




2024 October

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
	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 Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am	Hayday(Recruitment Session)@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 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 go to Lunch at Safra Toa Payoh(PA)@11.30am-2pm
	Let's CrossFit@10-11am	Let's CALM@11-12pm	Steady Lah!@2-3.30pm	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	Let's learn to make dumpling@2-3.30pm (Closed event with Partner)	
		Let's CrossFit@3.30-4.30pm			
7	8	9	10	11	12
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(Chairbics)@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 go to Health Carnival (Jurong Spring CC)@8.15am-1pm
Let's Pick Up English@2.30-3.30pm	Let's CrossFit@10-11am	Let's CALM@11-12pm	Steady Lah!@2-3.30pm	Let's Do Crochet@10.30-11.30am	Let's go to OCBC Digital Silvers Fiesta (Jurong Green CC)@9am-12.30pm*
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm	Let's Do Patchwork@2-4pm		
	Let's Celebrate Birthday@2-4pm	Let's CrossFit@3.30-4.30pm			*Can register through QR code

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Taichi (IL)@10-11am	National Celebration of Seniors Sports challenge@9-12pm	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@9-10am	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(Chairobics)@9-9.45am	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	Square Dance Networking (PA)@7.30-9pm
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's Exercise with Razak on Zoom (Water Bottle)@10-10.45am	Let's CALM@11-12pm	Let's Gen Together - PCF@11-12pm	Let's Do Crochet@10.30-11.30am	
	Let's CrossFit(F4)@10-11am	Let's Do Rolling Programme@2-3pm	Steady Lah!@2-3.30pm	Let's Jam with Harmonica@2-3pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's CrossFit@3.30-4.30pm	Let's Do Patchwork@2-4pm		
	Financial Literacy Workshop@@2.30-5.30pm				
21	22	23	24	25	26
Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Gen Together - Jurong West Secondary School Carnival @9-12pm	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 CALM (Supervised Practice Session)@11-12pm	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	Services - Wellness - Functional Screening(RN Zone B)@9-1pm
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 Sewing@10.30am-12pm	Steady Lah!@2-3.30pm	Let's Do Crochet@10.30-11.30am	Digital - IMDA Go-Digital - Carnival(Keat Hong)@12-2pm
	Let's CrossFit@10-11am	Let's CALM@11-12pm	Let's Do Patchwork@2-4pm	Let's Gen Together - SWISS International@2-3.30pm	
	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm			
	Let's Lim Kopi (Male exclusive)@3-5pm	Let's CrossFit@3.30-4.30pm			

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MON

TUE

WED

THU

FRI

SAT

28

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31

Let's Taichi (IL)@10-11am	Let's Exercise@9-10am	Let's Chair Zumba@9-10am	Public Holiday (Deepavali)		
Let's Do Nagomi@10-11am	Let's Exercise with Razak on Zoom(Chairbics)@9-9.45am	Let's Zumba Gold(414A)@9.30-10.30am			
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 Celebrate Diwali@2.30-4pm	Let's CrossFit(F4)@10-11am	Let's CALM@11-12pm			
Let's Steel Tonic (Jurong Green CC Level 4 Open terrace)@7.30-8.30pm	Let's Steel Combat (Male Exclusive)@2-3pm	Let's Do Rolling Programme@2-3pm			
	Let's Gen Together - NYGH Wushu@3.30-5pm	Let's CrossFit@3.30-4.30pm			
		Let's KTV Together@2-4pm			

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标有颜色的项目是受邀参与的活动

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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(有氧运动) @9-9.45am	一起跳尊巴(乐龄版) @414A @9.30-10.30am	Hayday(与马儿互动)招募长者工作坊@10am-12pm	一起跟Razak线上做运动(跳舞) @9-9.45am	一起跳排舞(IL)@10.45-11.45am
	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	一起去大巴窑SAFRA吃午餐 @11.30am-2pm
	一起做CrossFit@10-11am	一起做防肌肉萎缩运动11am-12pm	Steady Lah! 保健操@2-3.30pm	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	一起做防跌运动@2-3pm	一起做拼布工艺@2-4pm	一起学做饺子(与合作伙伴的闭门活动)@2-3.30pm	
		一起做 CrossFit@3.30-4.30pm			
7	8	9	10	11	12
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(IL)@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	一起去健康嘉年华会(裕泉联络所)@8.15am-1pm
一起学英语-初级@2.30-3.30pm	一起做CrossFit(F4)@10-11am	一起做防肌肉萎缩运动11am-12pm	Steady Lah! 保健操@2-3.30pm	一起做钩针编织@10.30-11.30am	一起去OCBC数码乐龄嘉年华会(裕青联络所)@9am-12.30pm*
一起做Steel Tonic(裕青联络所4楼)@7.30-8.30pm	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		
	一起来庆祝生日@2-4pm	一起做 CrossFit@3.30-4.30pm			*可扫二维码报名

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MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
一起打太极@10-11am	全国乐龄庆祝活动-运动挑战@9am-12pm	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	一起做运动@9-10am	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(IL)@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(有氧运动) @9-9.45am	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(拉力带) @10-10.45am	
一起做Steel Tonic (裕青联络所4楼)@7.30-8.30pm	一起跟Razak线上做运动(水瓶运动)@10-10.45am	一起做缝纫@10.30am-12pm	代际交流 - PCF@11-12pm	一起做钩针编织@10.30-11.30am	
	一起做CrossFit@10-11am	一起做防肌肉萎缩运动 11am-12pm	Steady Lah! 保健操@2-3.30pm	一起玩音乐-口琴@2-3pm	
	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		
	理财之道讲座@2.30-5.30pm	一起做 CrossFit@3.30-4.30pm			
21	22	23	24	25	26
一起打太极@10-11am	一起做运动@9-10am	代际交流 - 裕廊西中学嘉年华会 @9-12am	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	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(IL)@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(拉力带) @10-10.45am	服务 - 健康检查(居民委会B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	一起做缝纫@10.30am-12pm	一起做拼布工艺@2-4pm	一起做钩针编织@10.30-11.30am	一起去数码益终身节(吉丰联络所)@12.30-2.30pm
	一起做CrossFit(F4)@10-11am	一起做防肌肉萎缩运动 11am-12pm	Steady Lah! 保健操@2-3.30pm	代际交流-瑞士国际学院 @2-3.30pm	
	一起做有氧搏击活动(只限男性)@2-3pm	一起做防跌运动@2-3pm			
	一起喝咖啡(只限男性)@2-4pm	一起做 CrossFit@3.30-4.30pm			

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MON

TUE

WED

THU

FRI

SAT

28

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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(有氧运动) @9-9.45am

一起跳尊巴(乐龄版) @414A @9.30-10.30am

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

一起庆祝万灯节@2.30-4pm

一起做CrossFit(F4)@10-11am

一起做防肌肉萎缩运动 11am-12pm

一起做Steel Tonic (裕青联络所4楼) @7.30-8.30pm

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 - 南洋女中武术 @3.30-5pm

一起做 CrossFit@3.30-4.30pm

一起来K歌@2-4pm

Public Holiday
(Deepavali)

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