




2025 January

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	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Happy New Year 2025!	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@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 Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
			Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	
			Let's Do Patchwork@2-4pm	Let's Do Crochet@10.30-11.30am	
6	7	8	9	10	11
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Gen together - NUS@9.30am-12.30pm	Let's Qigong@9-10am	Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Chair Zumba@9-10am	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@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Zumba Gold(414A)@9.30-10.30am	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's do Eye Screening@1-4pm	Let's CrossFit(F4)@10-11am	Let's Do Sewing@10.30am-12pm	Let's Walking Football@10-11.30am	Let's Do Crochet@10.30-11.30am	
Strategise with Kakis (RUMMY O) @11am-1pm @2.30-5pm	Let's Steel Combat (Male Exclusive)@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Strategise with Kakis (RUMMY O) @11am-1pm @4.30-5.30pm	Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
	Let's Support EQUAL@2-4pm	Let's CrossFit@3.30-4pm	Let's Celebrate Birthday@2-4pm		
	Let's do Eye Screening@10am-4pm	Let's do Eye Screening@10am-4pm	Let's Support EQUAL@2-4pm		
			Let's do Eye Screening@10am-4pm		

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MON

TUE

WED

THU

FRI

SAT

13

14

15

16

17

18




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@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Let's Gen together - NJC@10am-12nn	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@2-4pm	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(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @11am-1pm @2.30-5pm	Let's CrossFit(F4)@10-11am	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm	Let's Walking Football@10-11.30am	Let's Gen together - NJC@10am-12nn	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Let's Do Rolling Programme@2-3pm	Strategise with Kakis (RUMMY O) @11am-1pm @4.30-5.30pm	Let's Do Crochet@10.30-11.30am	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Lim Kopi (Male Exclusive)@3-5pm	Let's Do Patchwork@2-4pm	Strategise with Kakis (RUMMY O) @11am-1pm	
	Let's Support EQUAL@2-4pm		Let's Support EQUAL@2-4pm	Let's Do Nagomi@2-4pm (Beginner Trial class)	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Square Stepping Exercise@10-11am	Services - Wellness - CHP@9am-12pm	
Let's Do Zentangle@10am-12pm	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Let's Walking Football@10-11.30am	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
Let's Support EQUAL@2-4pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Support EQUAL@2-4pm	Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Strategise with Kakis (RUMMY O) @11am-1pm @2.30-5pm	Let's CrossFit@10-11am	Current affair U&Me@10am-11am	Strategise with Kakis (RUMMY O) @11am-1pm @2.30-5pm	Let's Do Crochet@10.30-11.30am	
	Strategise with Kakis (RUMMY O) @11am-1pm @3.30-5.30pm	Strategise with Kakis (RUMMY O) @11am-1pm @4-5pm		Strategise with Kakis (RUMMY O) @11am-1pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm		Let's KTV Together@2-4.30pm	
	Let's Support EQUAL@2-4pm	Let's CrossFit@3.30-4pm			
27	28	29	30	31	
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Chinese New Year	Chinese New Year	Services - Wellness - CHP@9am-12pm	
Let's Do Nagomi@10-11am	Let's Exercise with Razak on Zoom(Chairobics)@9-9.45am			Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	
Strategise with Kakis (RUMMY O) @11am-1pm @2.30-5pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am			Let's Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
	Let's CrossFit@10-11am			Let's Do Crochet@10.30-11.30am	
	Strategise with Kakis (RUMMY O) @11am-12pm			Strategise with Kakis (RUMMY O) @11am-1pm @2-5pm	
	Centre Closed from 1pm				

