




2024 July

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



ntuc Health




Requires Registration

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Exercise With Razak On Zoom@10-10.45am	Let's Bowl (Male Exclusive)@9.30-11.30am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Calligraphy@9.15-10.30am
Let's Do Crochet@10am-12pm	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Nagomi Art @9.30-10.30am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@12-1pm	Let's Pick Up English@10-11am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Rolling Programme@10-11.30am	Rummikub (competition)@1.30-3.30pm	
Let's Chinese Dance@1.30-3pm	Let's Pick Up Malay @11am-12pm	Services - Haircut services @10am-1pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Let's Celebrate Birthday@2-4pm	Let's Do Patchwork @1.30-4pm	Square Stepping Exercise@10-11am			
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm			
8	9	10	11	12	13
Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Do Crochet@10am-12pm	Let's Pick Up English@10-11am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@12-1pm	Let's Pick Up Malay @11am-12pm	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Rolling Programme@10-11.30am	Rummikub (competition)@1.30-3.30pm	
Let's KTV Together@1.30-3pm	Let's Do Patchwork @1.30-4pm	Square Stepping Exercise@10-11am	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm	Let's Gen Together - CHIJ@2.30-4pm	Let's Play Music With Ocarina@11am-12pm		Cyanotype Workshop@3-5pm	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm			
		MINDEF Do Good at BBW@2.30-4.30pm			

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15	16	17	18	19	20
Let's Exercise With Razak On Zoom@10-10.45am	Let's Gen Together - MyFirstSkool@10-11am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Calligraphy@9.15-10.30am
Let's Do Crochet@10am-12pm	Let's Pick Up English@10-11am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@12-1pm	Let's Pick Up Malay @11am-12pm	Services - Haircut services @10am-1pm	Let's Do Rolling Programme@10-11.30am	Rummikub (competition)@1.30-3.30pm	
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Square Stepping Exercise@10-11am	Let's Talk About Skillsfuture@11-11.45am	Let's Do Recycle Art@1.30-3pm	
Leave Well Series - Legacy Planning Workshop - ACP/LPA (Chinese)@2-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Play Music With Ocarina@11am-12pm	Digital - IMDA Go-Digital - Workshop@11.45am-1pm	Let's Learn To Sing@2-4pm	
		Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Consultation@1-2pm		
			Let's Play Music With Ukulele@12-1.15pm		
22	23	24	25	26	27
Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Do Crochet@10am-12pm	HSG Enrolment Programme@10am-4pm	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@12-1pm	Let's Pick Up English@10-11am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Rolling Programme@10-11.30am	Leave Well Series - Legacy Planning Workshop - ACP/LPA@11am-12.30pm	
Let's Chinese Dance@1.30-3pm	Let's Pick Up Malay @11am-12pm	HSG Enrolment Programme@10am-4pm	HSG Enrolment Programme@10am-4pm	Rummikub (competition)@1.30-3.30pm	
Let's KTV Together@1.30-3pm	Let's Do Patchwork @1.30-4pm	Square Stepping Exercise@10-11am	Let's Talk About Skillsfuture@11-11.45am	Let's Do Recycle Art@1.30-3pm	
Let's Gen Together - Woodgrove Secondary@3 - 5pm	Nutrition Workshop @2.30-4.30pm	Let's Play Music With Ocarina@11am-12pm	Digital - IMDA Go-Digital - Workshop@11.45am-1pm		
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Consultation@1-2pm		
			Let's Play Music With Ukulele@12-1.15pm		
29	30	31			
Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm			
Let's Do Crochet@10am-12pm	Let's Pick Up English@10-11am	Service - Wellness - Screening by Ngee Ann Optometry@9.30am-12pm			
Let's Jam With Ukulele@12-1pm	Let's Pick Up Malay @11am-12pm	Let's Do Nagomi Art @9.30-10.30am			
Let's KTV Together@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am			
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Play Music With Ocarina@11am-12pm			
		Let's Yogalates @2-3pm			

