




# 2024 November

 **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
				1	2
				Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Calligraphy@9.15-10.30am
				Let's Line Dance (IL)@10-11am	
				Strategise with Kakis - Rummy O@1.30-3pm	
				Let's Do Recycle Art@1.30-3pm	
				Let's Pick Up Malay@2-3pm [FULL]	
4	5	6	7	8	9
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 Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	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 Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Walking Football@10-11.30am [NTUC AACC JCP]	Let's Do Recycle Art@1.30-3pm	
HAPPY Programme @11am-12pm	Let's KTV Together@1.30-3pm	Steady Lah! @10-11.30am	Let's Do Rolling Programme@10-11.30am		
Let's Jam With Ukulele@11am-1pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	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 Yagalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Celebrate Birthday@2-4pm			Digital - IMDA Go-Digital - Consultation@1.30-3.30pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@10am-12pm	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	<b>Centre Closed (Internal Event)</b>	
Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am		
Let's Do Crochet@10am-12pm	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Services - Haircut services @10am-1pm		
HAPPY Programme @11am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Steady Lah! @10-11.30am	Let's Do Rolling Programme@10-11.30am		
Let's Jam With Ukulele@11am-1pm	Let's KTV Together@1.30-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Walking Football@10-11.30am [NTUC AACC JCP]		
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	MINDEF Do Good at BBW@2.30-4.30pm	Let's CrossFit @3-4pm		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>		
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	<b>Let's Go Gai Gai@9am-1pm [Hong Kah North CC]</b>
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Gen Together - MyFirstSkool@9.30-10.30am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Seated Exercise@10-11am	Strategise with Kakis - Rummy O@1.30-3pm	
HAPPY Programme @11am-12pm	Let's KTV Together@1.30-3pm	Stay Well Series - Health Talk by CHP@10.45-11.45am	Let's Do Rolling Programme@10-11.30am	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Let's Do Patchwork @1.30-4pm	Steady Lah! @10-11.30am	Digital - IMDA Go-Digital - Workshop@11am-12.30pm	Let's KTV Together@2-4pm	
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 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 Jam With Ukulele@1.30-2.30pm	Digital - IMDA Go-Digital - Consultation@1.30-3.30pm		
		Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
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 Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	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 Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Rolling Programme@10-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
HAPPY Programme @11am-12pm	Let's Do Patchwork @1.30-4pm	Steady Lah! @10-11.30am	Services - Haircut services @10am-1pm	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Nutrition Workshop @2.30-4.30pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Jam With Ukulele@1.30-2.30pm	Let's CrossFit @3-4pm	Let's Pick Up Malay@2-3pm [FULL]	
Let's Chinese Dance(Beginner)@3.30-4.30pm		Let's Yogalates @2-3pm			

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# 2024 十一月

 Centre Name: AACC (Bukit Batok West)  
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MON	TUE	WED	THU	FRI	SAT
				1 一起跟Razak线上做运动 @10-10.45am 一起跳排舞(IL)@10-11am 游戏时间 - Rummy O@1.30-3pm 一起做再循环工艺@1.30-3pm 一起学马来文-初级@2-3pm [班级已满]	2 一起写书法 @9.15am-10.30am
4	5	6	7	8	9
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	
一起做钩针编织@10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	一起跟Razak线上做运动 @10-10.45am	一起来踢球@10-11.30am [NTUC AACC JCP]	游戏时间 - Rummy O@1.30-3pm	
HAPPY Programme@11am-12pm	一起来K歌@1.30-3pm	Steady Lah! 保健操@10-11.30am	一起做防跌运动@10-11.30am		
一起玩乌克兰丽丽@11am-1pm	一起做拼布工艺@1.30-4pm	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@11am-12.30pm		
一起跳华族舞@1.30-3pm			一起玩音乐-乌克兰丽丽@12-1.15pm		
一起来庆生@2-4pm	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	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	一起做再循环工艺@1.30-3pm	
一起跳华族舞(初学者)@3.30-4.30pm			一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
一起打太极@8.30-9.30am (441 凉亭)	一起打保龄球 (只限男性)@10am-12pm	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	<b>中心休业 (内部活动)</b>	
一起跟Razak线上做运动@10-10.45am	一起跟Razak线上做运动@10-10.45am	一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10-11am		
一起做钩针编织@10am-12pm	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	一起来踢球@10-11.30am [NTUC AACC JCP]		
HAPPY Programme@11am-12pm	一起学马来文-中级@11am-12pm [班级已满]	Steady Lah! 保健操@10-11.30am	一起做防跌运动@10-11.30am		
一起玩乌克兰丽丽@11am-1pm	一起来K歌@1.30-3pm	一起玩音乐-陶笛@11am-12pm	服务 - 理发@10am- 1pm		
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	MINDEF 与 BBW 同乐@2.30-4.30pm	一起做CrossFit@3-4pm		
18	19	20	21	22	23
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	<b>一起去Gai Gai@9am-1pm [Hong Kar North CC]</b>
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]	一起做日本和谐粉彩@9.30-10.30am	代际交流 - MyFirstSkool@9.30-10.30am	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]	一起跟Razak线上做运动@10-10.45am	一起做运动 (坐式)@10-11am	游戏时间 - Rummy O@1.30-3pm	
HAPPY Programme@11am-12pm	一起来K歌@1.30-3pm	保健系列 - 健康讲座@10.45-11.45am	一起做防跌运动@10-11.30am	一起做再循环工艺@1.30-3pm	
一起玩乌克兰丽丽@12-1pm	一起做拼布工艺@1.30-4pm	Steady Lah! 保健操@10-11.30am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm	一起学马来文-初级@2-3pm [班级已满]	
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	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起来唱歌@2-4pm	
一起跳华族舞(初学者)@3.30-4.30pm		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 - 社区咨询流动柜台@1.30-3.30pm		
		一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		

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MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	30
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	
一起做钩针编织 @10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	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	
HAPPY Programme@11am-12pm	一起做拼布工艺 @1.30-4pm	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	
一起玩乌克丽丽@12-1pm	营养工作坊@2.30-4.30pm	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克丽丽@12-1.15pm		
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	一起玩乌克丽丽@1.30-2.30pm	一起做CrossFit@3-4pm	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		一起做瑜伽提斯 @2-3pm			

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