




2024 December

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S.650439
 **Centre Contact:** 69705829 / 81632705



MON

TUE

WED

THU

FRI




SAT

2	3	4	5	6	7
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Centre Closed (Internal Event)	
Let's Gen Together - MyFirstSkool@10-11am	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Seated Exercise@10-11am		
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Steady Lah! @10-11.30am	Let's Walking Football@10-11.30am [NTUC AACC JCP]		
HAPPY Programme @11am-12pm	Let's KTV Together@1.30-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Rolling Programme@9.45-10.45am		
Let's Jam With Ukulele@11am-1pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ukulele@1.30-2.30pm	Digital - IMDA Go-Digital - Workshop@11am-12.30pm		
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm		Let's Celebrate Birthday@2-4pm	Digital - IMDA Go-Digital - Consultation@1.30-3.30pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Ngee Ann Polytechnic Health Carnival@1.30-4.30pm
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Steady Lah! @10-11.30am	Services - Haircut services @10am-1pm	Let's Do Recycle Art@1.30-3pm	
HAPPY Programme @10-11.30am	Let's KTV Together@1.30-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Rolling Programme@9.45-10.45am	Ngee Ann Polytechnic Health Carnival@1.30-4.30pm	
Let's Jam With Ukulele@11am-1pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Walking Football@10-11.30am [NTUC AACC JCP]		
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm			Let's CrossFit @3-4pm		
16	17	18	19	20	21
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Let's Celebrate Christmas@2.30-4.30pm
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Play Music With Ocarina@11am-12pm	Let's Walking Football@10-11.30am [NTUC AACC JCP]	Let's Celebrate Christmas@2.30-4.30pm	
Let's Jam With Ukulele@11am-1pm	Let's KTV Together@1.30-3pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Do Rolling Programme@9.45-10.45am		
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm		Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Christmas (Public Holiday)	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]		Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]		Services - Haircut services @10am-1pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Centre Closed		Let's Do Rolling Programme@9.45-10.45am	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm			Let's Play Music With Ukulele@12-1.15pm	Let's Pick Up Malay@2-3pm [FULL]	
Let's Chinese Dance(Beginner)@3.30-4.30pm			Let's CrossFit @3-4pm		
30	31				30
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am				
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]				
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]				
Let's Jam With Ukulele@11am-1pm	Centre Closed				
Let's Chinese Dance@1.30-3pm					
Let's Chinese Dance(Beginner)@3.30-4.30pm					

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2024 十二月

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MON

TUE

WED

THU

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SAT

2	3	4	5	6	7
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	中心休业 (内部活动)	
代际交流 - MyFirstSkool@9.30-10.30am	一起学英文-中级 @10-11am [班级已满]	一起跟Razak线上做运动 @10-10.45am	一起做运动 (坐式)@10-11am		
一起做钩针编织 @10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	Steady Lah! 保健操@10-11.30am	一起来踢球 @10-11.30am [NTUC AACC JCP]		
HAPPY Programme@11am-12pm	一起来K歌@1.30-3pm	一起玩音乐-陶笛@11am-12pm	一起做防跌运动@9.45-10.45am		
一起玩乌克兰丽丽 @11am-1pm	一起做拼布工艺 @1.30-4pm	一起玩乌克兰丽丽@1.30-2.30pm	资讯通信媒体发展局 - 数码乐龄 计划 - 培训课程@11am-12.30pm		
一起跳华族舞@1.30-3pm	一起做钢铁拳击(精简 版)(只限男 性)@3.30-4.30pm	一起做瑜伽提斯 @2-3pm	一起玩音乐-乌克兰丽丽 @12-1.15pm		
一起跳华族舞(初学者) @3.30-4.30pm		一起来庆生@2-4pm	资讯通信媒体发展局 - 数码乐 龄计划 - 社区咨询流动柜台 @1.30-3.30pm		
			一起做CrossFit@3-4pm		

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一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级@10-11am [班级已满]	一起跟Razak线上做运动 @10-10.45am	一起做运动 (坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	Steady Lah! 保健操 @10-11.30am	服务 - 理发@10am- 1pm	一起做再循环工艺 @1.30-3pm	
HAPPY Programme@10-11.30am	一起来K歌@1.30-3pm	一起玩音乐-陶笛 @11am-12pm	一起来踢球 @10-11.30am [NTUC AACC JCP]	义安理工学院健康嘉年华 @1.30pm-4.30pm	
一起玩乌克兰丽丽@11am-1pm	一起做拼布工艺@1.30-4pm	一起玩乌克兰丽丽 @1.30-2.30pm	一起做防跌运动@9.45-10.45am		
一起跳华族舞@1.30-3pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起做瑜伽提斯 @2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
一起跳华族舞(初学者)@3.30-4.30pm			一起做CrossFit@3-4pm		
16	17	18	19	20	21
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级@10-11am [班级已满]	一起跟Razak线上做运动 @10-10.45am	一起做运动 (坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	一起玩音乐-陶笛 @11am-12pm	一起来踢球 @10-11.30am [NTUC AACC JCP]	一起来庆祝 圣诞节 @2.30-4.30pm	
一起玩乌克兰丽丽@11am-1pm	一起来K歌@1.30-3pm	一起玩乌克兰丽丽 @1.30-2.30pm	一起做防跌运动@9.45-10.45am		
一起跳华族舞@1.30-3pm	一起做拼布工艺@1.30-4pm	一起做瑜伽提斯 @2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
一起跳华族舞(初学者)@3.30-4.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm		一起做CrossFit@3-4pm		

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一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	中心休业 (圣诞节)	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级 @10-11am [班级已满]		一起做运动 (坐式)@10-11am	一起跳排舞 (IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]		服务 - 理发@10am- 1pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克丽丽@11am-1pm	中心休业		一起做防跌运动@9.45-10.45am	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-3pm			一起玩音乐-乌克丽丽@12-1.15pm	一起学马来文-初级@2-3pm [班级已满]	
一起跳华族舞(初学者)@3.30-4.30pm			一起做CrossFit@3-4pm		
30	31				
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am				
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级 @10-11am [班级已满]				
一起做钩针编织@10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]				
一起玩乌克丽丽@11am-1pm	中心休业				
一起跳华族舞@1.30-3pm					
一起跳华族舞(初学者)@3.30-4.30pm					

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