




2024 November

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
				Services - Wellness - CHP@9am-12pm	Let's Line Dance (Beginner)@9.30-10.30am
				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(Resistance Band)@10-10.45am	
				Let's Do Crochet@10.30-11.30am	
4	5	6	7	8	9
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	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 CALM (Supervised Practice Session)@11-12pm	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 Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's CrossFit@10-11am	Let's CALM@11-12pm	Let's Walking Football@10-11.30am	Let's Do Crochet@10.30-11.30am	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Gen Together - PCF@11-12pm	Let's Talk About Scam(CHINESE) @2-3.30pm	
	Let's Celebrate Birthday@2-4pm	Let's CrossFit@3.30-4.30pm	Let's Do Patchwork@2-4pm	Let's Jam with Harmonica@2-3pm	
			Let's Gen Together-Rulang Pri School@2-3.30pm		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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@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		Let's Line Dance (Intermediate)@10.45-11.45am
Let's CALM (Supervised Practice Session)@11-12pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's Do Sewing@10.30am-12pm	Let's Walking Football@10-11.30am		Square Dance Networking (Jurong Green CC)@7-9.30pm
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's CrossFit(F4)@10-11am	Let's CALM@11-12pm	Let's Do Stocking craft@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 CrossFit@3.30-4.30pm			
18	19	20	21	22	23
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	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 CALM (Supervised Practice Session)@11-12pm	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 Exercise with Razak on Zoom(Resistance Band)@10-10.45am	Services - Wellness - Functional Screening(Zone C RN Ctr)@9-1pm
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's CrossFit(F4)@10-11am	Current Affairs(Chinese)@10-11am	Let's Walking Football@10-11.30am	Let's Do Crochet@10.30-11.30am	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm	Digital - IMDA Go-Digital - Workshop@2-3pm(Chi);3-4pm(Eng)	
	Let's Lim Kopi (Male Exclusive)@3-5pm	Let's CrossFit@3.30-4.30pm	Let's Gen Together - NJC@2-4pm	Let's Gen Together - NJC@2-4pm	

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MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
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 Zentangle@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@10-12pm	Let's Exercise with Razak on Zoom(Fun Dance)@9-9.45am	Let's Line Dance (Intermediate)@10.45-11.45am
Let's CALM (Supervised Practice Session)@11-12pm	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 Exercise with Razak on Zoom(Resistance Band)@10-10.45am	
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Current affair U&Me@11-11.45am	Let's Do Rolling Programme@2-3pm	Let's Walking Football@10-11.30am	Let's Do Crochet@10.30-11.30am	
	Let's CrossFit@10-11am	Let's CrossFit@3.30-4.30pm	Let's Do Patchwork@2-4pm	Let's Gen Together - NJC@2-4pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's KTV Together@2-4pm	e2i Do Good at JCP@2-5pm		

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MON	TUE	WED	THU	FRI	SAT
				1	2
				服务 - 社区保健站@9am-12pm	一起跳排舞(初级班)@9.30-10.30am
				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
				一起跟Razak线上做运动(拉力带)@10-10.45am	
				一起做钩针编织@10.30-11.30am	
4	5	6	7	8	9
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	一起跳排舞(中级班)@10.45-11.45am
一起做防肌肉萎缩运动(监督练习课程)@11am-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	一起跟Razak线上做运动(拉力带)@10-10.45am	
一起做Steel Tonic (裕青联络所4楼)@7.30-8.30pm	一起做CrossFit(F4)@10-11am	一起做防肌肉萎缩运动11am-12pm	一起来踢球@10-11.30am	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	一起做防跌运动@2-3pm	代际交流 - PCF@11-12pm	一起来谈诈骗(中文版)@2.-3.30pm	
	一起来庆祝生日@2-4pm	一起做 CrossFit@3.30-4.30pm	一起做拼布工艺@2-4pm	一起吹口琴@2-3pm	
			代际交流 - 孺廊小学 @2-3.30pm		

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11	12	13	14	15	16
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@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		一起跳排舞(中级班)@10.45-11.45am
一起做防肌肉萎缩运动@11am-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	一起来踢球@10-11.30am		广场舞(裕青联络所)@7-9.30pm
一起做Steel Tonic (裕青联络所4楼)@7.30-8.30pm	一起做CrossFit@10-11am	一起做防肌肉萎缩运动11am-12pm	一起做拼布工艺@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 CrossFit@3.30-4.30pm			
18	19	20	21	22	23
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	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(跳舞)@9-9.45am	一起跳排舞(中级版)@10.45-11.45am
一起做防肌肉萎缩运动(监督练习课程)@11am-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	方块踏步运动@10-11am	一起跟Razak线上做运动(拉力带)@10-10.45am	服务 - 健康检查(居民委会C区)@9am-1pm
一起做Steel Tonic (裕青联络所4楼)@7.30-8.30pm	时事新闻你和我@11-11.45am	时事新闻我和你@10-11am	一起来踢球@10-11.30am	一起做钩针编织@10.30-11.30am	
	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	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)	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做 CrossFit@3.30-4.30pm	代际交流 - 国家初级学院@2-4pm	资代际交流 - 国家初级学院@2-4pm	

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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	一起做 丝袜手工@10-11am	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(中级版)@10.45-11.45am
一起做防肌肉萎缩运动(监督练习课程)@11am-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	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Steel Tonic (裕青联络所4楼) @7.30-8.30pm	一起做CrossFit(F4)@10-11am	一起做防跌运动@2-3pm	代际交流 - 国家初级学院 @10am-12pm	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	一起做 CrossFit@3.30-4.30pm	一起来踢球@10-11.30am	代际交流 - 国家初级学院@2-4pm	
		一起来K歌@2-4pm	一起做拼布工艺@2-4pm		
			e2i与 裕廊中央广场活跃乐龄中心同乐@2-5pm		

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