2026 November

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



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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 / 一起跳排舞 / (Beacon)/ 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 Drangonboat - Training / 一起去龙舟训练 / 10:00AM-12:00PM	Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS / 代际交流 - 幼儿园 / (505) 10.15AM - 11.15AM	ICCP - Let's Join Sports Day with THK / 09:30AM -12:30PM	
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM	Let's Celebrate October Birthday / 一起来庆生 / 11:00AM-12:00PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Digital - Fab Lab Series - Digital Embriodery Workshop @ NTUC Health Active Ageing Centre (Pioneer) 10:00am-1:00pm	Let's Do Seated Exercise / 一起做运动 (坐式)/ 9.30AM - 10.30AM	
Let's Do 3D Drawing / 一起做手工 3:30PM - 4:30PM	Let's Do Clay making 一起做手工/ 2:00PM - 3:30PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Do Crochet / 一起做手工 / 01:30PM - 3:30PM	Let's Do Mobile Paracord / 一起做手工伞绳 / 2:00PM - 3:00PM	
			Let's Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed / 中心关闭 09:00AM - 06:00PM	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 Gen Together – Tertiary (NTU / TASEK) 代际交流 - 大专学府 10:00am - 12:00pm
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 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 / 代际交流 - 幼儿园 / 10.15AM - 11.15AM	Let's Do Seated Exercise / 一起做运动 (坐式/ 9.30AM - 10.30AM	
	Let's Do Clay making 一起做手工/ 2:00PM - 3:30PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Crochet / 一起做手工/ 01:30PM - 3:30PM	Let's Drangonboat - Racing / 一起去比赛龙舟 / 1:00PM-05:00PM	
	Let's Do 3D Drawing / 一起做手工 3:30PM - 4:30PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Social Dance / 一起跳社交 / 1:30PM - 2:30PM	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Taichi / 一起打太极 / 9.15AM - 10.30AM	Centre Closed / 中心关闭 09:00AM - 06:00PM	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 Gen Together – Tertiary (NTU / TASEK) 代际交流 - 大专学府 10:00am - 12:00pm
Let's Do Pottery 2/2 / 一起做手工 / 10:00AM - 12:30PM		Let's CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 11:00AM - 12:00PM	Let's Do Seated Exercise / 一起做运动 (坐式) 9.30AM - 10.30AM	
Let's Jam with Ukelele / 一起玩 Ukelele / 1.00PM - 2.30PM		Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Crochet / 一起做手工 01:30PM - 3:30PM	Let's Social Dance / 一起跳社交舞 1:30PM - 2:30PM	
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM		Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Let's Do Mobile Paracord/ 一起做手工伞绳 / 2:00PM - 3:00PM	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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 / 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 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 CALM / 一起做防肌肉萎缩运动 / 10.45AM - 11.45AM	Let's Gen Together - MFS / 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 3D Drawing / 一起做手工 02:00PM - 3:30PM	Let's Do Art & Craft (Clay making) 一起做手工 2:00PM - 3:30PM	Let's Dance / 一起嗨舞吧 (Standing / 站立) / 1:00PM -3:30PM	Let's Do Art & Craft Crochet / 一起做手工 01:30PM - 3:30PM	Let's Social Dance / 一起跳社交舞 / 1:30PM - 2:30PM	
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM	Let's Do 3D Drawing / 一起做手工 02:00PM - 3:30PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM	Let's 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 11:00AM - 12:00PM	

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Taichi / 一起打太极 / 9.15AM - 10.30AM					
Let's Do Pottery 2/2 / 一起做手工 10:00AM - 12:30PM					
Let's Do Knitting/ 一起做针织/ 2.30PM - 3.30PM					
Hanging ART Work@ Jurong Lake Garden 1:30PM -4:30PM					

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