




# 2024 September

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






Requires Registration

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30-11.30am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (439 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - Functional Screening @ 9am-12.30pm
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 Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	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	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@12-1pm	Let's Pick Up Malay@11am-12pm	Square Stepping Exercise@10-11am	Digital - IMDA Go-Digital - Workshop@11am-12.30pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm	Let's KTV Together@1.30-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Let's Celebrate Birthday @2pm-4pm	
	Let's Do Patchwork @1.30-4pm	Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Consultation@1.30-3.30pm		
	Let's Steel Combat (Male Exclusive)@3.30-4.30pm	Let's Go Gai Gai with DBS@5-7pm			

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MON	TUE	WED	THU	FRI	SAT
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</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 (439 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Exercise With Razak On Zoom@10-10.45am	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 Do Crochet@10am-12pm	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	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@12-1pm	Let's KTV Together@1.30-3pm	Square Stepping Exercise@10-11am	Services - Haircut services @10am-1pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Let's Learn To Sing@2-4pm	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm			
		MINDEF Do Good at BBW@2.30-4.30pm			
<b>16</b>	<b>17</b>	<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 (439 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Calligraphy@9.15-10.30am
Let's Exercise With Razak On Zoom@10-10.45am	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 Do Crochet@10am-12pm	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	Strategise with Kakis - Rummy O@1.30-3pm	
HAPPY Programme @10-11.30am	Let's KTV Together@1.30-3pm	Steady Lah! @10-11.30am	Digital - IMDA Go-Digital - Workshop@11am-12.30pm	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@12-1pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Wellness - Health Talk by Confucius Institute NTU @2-3pm	
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Consultation@1.30-3.30pm		

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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	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (439 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Flower Arrangement@10am-12pm
Let's Exercise With Razak On Zoom@10-10.45am	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 Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm	Let's Gen Together - MyFirstSkool@10-11am	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@12-1pm	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 Learn To Sing@2-4pm	
Let's Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm			
30					
Let's Taichi@8.30-9.30am (441 Pavillion)					
Let's Exercise With Razak On Zoom@10-10.45am					
Let's Do Crochet@10am-12pm					
HAPPY Programme @11am-12pm					
Let's Jam With Ukulele@12-1pm					
Let's Chinese Dance@1.30-3pm					

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起打太极 @8.30-9.30am (441 凉亭)	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 (439 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 健康检查 @9am-12.30pm
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	一起跳排舞(IL)@10-11am	
一起做钩针编织 @10am-12pm	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	
一起玩乌克兰丽丽@12-1pm	一起学马来文-初级 @11am-12pm	方块踏步运动@10-11am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-3pm	一起来K歌@1.30-3pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起来庆生@2-4pm	
	一起做拼布工艺@1.30-4pm	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 @1.30-3.30pm		
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起和DBS去Gai Gai@5-7pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
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 (439 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-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	
一起做钩针编织 @10am-12pm	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	
一起玩乌克兰丽丽@12-1pm	一起来K歌@1.30-3pm	方块踏步运动@10-11am	服务 - 理发@10am- 1pm	一起做再循环工艺 @1.30-3pm	
一起跳华族舞@1.30-3pm	一起做拼布工艺 @1.30-4pm	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			
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 (439 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-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	
推广健康老龄化计划 @10-11.30am	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	
一起做钩针编织 @10am-12pm	一起来K歌@1.30-3pm	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	一起做再循环工艺 @1.30-3pm	一起写书法 @9.15am-10.30am
一起玩乌克兰丽丽@12-1pm	一起做拼布工艺 @1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@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	保健系列 - 健康讲座@2-3pm	

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23	24	25	26	27	28
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 (439 凉亭)	一起跟Razak线上做运动 @10-10.45am	一起来插花 @10am-12pm
一起跟Razak线上做运动 @10-10.45am	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	
一起做钩针编织@10am-12pm	一起学马来文-初级 @11am-12pm	代际交流 - MyFirstSkool@10-11am	一起做防跌运动@10-11.30am	游戏时间 - Rummy O@1.30-3pm	
推广健康老龄化计划 @11am-12pm	营养工作坊 @2.30-4.30pm	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	
一起玩乌克兰丽丽@12-1pm	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@1.30-3pm		一起做瑜伽提斯 @2-3pm			
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					
一起做钩针编织@10am-12pm					
推广健康老龄化计划 @11am-12pm					
一起玩乌克兰丽丽@12-1pm					
一起跳华族舞@1.30-3pm					

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