

2026 APRIL (四月)

Payment Required / 需付款

By Invitation Only/仅限受邀人士

📍 **Centre Name:** AAC (Pioneer)
 🏠 **Centre Address:** 662A Jurong West St 64 #01-328 S641662
 📞 **Centre Contact:** 6715 6750 (Call) 67156751 (Whatsapp)



MON

TUE

WED

THU

FRI

SAT

| MON | TUE | 1 | 2 | 3 | SAT |
|-----|-----|--|--|---|-----|
| | | Let's Learn Swimming 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am | Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am | Centre Closure for Public Holiday: Good Friday 公共假日中心关闭: 耶稣受难日 | |
| | | Community Health Post 服务 - 社区保健站 @9.00am to 11.30am | Project Citizens: Senior Engagement Programme. 公民计划: 乐龄参与计划 @10.00 to 12.00pm | | |
| | | Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am | Let's Dance: Social 一起嗨舞吧: 社交舞 @10.45am to 11.45am | | |
| | | Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12.00pm to 1.00pm | Let's KTV Together 一起来K歌 @12.00pm to 2.00pm | | |
| | | Let' Learn to Take Photo (Volunteer Led) 一起学手机拍照技巧 (由志愿者带领) @2.00pm to 3.00pm | Let's Gen Together - Anglo-Chinese School (Independent) 代际交流 - 英华独立学校 @2.00pm to 3.30pm | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|-----|
| 6 | 7 | 8 | 9 | 10 | 11 |
| Senior Friendship Circle (Malay/Indian Exclusive) 长者友谊圈 (马来族/印度族专属) @9.45am to 1.45pm | Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am | Let's Learn Swimming 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am | Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am | BERNINA Design and Fabricwork Workshop: Earring Making (Volunteer Led) BERNINA 设计与布艺工作坊: 耳环制作(志愿者带领) @9.30am to 12.30pm | |
| Let's KTV Together (Malay) 一起来K歌(马来语) @1.00pm to 3.00pm | Let's Learn to Tech (HP Class) 一起学科技吧(手机课) @11.00am to 12.00pm | Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am | Project Citizens: Senior Engagement Programme. 公民计划: 乐龄参与计划 @10.00 to 12.00pm | HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm | |
| Let's Floorball 一起玩地板球 @3.00pm to 4.00pm | Let's Talk News with Singapore Press Holdings 一起聊新闻 与新加坡报业控股一起 @1.00pm to 2.00pm | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm | Let's Dance: Social 一起嗨舞吧: 社交舞 @10.45am to 11.45am | Let's Danze Bolayu with Arin 跟Arin一起跳Bolayu舞吧 @11.30am to 12.30pm | |
| | Fun with Kakis 乐趣与好友相伴 @2.00pm to 3.00pm | Let's Celebrate: Hari Raya Party 2026 让我们一起庆祝: 2026年开斋节派对 12.00pm to 2.00pm | Let's KTV Together 一起来K歌 @12.00pm to 2.00pm | Let's Gen Together - Jurong West Secondary School 代际交流 - 裕廊西中学 @2.30pm to 4.00pm | |
| | | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 1.45am to 4.45pm | Let's Go Gai Gai: Movie Time 一起去逛逛: 电影时光 @1.00pm to 4.00pm | | |
| | | Let' Learn to Take Photo (Volunteer Led) 一起学手机拍照技巧(由志愿者带领) @2.00pm to 3.00pm | | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|-----|
| 13 | 14 | 15 | 16 | 17 | 18 |
| Let's CrossFit 一起做CrossFit @10.00am to 11.00am | Let's Yum Cha Together: Minority Breakfast Club (Potluck) 一起饮茶: 马来式早餐聚会(少数 族群早餐俱乐部(百乐餐/自带食 物分享) @9.30am to 11.30am | Let's Learn Swimming 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am | Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am | Let's Yoga (Volunteer Led) 一起做瑜伽(志愿者带领) @9.30am to 10.30am | |
| Senior Friendship Circle (Chinese Exclusive) 长者友谊圈(仅限华族) @10.00am to 11.00am | Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am | Community Health Post 服务 - 社区保健站 @9.00am to 11.30am | Let's Dance: Social 一起嗨舞吧: 社交舞 @10.45am to 11.45am | Let's Brisk Walk (Volunteer Led) 快步走(志愿者带领) @9.30am to 11.00am | |
| Let's Boccia 一起玩硬地滚球 @2.00pm to 3.00pm | Let's Learn to Tech (HP Class) 一起学科技吧(手机课) @11.00am to 12.00pm | Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am | Let's KTV Together 一起来K歌 @12.00pm to 2.00pm | HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm | |
| | Let's Talk News with Singapore Press Holdings 一起聊新闻 与新加坡报业控股一起 @1.00pm to 2.00pm | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm | Senior Friendship Circle (Male Exclusive) 长者友谊圈(仅限男性) @1.00pm to 3.00pm | Let's Danze Bolayu with Arin 跟Arin一起跳Bolayu舞吧 @11.30am to 12.30pm | |
| | Fun with Kakis 乐趣与好友相伴 @2.00pm to 3.00pm | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 1.45am to 4.45pm | Let's Volunteer Together (Meeting) 让我们一起做义工(会议) @2.00pm to 4.00pm | Let's Pick Up Malay with NTU Students (Beginner) 和南洋理工大学(NTU)学生一起 学马来语吧(初级) @ 2.00pm to 3.00pm | |
| | | Let's Gen Together - Singapore Polytechnic Care Service Learning 代际交流 - 新加坡理工学院关 怀 服务学习 @2.30pm to 4.00pm | | Let's Pick Up English with NTU Students(Beginner) 和南洋理工大学(NTU)学生一起 学英语吧!(初级班) @ 3.00pm to 4.00pm | |

