:00PM		Guardians of the Green (GP AAC) / 环保活动 - 绿色护卫队 (11/22) 2.00PM - 3.00PM	
		Community Health Post / 社区保健站 / 2.00PM - 5.00PM			

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Taichi (IL) / 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Table Tennis / 一起打乒乓 11:00AM to 1.00PM	Let's Do Art & Craft Paracord/ 一起做手工伞绳 11:00AM-12:00pm	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 Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	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 Go Gai Gai / 一起去Gai Gai Frog Farm/ 10:00AM-12:00PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Let's Do Art & Craft / 一起做手工艺 2:00PM - 4:00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Table Tennis / 一起打乒乓 11AM to 2.00PM	
	Let's Do Magic / 一起变魔术 3:30PM - 4:00PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Foot Massage / 脚底按摩 2:00PM-4:00PM	Foot Massage / 脚底按摩 2:00pm-4:00pm	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Taichi (IL) / 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	Let's Join Carnival at RN Zone A 09:00AM -12:00PM
Let's Table Tennis / 一起打乒乓 / 11:00AM to 1.00PM	Thermomix / 烹饪课/ 11:00AM - 12:00PM	Let's Walking Football (8/10)/ 一起来踢球 / 09:45am -	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 Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's KTV Together / 一起来K歌 / 1.00PM - 3.00PM	Let's Table Tennis / 一起打乒乓 11AM to 2.00PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Do Magic / 一起变魔术 / 3:30PM - 4:00PM	Let's Do Art & Craft / 一起做手工艺 2:00PM - 4:00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Do Art & Craft Paracord/ 一起做手工伞绳 / 2:30PM-3:30PM	
		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	Guardians of the Green (BBW AAC) / 环保活动 - 绿色护卫队 (12/22) 2.00PM - 3.00PM	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Taichi (IL) / 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 / 一起跳排舞 / 9.00AM - 10.00AM	TCM/ (15 Pax) / 中医问诊 (限制十五个人) / 9.30AM - 11.00AM	
Let's Table Tennis / 一起打乒乓 11AM to 1.00PM	Let's Learn to Cook with Thermomix / 烹饪课/ 11:00AM - 12:00PM	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 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 Table Tennis / 一起打乒乓 / 11AM to 2.00PM	
My Green Fingers /Hydroponic maintenance / 保养室外水耕种植 3:30PM - 4:30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Let's Do Art & Craft / 一起做手工艺 / 2:00PM - 4:00PM	Let's Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Guardians of the Green / 环保活动 - 绿色护卫队 (13/22) (NY AAC) 2.00PM - 3.00PM	
	Let's Do Art & Craft shrinking plastic/ 一起做手工热缩塑料 3:30PM-4:30PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM		Let's Do Art & Craft shrinking plastic/ 一起做手工热缩塑料 3:30pm-4:30pm	

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