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起跟Razak线上做运动@10-10.45am	一起打保龄球(只限男性)@9.30-11.30am	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am	一起跟Razak线上做运动@10-10.45am	一起写书法@9.15am-10.30am
一起做钩针编织@10am-12pm	一起跟Razak线上做运动@10-10.45am	一起做日本和谐粉彩@9.30-10.30am	一起跟Razak线上做运动@10-10.45am	一起跳排舞(IL)@10-11am	
一起玩乌克兰丽丽@12-1pm	一起学英文-初级@10-11am	一起跟Razak线上做运动@10-10.45am	一起做防跌运动@10-11.30am	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-3pm	一起学马来文-初级@11am-12pm	方块踏步运动@10-11am	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起来庆生@2-4pm	一起做拼布工艺@1.30-4pm	服务 - 理发@10am- 1pm			
	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			
8	9	10	11	12	13
一起跟Razak线上做运动@10-10.45am	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	一起跟Razak线上做运动@10-10.45am	
一起做钩针编织@10am-12pm	一起学英文-初级@10-11am	一起做日本和谐粉彩@9.30-10.30am	一起做运动(坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起玩乌克兰丽丽@12-1pm	一起学马来文-初级@11am-12pm	一起跟Razak线上做运动@10-10.45am	一起做防跌运动@10-11.30am	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-3pm	一起做拼布工艺@1.30-4pm	方块踏步运动@10-11am	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起来K歌@1.30-3pm	代际交流 - 圣婴女子中学@2.30-4pm	一起玩音乐-陶笛@11am-12pm		蓝晒工作坊@3-5pm	
	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			
		MINDEF 与 BBW 同乐@2.30-4.30pm			

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一起跟Razak线上做运动@10-10.45am	代际交流 - MyFirstSkool@10-11am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am	一起跟Razak线上做运动@10-10.45am	一起写书法 @9.15am-10.30am
一起做钩针编织@10am-12pm	一起学英文-初级@10-11am	一起做日本和谐粉彩@9.30-10.30am	一起做运动(坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起玩乌克兰丽丽@12-1pm	一起学马来文-初级@11am-12pm	一起跟Razak线上做运动@10-10.45am	一起做防跌运动@10-11.30am	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-3pm	一起做拼布工艺@1.30-4pm	方块踏步运动@10-11am	一起来谈精深技能发展局@11-11.45am	一起做再循环工艺@1.30-3pm	
走得自在系列 - 遗产与遗嘱规划 - 预先护理计划/持久授权书(华语)@2-3.30pm	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起玩音乐-陶笛@11am-12pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11.45am-1pm	一起来唱歌 @2-4pm	
		一起做瑜伽提斯 @2-3pm	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@1-2pm		
			一起玩音乐-乌克兰丽丽@12-1.15pm		
22	23	24	25	26	27
一起跟Razak线上做运动@10-10.45am	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	一起跟Razak线上做运动@10-10.45am	
一起做钩针编织@10am-12pm	健康SG 计划@10am-4pm	一起做日本和谐粉彩@9.30-10.30am	一起做运动(坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起玩乌克兰丽丽@12-1pm	一起学英文-初级@10-11am	一起跟Razak线上做运动@10-10.45am	一起做防跌运动@10-11.30am	走得自在系列 - 遗产与遗嘱规划 - 预先护理计划/持久授权书(英语)@11am-12.30pm	
一起来K歌@1.30-3pm	一起学马来文-初级@11am-12pm	健康SG 计划@10am-4pm	健康SG 计划@10am-4pm	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-3pm	一起做拼布工艺@1.30-4pm	方块踏步运动@10-11am	一起来谈精深技能发展局@11am-12pm	一起做再循环工艺@1.30-3pm	
代际交流 - 伍德格罗夫中学@3-5pm	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起玩音乐-陶笛@11am-12pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11.45am-1pm		
		一起做瑜伽提斯 @2-3pm	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@1-2pm		
			一起玩音乐-乌克兰丽丽@12-1.15pm		
29	30	31			
一起跟Razak线上做运动@10-10.45am	一起跟Razak线上做运动@10-10.45am	服务 - 社区保健站 @9am-12pm			
一起做钩针编织@10am-12pm	一起学英文-初级@10-11am	服务 - 健康检查- Ngee Ann Optometry@9.30am-12pm			
一起玩乌克兰丽丽@12-1pm	一起学马来文-初级@11am-12pm	一起做日本和谐粉彩@9.30-10.30am			
一起跳华族舞@1.30-3pm	一起做拼布工艺@1.30-4pm	一起跟Razak线上做运动@10-10.45am			
一起来K歌@1.30-3pm	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	方块踏步运动@10-11am			
		一起玩音乐-陶笛@11am-12pm			

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