




2024 December

Highlighted texts are by invite only

 **Centre Name:** AACC (Jurong Central Plaza)
 **Centre Address:** Blk 493 Jurong West Street 41 #02-01 S.640493
 **Centre Contact:** 6256 3671






MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Center Closed	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10am-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am		Let's Line Dance (Intermediate)@10.45-11.45am
Let's Support EQUAL@10am-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am		
Let's Support EQUAL@2-4pm	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Let's Walking Football@10-11.30am		
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4.30pm	Let's Do Patchwork@2-4pm		
	Let's Celebrate Birthday@2-4pm		Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)		
9	10	11	12	13	14
Let's Taichi (IL)@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Services - Wellness - CHP@9am-12pm	
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Services - Wellness - Functional Screening @9am-5.30pm
	Let's CrossFit(F4)@10-11am	Let's Do Rolling Programme@2-3pm	Let's Walking Football@10-11.30am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	Activities and Partners' event at courtyard @9.30am-4.30pm
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4.30pm	Stay Well Series - Health Talk by Ngee Ann Poly@1.30-4.30pm	Let's Do Crochet@10.30-11.30am	Fun with AACC: 1) Chair exercises 2) Intro to RummyO 3) Kampung Games
	Let's Do Calligraphy@2-3.30pm			Digital - IMDA Go-Digital - Workshop Gen A.I. (ENGLISH) @2-4.30pm	
				Let's Jam with Harmonica@2-3pm	

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MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10am-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Support EQUAL@10am-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Gen Together - Gummy Education@10-11.30am	Let's Walking Football@10-11.30am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Support EQUAL@2-4pm	Let's CrossFit@10-11am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Gen Together - My First Skool@10-11am	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let's Do Crochet@10.30-11.30am	
	Let's Lim Kopi (Male Exclusive)@3-5pm	Let's CrossFit@3.30-4.30pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)	Volunteer Appreciation 12-2pm	
				Christmas Celebration (Potluck) 2.30-4pm	
23	24	25	26	27	28
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Merry Christmas (Public Holiday)	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Nagomi@10am-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am		Square Stepping Exercise@10-11am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am		Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit@10-11am		Let's Walking Football@10-11.30am	Let's Do Crochet@10.30-11.30am	
	Centre Closed from 1pm		Let's Do Patchwork@2-4pm		

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MON 30	TUE 31	WED	THU	FRI	SAT
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am				
Let's Do Nagomi@10-12am	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am				
Let's KTV Together@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am				
	Let's CrossFit@10-11am				
	Current affair U&Me@11am-12pm				
	Centre Closed from 1pm				

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MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	中心修业一天	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩艺术@10am-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am		一起跳排舞(中级班)@10.45-11.45am
一起参与研究计划 - (EQUAL)@10am-12pm	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起做缝纫@10.30am-12pm	一起做 丝袜手工@10-11am		
一起参与研究计划 - (EQUAL)@2pm-4pm	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	一起来踢球@10-11.30am		
	一起做有氧搏击活动(只限男性) @2-3pm	一起做 CrossFit@3.30-4.30pm	代际交流 - PCF@11-12pm		
	一起来庆生@2-4pm		资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2-3pm(中);3-4pm(英)		
9	10	11	12	13	14
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	服务 - 健康检查@9am-5.30pm
一起做禅绕画艺术@10-11am	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	庭院: 合作伙伴与中心活动 @9.30am-4.30pm
	一起跟Razak线上做运动(水瓶运动) @10-10.45am	一起做缝纫@10.30am-12pm	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	1) 椅子上运动
	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	一起来踢球@10-11.30am	一起做钩针编织@10.30-11.30am	2) 数字麻将-简介
	一起做有氧搏击活动(只限男性) @2-3pm	一起做 CrossFit@3.30-4.30pm	保健系列 - 义安理工健康讲座 @1.30-4.30pm	一起来谈诈骗(中文版)@2-3.30pm	3) 甘榜游戏
	一起写书法@2-3.30pm			资讯通信媒体发展局 - 数码乐龄计划 - Gen A.I. Workshop (ENG英语)@2-4.30pm	
				一起吹口琴@2-3pm	

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一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩@10am-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(中级班)@10.45-11.45am
一起参与研究计划 - (EQUAL)@10am-12pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	代际交流 - Gummy Education@10-11.30am	一起来踢球@10-11.30am	一起跟Razak线上做运动(拉力带) @10-10.45am	
一起参与研究计划 - (EQUAL)@2pm-4pm	一起做CrossFit@10-11am	一起做缝纫@10.30am-12pm	一起做拼布工艺@2-4pm	代际交流 - My First Skool@10-10.45am	
	一起做有氧搏击活动(只限男性) @2-3pm	一起做防跌运动@2-3pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2-3pm(中); 3-4pm(英)	一起做钩针编织@10.30-11.30am	
	一起喝咖啡(只限男性)@3-5pm	一起做 CrossFit@3.30-4.30pm		义工感谢会@12-2pm	
				圣诞节庆祝会(各自准备一道食物) @2.30-4pm	
23	24	25	26	27	28
一起打太极@10-11am	一起做运动@9-10am	圣诞快乐 (公共假日)	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
一起做日本和谐粉彩@10am-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am		一起做 丝袜手工@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跟Razak线上做运动(中级版)@10.45-11.45am
	一起跟Razak线上做运动(水瓶运动)@10-10.45am		方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带) @10-10.45am	
	一起做CrossFit@10-11am				
	时事新闻你和我@11-11.45am		一起来踢球@10-11.30am	一起做钩针编织@10.30-11.30am	
	下午1点休业		一起做拼布工艺@2-4pm		

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MON	TUE	WED	THU	FRI	SAT
30	31				
一起打太极@10-11am	一起做运动@9-10am				
一起做日本和谐粉彩@10am-12pm	一起跟Razak线上做运动(有氧运动) @9-9.45am				
一起来K歌@2-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am				
	一起做CrossFit@10-11am				
	时事新闻你和我@11am-12pm				
	下午1点休业				

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