




2025 April

Commitment Fee Applicable

***By Online Booking Only**

Bay B/C: 12pm to 4pm: Rummy O & BERNINA Self-Sewing

 **Centre Name:** AAC (Pioneer)
 **Centre Address:** 662A Jurong West St 64 #01-328 S641662
 **Centre Contact:** 6715 6751 or 6715 6756



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	Let's Exercise with Razak (Recorded Session) in Bay C 10am - 11am	Community Health Post In Bay A 9am -12pm	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 10am - 10.45am	
	BERNINA Sewing Tech Project: Upcycling Jeans Session #1 10am - 12pm	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Do Good with Avventura Virtual Reality Experience 10.45am - 12pm	
	BERNINA Sewing Tech Project: Upcycling Jeans #2 12.30pm - 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12.30pm - 1.30pm	Seniors Friendship Circle in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
	Let's Gen Together with Jurong West Secondary School at Bay B: 2pm - 3pm	Let's Celebrate Birthday - April Babies at Bay B & C 12.30pm - 1.30pm	Let's KTV Together Karaoke in Bay C 12pm - 5pm	Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm	
		Let's Pick Up Malay (Beginner) in Bay C 2.30pm - 3.30pm	3D Pen Art in Bay B 2pm to 3pm		
7	8	9	10	11	12
CWAS Trishaw Pilot Course At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Recorded Session) in Bay C 10am - 11am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 10am - 10.45am	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	BERNINA Sewing Tech Project: Upcycling Jeans Session #1 10am - 12pm	Let's Makan Together & Reminisce Games In Bay B & C 12.30pm - 1.30pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Learn to Tech in Bay C: 10.45am - 12pm	
Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay B & C 10am - 10.45am	BERNINA Sewing Tech Project: Upcycling Jeans #2 12.30pm - 2pm	Let's Celebrate Birthday - Jan to Mar Babies at Bay B & C 12.30pm - 1.30pm	Current Affairs (News Sharing) in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
BERNINA Beginner & Advanced Class Sew-Tech in Bay B 10.30am - 1.30pm	Let's Pick Up English (Beginner) at Bay B: 2pm - 3pm		Let's KTV Together Karaoke in Bay C 12pm - 5pm		
Let's Do Calligraphy Art in Bay C 2pm - 3pm			3D Pen Art in Bay B 2pm to 3pm		

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

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
CWAS Trishaw Art & Ride Activity At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Recorded Session) in Bay C 10am - 11am	Community Health Post In Bay A 9am -12pm	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Centre Closure: Good Friday	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	BERNINA Sewing Tech Project: Upcycling Jeans Session #1 10am - 12pm	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am		
Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay B & C 10am - 10.45am	BERNINA Sewing Tech Project: Upcycling Jeans #2 12.30pm - 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12.30pm - 1.30pm	Seniors Friendship Circle in Bay C 11am - 12pm		
BERNINA Beginner & Advanced Class Sew-Tech in Bay B 10.30am - 1.30pm	Let's Gen Together with Jurong West Secondary School at Bay B: 2pm - 3pm	Let's Pick Up Malay (Beginner) in Bay C 2.30pm - 3.30pm	Let's KTV Together Karaoke in Bay C 12pm - 5pm		
Let's Do Calligraphy Art in Bay C 2pm - 3pm			3D Pen Art in Bay B 2pm to 3pm		
21	22	23	24	25	26
CWAS Trishaw Pilot Course At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Recorded Session) in Bay C 10am - 11am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 10am - 10.45am	NTUC HEALTH CASHEW OPEN HOUSE (OPEN TO PUBLIC) All Bays and Multipurpose Hall 9am - 1pm
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	BERNINA Sewing Tech Project: Upcycling Jeans Session #1 10am - 12pm	Let's Makan Together & Reminisce Games In Bay B & C 12.30pm - 1.30pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Learn to Tech in Bay C: 10.45am - 12pm	
Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay B & C 10am - 10.45am	BERNINA Sewing Tech Project: Upcycling Jeans #2 12.30pm - 2pm	Let's Celebrate Birthday - April Babies at Bay B & C 12.30pm - 1.30pm	Current Affairs (News Sharing) in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
BERNINA Beginner & Advanced Class Sew-Tech in Bay B 10.30am - 1.30pm	Let's Pick Up English (Beginner) at Bay B: 2pm - 3pm	Let's Pick Up Malay (Beginner) in Bay C 2.30pm - 3.30pm	Let's KTV Together Karaoke in Bay C 12pm - 5pm	Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm	
Let's Do Calligraphy Art in Bay C 2pm - 3pm			3D Pen Art in Bay B 2pm to 3pm		

