




2024 July

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	5	6
Let's Tachi (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
PCF Do Good at JCP@9.30-11.30am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Digital - IMDA Go-Digital- Consultation@10-5pm	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Pick Up Malay@2.30-3.30pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	Let's Gen Together - National Junior College@10.30-12pm
	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	
	Let's Steel Combat (Male Exclusive)@2-3pm		HAPPY Program@2-3pm	Let's Do Crochet@10.30-11.30am	
				Digital - IMDA Go-Digital - Workshop@2.30-4.30pm	
				Let's Go Gai Gai with Dignity Kitchen@3-5pm	
8	9	10	11	12	13
Let's Tachi (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(Session 1)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Digital - IMDA Go-Digital - Consultation@10-5pm	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Pick Up Malay@2.30-3.30pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	
	Let's CrossFit@10-11am	Current affair U&Me@10-11am	Let's Do Patchwork@2-4pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm		Let's Do Crochet@10.30-11.30am	
	Let's Celebrate Birthday@2-4pm			Legacy Planning Workshop - Lasting Power of Attorney(English)@2-3.30pm	
				Let's Gen Together - Frontier Primary School at Frontier Primary School @2-4pm	
15	16	17	18	19	20
Let's Tachi (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 Zentangle@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Digital - IMDA Go-Digital - Consultation@10-5pm	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Pick Up Malay@2.30-3.30pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	Let's Gen Together - National Junior College@10.30-12pm
	Let's CrossFit (F4)@10-11am	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	
	Let's Steel Combat (Male Exclusive)@2-3pm		STEADYLAH Program (Pre-Registration)@2-3pm	Let's Do Crochet@10.30-11.30am	
				Digital - IMDA Go-Digital - Workshop@2.30-4.30pm	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
Let's Tachi (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(Session 1)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Square Stepping Exercise@10-11am	Digital - IMDA Go-Digital - Consultation@10-5pm	Let's Line Dance (Intermediate)@10.45-11.45am
Let's Pick Up Malay@2.30-3.30pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Do Stocking craft@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	
	Let's CrossFit@10-11am	Let's Do Rolling Programme@2-3pm	Let's Gen Together - PCF@11-12pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	
	Let's Steel Combat (Male Exclusive)@2-3pm		Let's Do Patchwork@2-4pm	Let's Do Crochet@10.30-11.30am	
	Let's Celebrate Racial Harmony@2-3pm		Let's Gen Together - Huayi Secondary@4-6pm	Let's Gen Together - Woodgrove Secondary@3-5pm	
29	30	31			
Let's Tachi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am			
Let's Do Zentangle@10-11am	Let's Exercise with Razak on Zoom(Session 1)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am			
Let's Pick Up Malay@2.30-3.30pm	Let's Exercise with Razak on Zoom(Session 2)@10-10.45am	Let's Do Sewing@10.30am-12pm			
	Let's CrossFit(F4)@10-11am	Let's Do Rolling Programme@2-3pm			
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's KTV Together@2-4pm			

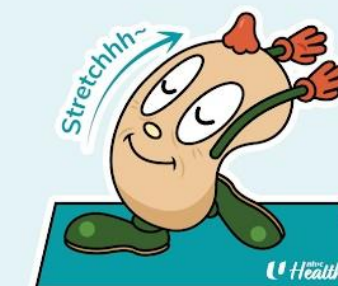
NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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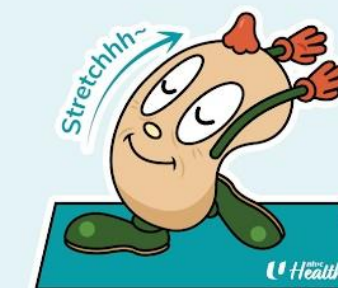


MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am	一起练气功@9-10am	服务 - 社区保健站@9am-12pm	一起跳排舞(IL)@9.30-10.30am
PCF与 裕廊中央广场同乐 @9.30-11.30am	一起跟Razak线上做运动(第一班) @9-9.45am	一起跳尊巴(乐龄版) @9.30-10.30am	方块踏步运动@10-11am	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@10am-5pm	一起跳排舞(IL)@10.45-11.45am
一起学马来语-初级@2.30-3.30pm	一起跟Razak线上做运动(第二班) @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(第一班) @9-9.45am	代际交流 -NJC@10.30-12pm
	一起做CrossFit@10-11am	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	一起跟Razak线上做运动(第二班) @10-10.45am	
	一起做有氧搏击活动(只限男性) @2-3pm		推广健康老龄化计划@2-3pm	一起做钩针编织@10.30-11.30am	
				资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2.30-4.30pm	
				一起和厨尊去Gai Gai@3-5pm	
8	9	10	11	12	13
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(IL)@9.30-10.30am
一起做日本和谐粉彩@10-11am	一起跟Razak线上做运动(第一班) @9-9.45am	一起跳尊巴(乐龄版) @9.30-10.30am	方块踏步运动@10-11am	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@10am-5pm	一起跳排舞(IL)@10.45-11.45am
一起学马来语-初级@2.30-3.30pm		时事新闻你和我@10-11am	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(第一班) @9-9.45am	
	一起跟Razak线上做运动(第二班) @10-10.45am	一起做缝纫@10.30am-12pm	一起做拼布工艺@2-4pm	一起跟Razak线上做运动(第二班) @10-10.45am	
	一起做CrossFit@10-11am	一起做防跌运动@2-3pm		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			走得自在系列-遗产与遗嘱规划 - 持久授 权书(英语)@2-3.30pm	
	一起来庆生@2-4pm			代际交流 -先锋小学@2-4pm	
15	16	17	18	19	20
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(IL)@9.30-10.30am
	一起跟Razak线上做运动(第一班) @9-9.45am			资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@10am-5pm	
一起做禅绕画艺术@10-11am	一起跟Razak线上做运动(第二班) @10-10.45am	一起跳尊巴(乐龄版) @9.30-10.30am	方块踏步运动@10-11am	一起跟Razak线上做运动(第一班) @9-9.45am	一起跳排舞(IL)@10.45-11.45am
一起学马来语-初级@2.30-3.30pm		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(第二班) @10-10.45am	代际交流 -NJC@10.30-12pm
	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	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		保健操注册日@2-3pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2.30-4.30pm	

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MON

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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(IL)@9.30-10.30am
一起做日本和谐粉彩@10-11am	一起跟Razak线上做运动(第一班) @9-9.45am	一起跳尊巴(乐龄版) @9.30-10.30am	方块踏步运动@10-11am	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨询流动柜台@10am-5pm	一起跳排舞(IL)@10.45-11.45am
一起学马来语-初级@2.30-3.30pm		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(第一班) @9-9.45am	
	一起跟Razak线上做运动 @10-10.45am	一起做防跌运动@2-3pm	代际交流 -先锋小学@11-12pm	一起跟Razak线上做运动(第二班) @10-10.45am	
	一起做CrossFit@10-11am		一起做拼布工艺@2-4pm	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		代际交流 -华义中学@4-6pm	代际交流 -林景中学@3-5pm	
	一起庆祝种族和谐日@2-3pm				
29	30	31			
一起打太极@10-11am	一起做运动@9-10am	一起跳椅子尊巴@9-10am			
一起做禅绕画艺术@10-11am	一起跟Razak线上做运动(第一班) @9-9.45am	一起跳尊巴(乐龄版) @9.30-10.30am			
一起学马来语-初级@2.30-3.30pm		一起做缝纫@10.30am-12pm			
	一起跟Razak线上做运动(第二班) @10-10.45am	一起做防跌运动@2-3pm			
	一起做CrossFit(F4)@10-11am	一起来K歌@2-4pm			
	一起做有氧搏击活动(只限男性) @2-3pm				

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