

2026 September

 **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
	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 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 Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	Square Stepping Exercise / 方块踏步运动 / 9.00AM - 10.00AM	
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM		Let's Go Gai Gai / 一起去Gai Gai Duck tour/ 10:00AM-12:00PM	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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 Drangonboat - Training / 一起去龙舟训练 / (BLK 326 / Passion Wave) 10:00AM-12:00PM	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	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 Celebrate September Birthday / 一起来庆生 / 11:00AM-12:00PM	Let's Walking Football Training/ 一起来踢球舟训练 / 10:00AM - 12:PM		Guardians of the Green (BP AAC) / 环保活动 - 绿色护卫队 (17/22) / 2.00PM - 3.00PM	
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM		Let's Social Dance / 一起跳社交舞 / 1:30PM - 2:30PM	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	Centre Closed / 中心关闭 09:00AM - 06:00PM	Let's Gen Together - Tertiary (NTU / TASEK) 代际交流 - 大专学府 10:00am - 12:00pm
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 Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM		
Let's Do Knitting/ 一起做针织 / 2.30PM - 3.30PM	Let's Gen Together - Singapore Polytechnic / 新加坡理工学院 (1/3)/ 10:00AM - 12:00PM	Let's Walking Football Training/ 一起来踢球舟训练 / 10:00am - 12:PM			
Let's Do Art & Craft / 一起做手工 / 02:00PM - 3:30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 / 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
21	22	23	24	25	26
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 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 Do Chair Yoga/ 一起做椅子瑜伽 / 3.30PM - 4.30PM	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 Gen Together - Singapore Polytechnic / 新加坡理工学院 (2/3)/ 10:00AM - 12:00PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM		Guardians of the Green (BP AAC) / 环保活动 - 绿色 护卫队 (18/22) / 2.00PM - 3.00PM	
Let's Do Art & Craft / 一起做手工 /02:00PM - 3:30PM	Let's Pick Up Malay beginner / 一起学马来语-初级 /2:00PM - 3:00PM			Let's Social Dance / 一起跳社交舞 / 1:30PM - 2:30PM	

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Taichi / 一起打太极 (Beacon) / 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 Do Knitting/ 一起做针织 (Blk 326)/ 2.30PM - 3.30PM	Let's Gai Gai Dragonboat 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 Do Art & Craft / 一起做手工 (Blk 326) / 02:00PM - 3:30PM	Let's Gen Together - Singapore Polytechnic / 新加坡理工学院 (3/3)/ 10:00AM - 12:00PM	Let's Walking Football Training/ 一起来踢球舟训练 / 10:00am - 12:PM			
	Let's Gen Together - Yuvabharathi International School / 代际交流-尤瓦巴拉提国际 学校 / 1.00PM - 2.00PM	Community Health Post / 社区保健站 / 2.00PM - 5.00PM			
	Let's Pick Up Malay beginner / 一起学马来语-初级 / 2:00PM - 3:00PM				

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