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2025 March

Commitment Fee Applicable

*By Online Booking Only

Bay B: 12pm to 4pm: Rummy O & BERNINA Self-Sewing



Centre Name: AAC (Pioneer)



Centre Address: 662A Jurong West St 64 #01-328 S641662



Centre Contact: 6715 6751 or 6715 6756



MON

TUE

WED

THU

FRI

SAT

28	29	30	
CWAS Trishaw Art & Ride Activity At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Recorded Session) in Bay C 10am - 11am	Community Health Post In Bay A 9am -12pm	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	BERNINA Sewing Tech Project: Upcycling Jeans Session #1 10am - 12pm	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	
Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay B & C 10am - 10.45am	BERNINA Sewing Tech Project: Upcycling Jeans #2 12.30pm - 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12.30pm - 1.30pm	
BERNINA Beginner & Advanced Class Sew-Tech in Bay B 10.30am - 1.30pm	Let's Gen Together with Jurong West Secondary School at Bay B: 2pm - 3pm	Let's Pick Up Malay (Beginner) in Bay C 2.30pm - 3.30pm	
Let's Do Calligraphy Art in Bay C 2pm - 3pm			

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2025 三月

*象征性应付费

*需要预先登记

B区: 中午12点到下午4点: 拉密 O 与自制 缝纫



Centre Name: AAC (Pioneer)



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ntuc Health

MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
让我们一起参加 CWAS 三轮车试点活动, 在裕廊坊 9am - 12.30pm	一起跟 Razak 线上做运动 (Zoom) (记录) #1 Bay B & C 9am - 10am	CHP 服务 - 社区保健站 In Bay A 9am - 12pm	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	一起做 CrossFit Bay B & C 9am - 10am	新加坡国立大学糖尿病足部筛查活动 在 Bay C, NUS Diabetes Foot Screening 9am to 4pm
让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am	一起跟 Razak 线上做运动 (Zoom) (记录) #2 Bay B & C 10am - 11am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳 击 - Bay B 10.00am - 11.00am	一起跟 Razak 线上做运动 (Zoom) (记录) Bay B & C 10am - 10.45am	
一起跟 Razak 线上做水瓶运动 (Zoom in Bay B & C) 10am - 10.45am	乐龄友谊圈 Bay C 10.45am - 11.30am	一起跟 Razak 线上做运动 (Zoom) (记录) #1 in Bay C 10.30am - 11.30am	一起学 (英语) - 中级 (advanced) 10.30am - 11.30am	让我们在 C 区学习科技: 与 Bamboo Builders 一起 10.45am - 12pm	
BERNINA 了解 缝纫机操作与 项目 Bay B 10.30am - 1.30pm	一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm	一起来 makan 中心内 & 游戏时间 Bay C 12.30pm - 1.30pm	一起来 K 歌 Karaoke Bay C 12pm - 5pm	让我们提升马来语水平 in Bay B 2pm - 3pm	
Dave and Friends in Bay C Dave 和朋友一起唱歌 2pm - 3pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	一起喝咖啡 (男性) Male Exclusive Bay B & C 2pm to 3pm	3D 笔艺术 in Bay B 2pm to 3pm		
24	25	26	27	28	29
一起跟着 Razak 做运动 (录播) (Zoom) Pre-recorded bay B & C 9am - 10am	一起跟 Razak 线上做运动 (Zoom) (记录) #1 in Bay B & C 9am - 10am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	一起做 CrossFit Bay B & C 9am - 10am	
一起跟 Razak 线上做水瓶运动 (Zoom in Bay B & C) 10am - 10.45am	一起跟 Razak 线上做运动 (Zoom) (记录) #2 in Bay B & C 10am - 11am	一起跟 Razak 线上做运动 (Zoom) (记录) #1 in Bay C 10.30am - 11.30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳 击 - Bay B 10.00am - 11.00am	一起跟 Razak 线上做运动 (Zoom) (记录) Bay B & C 10am - 10.45am	
BERNINA 了解 缝纫机操作与 项目 Bay B 10.30am - 1.30pm	乐龄友谊圈 Bay C 10.45am - 11.30am	一起跟 Razak 线上做运动 (Zoom) (记录) Bay C #2 11.30am - 12.30pm	让我们一起 Gen Hwa Chong Int. 华学院 in Bay C 10.30am - 12.30pm	一起学习科技 Bay C Mobile tech class 10.45am - 12pm	
让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am	一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm	一起来 makan 中心内 & 游戏时间 Bay C 12.30pm - 1.30pm	一起来 K 歌 Karaoke Bay C 12pm - 5pm	让我们提升马来语水平 in Bay B 2pm - 3pm	
一起学书法 Bay C 2pm - 3pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	一起喝茶吧 (Ladies) 仅限女士 in Bay B & C 2pm to 3pm	3D 笔艺术 in Bay B 2pm to 3pm		

