

# 2026 May

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



MON	TUE	WED	THU	FRI	SAT
				1	2
				(Labour Day) Public Holiday 公共假期	
4	5	6	7	8	9
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 (1/14) / 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 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 Talk News / 一起聊新闻 / 11:45AM - 12:45PM	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	Let's Go Gai Gai Vegetable farm / 一起去 Gai Gai 蔬菜农场 / 12:00pm - 2:00pm	Let's KTV Together / 一起来 K 歌 / 1.00PM - 3.00PM	Let's Gen Together - Huayi sec / 代际交流 - 华义中学 / 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	Strategise with Kakis / Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	Guardians of the Green / 环保活动 - 绿色护卫队 (4/22) / 2.00PM - 3.00PM	

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Stay Well Series - Health Talk by NUHS/ 保健系列 - 健康讲座以国立大学医学组织 / 11:00am- 12:30pm	Let's Gen Together - Yuvabharathi International School / 尤瓦巴拉提国际学校 / 1.00PM - 2:30PM	Let's Gen Together - Singapore Poly/ 代际交流 - 新加坡理工学院(2/2) / 10:00am -11:30am	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	Let's Talk About Smart Phone Coaching / 智能手机辅导 / 2.00PM - 5.00PM	Anti-Scam Engagement by SPF (English/mandarin)/ 防诈骗讲座 (英语/ 华语) / 2:00pm - 3:30pm	Let's Gen Together -ACSI / 代际交流 - 英华学校 (3/6) / 2:00pm-3:15pm	Guardians of the Green / 环保活动 - 绿色护卫队 (5/22) 2.00PM - 3.00PM	
Let's Do Knitting/ 一起做针织 / 2.30pm - 3.30pm	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	
18	19	20	21	22	23
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 Table Tennis / 一起打乒乓 11am to 1.00pm	
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 Gen Together Juying Sec (carnival) /代际交流 - 聚英中学/ 10.15AM - 11.15AM	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	Let's CALM / 一起做防肌肉萎缩运动/ 10.45AM - 11.45AM Let's Talk News / 一起聊新闻 / 11:45AM - 12:45PM	Centre Closed / 中心关闭 12:00pm - 06:00pm	Let's Gen Together Hua yi Sec / 代际交流 - 华义中学/ 03:00PM - 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 -Guardians of the Green / 环保活动 - 绿色护卫队 (5/22) 2.00PM - 3.00PM		Strategise with Kakis/ Rummy-O / Sudoku / 游戏时间 / 2.00pm - 5.00pm	

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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 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 Plastic shrinking / 一起做热缩片 / 3:30pm - 5:00pm	Let's Talk About Smart Phone Coaching / 智能手机辅导 / 2.00PM - 5.00PM		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	
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		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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