

2025 November

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



MON

TUE

WED

THU

FRI

SAT

1					
3	4	5	6	7	8
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	Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (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 Knitting / 一起做针织 01:30 pm - 2:30 pm	November Birthday Celebration / 庆祝十一月生日 / 11:00am - 12:00pm	Let's Jam with Angklung / 一起玩 Angklung (3/5) 11.00am - 12.30pm	Let's Gen Together - MFS (Zoom) / 代际交流 - 幼儿园 / 10.15am - 11.15am	Let's Exercise (Square Stepping) / 方块踏步运动 9:00am-10:00am	
Let's Jam with Ukelele/ 一起玩 Ukelele 2.30pm-4.00pm	Let's Gen Together - Yuvabharathi International School / Outing 尤瓦巴拉提国际学校 / 郊游 1.00pm - 3:00pm	Strategise with Kakis / Rummy-O / Sudoku / 游戏 时间 / 2.00pm - 5.00pm	Let's KTV Together / 一起来K 歌 1:00pm-3:00pm	Let's Piloxing (Lite) / 拳击普拉提 2:00pm - 3:00pm	
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	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm	Community Health Post - CHP 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	

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 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
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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	Services - Wellness - TCM / (15 Pax) / 大众中医会 诊 (限制十五个人) 9.30am - 11.00am	
Health Talk by NUHS / 健康讲 座国立大学医学 组织 11:00am-12pm	Smart Phone Coaching / 智 能手机辅导 2.00pm - 5.00pm	Let's Jam with Angklung / 一起玩 Angklung (4/5) 11.00am - 12.30pm	Let's Gen Together - MFS (TJ) / 代际交流 - 幼儿园 / 10.15am - 11.15am	Let's Exercise (Square Stepping) / 方块 踏步运动 9:00am - 10:00am	
Let's Do Knitting / 一起做针织 01:30 pm - 2:30 pm	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 KTV Together / 一起来K 歌 1:00pm - 3:00pm	Let's Piloxing (Lite) / 拳击普拉提 2:00pm - 3:00pm	
Let's Jam with Ukelele/ 一起玩 Ukelele 2.30pm-4.00pm		Community Health Post - CHP 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	Hydroponic maintenance / 保养室外水耕 种植 2:00pm - 5:00pm	
Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm-5.00pm					
17	18	19	20	21	22
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	Centre Closed, 中心关闭 9:00am-6:00pm	
Let's Do Knitting / 一起做针织 01:30 pm - 2:30 pm	Smart Phone Coaching / 智 能手机辅导 2.00pm - 5.00pm	Let's Jam with Angklung / 一起玩 Angklung (5/5) 11.00am - 12.30pm	Let's Gen Together - MFS (Zoom) / 代际交流 - 幼儿园 / 10.15am - 11.15am		
Let's Jam with Ukelele/ 一起玩 Ukelele 2.30pm-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	Let's KTV Together / 一起来K 歌 1:00pm - 3:00pm		
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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		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Taichi / 一起打太极 09.15am - 10.30am	Centre Closed, 中心关闭 9:00am-6:00pm	Let's Qigong / 一起练气功 9:30am - 10:15am	Let's Line Dance / 排舞 9.00am - 10.00am	Services - Wellness - TCM / (15 Pax) / 大众中医会诊 (限制十五个人) 9.30am - 11.00am	
Let's Do Knitting / 一起做针织 01:30 pm - 2:30 pm		Strategise with Kakis / Rummy-O / Sudoku, / 游戏 时间 / 2.00pm - 5.00pm	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 Jam with Ukelele/ 一起 玩 Ukelele 2.30pm-4.00pm		Hydroponic maintenance / 保养室外水耕种植 / 2:00pm - 5:00pm	Strategise with Kakis / Rummy-O / Sudoku 游戏时间 / 2.00pm - 5.00pm	Let's Piloxing (Lite) / 拳击普拉 提 2:00pm - 3:00pm	
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