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B区: 中午12点到下午4点: 拉密O与自制缝纫



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ntuc Health

MON 3		TUE 4		WED 5		THU 6		FRI 7		SAT 8	
让我们一起参加 CWAS三轮车试点活动, 在裕廊坊 9am - 12.30pm		一起跟 Razak线上做运动 (Zoom) (记录) #1 in Bay B & C 9am - 10am		CHP 服务 - 社区保健站 In Bay A 9am -12pm		HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am		起做CrossFit (Mixed) Bay B & C 9am - 10am		中心于下午 1PM点 关闭:公司活动	
一起跟 Razak线上做水瓶运动 (Zoom) (记录) #1 in Bay B & C 9am - 10am		一起跟 Razak线上做运动 (Zoom) (记录) #2 in Bay B & C 10am - 11am		HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am		让我们和 Razak 一起锻炼 (Zoom)坐姿改良拳击 - Bay B 10.00am - 11.00am		一起跟 Razak线上做运动 (Zoom) 拉伸带 in Bay B & C 10am - 10.45am			
一起跟 Razak线上做坐姿水瓶运动 (Zoom) (记录) #2 in Bay B & C 10am - 11am		乐龄友谊圈 Bay C 10.45am - 11.30am		一起跟 Razak线上做运动 (Zoom) (记录) #1 in Bay C 10.30am - 11.30am		一起学(英语)-中级 (advanced) 10.30am - 11.30am		Nigel Mobile Photography Part 2 手机摄影 Bay C 10.45am - 12pm			
BERNINA 了解 缝纫机操作与项目 Bay B 10.30am - 1.30pm		一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm		一起跟 Razak线上做运动 (Zoom) (记录) Bay C #2 11.30am - 12.30pm		一起来 K歌 Karaoke Bay C 12pm - 5pm					
让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am		一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm		一起来 makan 中心内 & 游戏时间 Bay C 12.30pm - 1.30pm		3D笔艺术in Bay B 2pm to 3pm					
一起学书法 Bay C 2pm - 3pm				一起来庆生 Bay B March Babies 12.30pm - 1.30pm							
10		11		12		13		14		15	
让我们一起参加 CWAS三轮车试点活动, 在裕廊坊 9am - 12.30pm		中心于下午 1PM点 关闭:公司活动		一起椅子尊巴 in Bay C 9.30am - 10.30am		HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am		起做CrossFit (Mixed) Bay B & C 9am - 10am		让我们在Frontier社区中心4楼开斋(非 NTUC Health活动) Let's Buka Puasa (Break Fast) at Frontier CC, Level 4 6.30pm to 8.30pm	
一跟Razak线上做水瓶运动 (Zoom) (记录) #1 in Bay B & C 9am - 10am				一起跟 Razak线上做运动 (Zoom) (记录) in Bay C 10.30am - 11.30am		让我们和 Razak 一起锻炼 (Zoom)坐姿改良拳击 Modified Boxing- Bay B 10.00am - 11.00am		一起跟 Razak线上做运动 (Zoom) 拉伸带 in Bay B & C 10am - 10.45am			
一起跟 Razak线上做坐姿水瓶运动 (Zoom) (记录) #2 in Bay B & C 10am - 11am				一起来 makan 中心内 & 游戏时间 Bay C 12.30pm - 1.30pm		一起学(英语)-中级 (advanced) 10.30am - 11.30am		让我们在C区学习科技: 与Bamboo Builders一起 10.45am - 12pm			
BERNINA 了解 缝纫机操作与项目 Bay B 10.30am - 1.30pm				电影时间 Bay C Movies time 2pm - 4pm		一起来 K歌 Karaoke Bay C 12pm - 5pm		一起看歌台 Getai (Zoom) in Bay C 2pm - 4pm			
让我们一起来气功吧 (IL) @ 662 MPH Qigong 9.30am - 10.30am				一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm				ACS-Independent 英华自主中学 in Bay C 2pm - 3pm			
一起学书法 Bay C 2pm - 3pm											

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B区: 中午 12 点到下午 4 点: 拉密 O 与自制 缝纫

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

31

中心关闭:
2025
年哈芝节
Hari Raya
Puasa



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