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		新年快乐!	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
			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
			一起做丝袜手工@10-11am	一起跟Razak线上做运动(拉力带)@10-10.45am	
			一起来踢球@10-11.30am	一起做钩针编织@10.30-11.30am	
			游戏时间-数字麻将@11am-1pm@2-5pm	游戏时间-数字麻将@11am-1pm@2-5pm	
			一起做拼布工艺@2-4pm		
6	7	8	9	10	11
一起打太极@10-11am	一起做运动@9-10am	代际交流 - 国大@9.30am-12.30pm	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	一起跳椅子尊巴@9-10am	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(与马互动)@2-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	一起做丝袜手工@10-11am	一起跟Razak线上做运动(拉力带)@10-10.45am	
一起来检查眼睛@1-4pm	一起做CrossFit(F4)@10-11am	一起做缝纫@10.30am-12pm	一起来踢球@10-11.30am	一起做钩针编织@10.30-11.30am	
游戏时间-数字麻将@11am-1pm@2.30-5pm	游戏时间-数字麻将@11am-1pm@3.30-5pm	游戏时间-数字麻将@11am-1pm@4-5pm	游戏时间-数字麻将@11am-1pm@4.30-5.30pm	游戏时间-数字麻将@11am-1pm@2-4pm	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm		
	一起参与研究计划 - EQUAL(与马互动)@2-4pm	一起做 CrossFit@3.30-4.30pm	一起庆祝生日@2-4pm		
	一起来检查眼睛@10am-4pm	一起来检查眼睛@10am-4pm	一起参与研究计划 - EQUAL(与马互动)@2-4pm		
			一起来检查眼睛@10am-4pm		

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
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-11pm	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	一起来踢球@10-11.30am	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
游戏时间-数字麻将 @11am-1pm @2.30-5.30pm	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	
一起参与研究计划 - (EQUAL)@2pm-4pm	一起做CrossFit@10-11am	游戏时间-数字麻将 @11am-1pm @4-5pm	代际交流 -国初@10am-12nn	代际交流 -国初@10am-12nn	
	游戏时间-数字麻将 @11am-1pm @3.30-5.30pm	一起做防跌运动@2-3pm	游戏时间-数字麻将 @11am-1pm @4.30-5.30pm	一起做钩针编织@10.30-11.30am	
	一起做有氧搏击活动(只限男性) @2-3pm	一起喝咖啡(只限男性)@3-5pm	一起做拼布工艺@2-4pm	游戏时间-数字麻将 @11am-1pm	
	一起参与研究计划 - (EQUAL)@2pm-4pm		一起参与研究计划 - (EQUAL)@2pm-4pm	一起做日本和谐粉彩(初级班-试课) @2am-4pm	

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	方块踏步运动@10-11am	服务 - 社区保健站@9am-12pm	
一起做禅绕画艺术@10am-11pm	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	一起来踢球@10-11.30am	一起跟Razak线上做运动(跳舞) @9-9.45am	
一起参与研究计划 - (EQUAL)@2pm-4pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	时事新闻我和你@10-11am	一起参与研究计划 - (EQUAL)@2pm-4pm	一起跟Razak线上做运动(拉力带) @10-10.45am	
游戏时间-数字麻将 @11am-1pm @2.30-5.30pm	一起做CrossFit@10-11am	一起做缝纫@10.30am-12pm	游戏时间-数字麻将 @11am-1pm @4.30-5.30pm	一起做钩针编织@10.30-11.30am	
	游戏时间-数字麻将 @11am-1pm 3.30-5.30pm	游戏时间-数字麻将 @11am-1pm @4-5pm		游戏时间-数字麻将 @11am-1pm	
	一起做有氧搏击活动(只限男性) @2-3pm	一起做防跌运动@2-3pm		一起来K歌@2-4.30pm	
	一起参与研究计划 - (EQUAL)@2pm-4pm	一起做 CrossFit@3.30-4.30pm			
27	28	29	30	31	
一起打太极@10-11am	一起做运动@9-10am	农历新年	农历新年	服务 - 社区保健站@9am-12pm	
一起做日本和谐粉彩@10am-11pm	一起跟Razak线上做运动(有氧运动) @9-9.45am			一起跟Razak线上做运动(跳舞) @9-9.45am	
游戏时间-数字麻将 @11am-1pm @2.30-5.30pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am			一起跟Razak线上做运动(拉力带) @10-10.45am	
	一起做CrossFit@10-11am			一起做钩针编织@10.30-11.30am	
	游戏时间-数字麻将 @11am-12nn			游戏时间-数字麻将 @11am-1pm @2-5pm	
	下午1点休业				

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