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|--|--|---|--|---|-----|
| 20 | 21 | 22 | 23 | 24 | 25 |
| Let's CrossFit 一起做CrossFit @10.00am to 11.00am | Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am | Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am | Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am | Let's Go Gai Gai: Rainforest Wild Asia 一起去Gai Gai: 亚洲雨林探险 @9.00am to 3.30pm | |
| Let's Makan Together - F4 一起来 makan - F4 @ 12.00pm to 1.00pm | Let's Learn to Tech (HP Class) 一起学科技吧(手机课) @11.00am to 12.00pm | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm | Let's Dance: Social 一起嗨舞吧: 社交舞 @10.45am to 11.45am | Let's Yoga (Volunteer Led) 一起做瑜伽(志愿者带领) @9.30am to 10.30am | |
| Dave and Friends Singing Class Dave 与朋友们歌唱班 @2.00pm to 4.00pm | Let's Talk News with Singapore Press Holdings 一起聊新闻 与新加坡报业控股一起 @1.00pm to 2.00pm | Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12.00pm to 1.00pm | Let's KTV Together 一起来K歌 @12.00pm to 2.00pm | Let's Brisk Walk (Volunteer Led) 快步走(志愿者带领) @9.30am to 11.00am | |
| Let's Learn to Bake 一起学烘焙 @2.00pm to 4.00pm | Fun with Kakis 乐趣与好友相伴 @2.00pm to 3.00pm | Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 1.45am to 4.45pm | Senior Friendship Circle (Caretaker's Exclusive - BNB Partners) 长者友谊圈(仅限看护者 - BNB合作伙伴) @12.00pm to 3.00pm | HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm | |
| | | Let' Learn to Take Photo (Volunteer Led) 一起学手机拍照技巧(由志愿者带领) @2.00pm to 3.00pm | Let's Gen Together - Clementi Town Secondary School 代际交流 - 金文泰镇中学 @3.45pm to 5.15pm | Let's Pick Up Malay with NTU Students (Beginner) 和南洋理工大学(NTU)学生一起学习马来语吧(初级) @ 2.00pm to 3.00pm | |
| | | | | Let's Pick Up English with NTU Students(Beginner) 和南洋理工大学(NTU)学生一起学习英语吧!(初级班) @ 3.00pm to 4.00pm | |

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| 27 | 28 | 29 | 30 | | |
| Let's CrossFit 一起做CrossFit @10.00am to 11.00am | Let's Yum Cha Together: Minority Breakfast Club (Potluck) 一起饮茶: 马来式早餐聚会(少数 族群早餐俱乐部(百乐餐 / 自带食 物分享) @9.30am to 11.30am | Let's Learn Swimming 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am | Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am | | |
| Centre Closure for Company Training 因公司培训中心暂 停营业 | Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am | Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am | Let's Dance: Social 一起嗨舞吧: 社交舞 @10.45am to 11.45am | | |
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