

2026 June

 **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	
Centre Closed / 中心关闭 9:00am - 06:00pm	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 - "Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15AM - 11.15AM"	TCM/ (15 Pax) / 中医问诊(限制十五个人) / 9.30AM - 11.00AM		
	Let's Learn to Bake / 一起学烘焙 / 1:00pm -3:00pm	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM	Let's Go Gai Gai / 一起去Gai Gai Drangonboat Training / 龙舟训练 2:00PM-4:00PM	Scent Healing - Foot Massage / 脚底按摩 / 2:00pm - 4:00pm	Square Stepping Exercise / 方块踏步运动/ 9.00AM - 10.00AM - Let's Table Tennis /一起打乒乓 / 11am to 1.00pm	
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00pm - 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 Do Chair Yoga/ 一起做椅子瑜伽 3.30PM - 4.30PM	Let's Go Gai Gai / 一起去Gai Gai Drangonboat / 龙舟 2:00PM-4:00PM	Scent Healing (Foot Massage) / 脚底按摩 / 2:00pm - 4:00pm Guardians of the Green / 环保活动 - 绿色护卫队 (7/22) 2.00PM - 3.00PM	
	Let's Do Magic / 一起变魔术 / 11:00am-12:00pm	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Taichi (IL) / 一起打太极(IL) 9.15am - 10.30am	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	
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Let's Table Tennis /一起打乒乓 11am to 1.00pm	Let's Celebrate June Birthday / 一起来庆生 / 11:00am-12:00pm	Let's Join Senior National Games 2026 (SNG qualifier) @ OCBC Arena / 预选赛 9:00AM - 1:00PM	Let's Gen Together MFS (505) / 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	Stay Well Series: Health Talk & Knee Screening by SIT / 膝盖检查以新加坡理工大学 (1/2) / 2:00pm - 4:30pm	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 1.00pm		
Let's Do Knitting/ 一起做针织 / 2.30pm - 3.30pm	Let's Do Art & Craft Paracord/ 一起做手工伞绳 3:30pm-4:30pm	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	Other Screening (Knee) / 膝盖检查以新加坡理工大学 (2/2) / 1:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Taichi (IL) / 一起打太极(IL) 9.15am - 10.30am	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 Table Tennis /一起打乒乓 11am to 1.00pm"	Let's Learn to Bake / 一起学烘焙 1:00pm -3:00pm	Let's Go Gai Gai Goat Farm/ 一起去Gai Gai 羊场/ 10:30AM - 12:30PM	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 1.00pm	
Let's Do Knitting/ 一起做针织 / 2.30pm - 3.30pm	Let's Do Magic / 一起变魔术 / 11:00am-12:00pm"	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	Guardians of the Green / 环保活动 - 绿色护卫队 (8/22) 2.00PM - 3.00PM	
22	23	24	25	26	27
Let's Taichi (IL) / 一起打太极(IL) 9.15am - 10.30am	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 (6/10)/ 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	
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Let's Jam with Ukelele / 一起玩 Ukelele 1.00PM - 2.30PM	Let's Appreciate our Volunteer / 义工感谢会 12:00pm- 2:00pm	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 1.00pm"	
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My Green Fingers Hydroponics / germination / 园艺水耕种植 4:00pm-05:00pm	My Green Fingers Hydroponics / germination / 园艺水耕种植 4:00pm-05:00pm				

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