

2026 AUG (八月)

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) 80312431 (Whatsapp)



ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Yoga 一起做瑜伽 @9.00am to 10.00am	Let's Go Gai Gai: Seniors National Games 2026 一起去走走: 2026年全国乐龄运动会 @9.00am to 1.00pm	Let's Do Brisk Walking (Offsite @ Bulim Park) 一起健步走 (户外活动 @ 武林公园) @7.30am to 9.30am	Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	Let's Hunt for Yummy Food: National Day 2026 Themed Party (Minorities Exclusive) 寻味美食:2026年国庆主题派对 (少数民族专场) @9.00am to 11.15am	
Let's CrossFit 一起做CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 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 Social Dance: National Day Dance Party 2026 一起跳社交舞: 2026年国庆舞会 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Learn To Sing 一起学唱歌 @11.00am to 12.00pm	F4 - Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Let's Makan Together: Communal Dining 一起用餐:社区共享餐饮 @12.00pm to 1.00pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	Let's Learn To Tech: HP Class 科技学习乐:HP课程 @10.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 2.00pm	
Let's Pick Up English (In Mandarin) 一起学英语(华语授课) @2.00pm to 3.00pm	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐:健康餐盘 @11.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm	Let's Gen Together: Anglo-Chinese School Independant (ACSI) 世代同行:英华自主中学 (ACSI) @2.15pm to 3.15pm		
Let's Do Beads Art 一起做艺术吧 @3.00pm to 4.00pm	Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @12.30pm to 2.00pm	Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm			
	Let's Do Art Theraphy: Freeform Doodle Art 一起进行艺术治疗:自由涂鸦创作 @2.00pm to 3.00pm				

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closure: National Day Public Holiday 中心关闭通知 :国庆日假期	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Do Brisk Walking (Offsite @ Bulim Park) 一起健步走 (户外活动 @ 武林公园) @7.30am to 9.30am	Let's Learn Indian Cooking: Chicken Nasi Briyani 一起学印度烹饪: 鸡肉印度香饭 @9.00am to 12.00pm	Let's Yoga 一起做瑜伽 @9.00am to 10.00am	
	F4 - Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Stretch Band 一起做弹力带拉伸操 @9.30am to 10.30am	Let's Go Gai Gai: Long Kuan Hung Crocodile Farm Outing 一起去逛逛: 龙宽兴鳄鱼园之旅 @9.30am to 3.00pm *report outside Bay A/报到地点: Bay A 外集合 *timing may change/时间可能会有所更改	
	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	Let's Learn To Tech: HP Class 科技学习乐: HP课程 @10.30am to 12.00pm	Let's Do Malay Dance 一起跳马来舞 @10.00am to 11.00am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐: 健康餐盘 @11.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm	Let's Social Dance 一起跳社交舞 @10.45am to 11.45am	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
	Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @12.30pm to 2.00pm	Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm	Centre Closure @ 12.00pm: Company Town Hall 中心于中午 12时 关闭: 公司员工大会	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 2.00pm	
	Let's Do Art Therapy: Freeform Doodle Art 一起进行艺术治疗: 自由涂鸦创作 @2.00pm to 3.00pm				

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's CrossFit 一起做 CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Do Brisk Walking (Offsite @ Bulim Park) 一起健步走 (户外活动 @ 武林公园) @7.30am to 9.30am	Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	Let's Yoga 一起做瑜伽 @9.00am to 10.00am	Let's Do Good: NUHS Polyclinic Event 一起做好事：国大综合诊疗所活动 @8.00am to 5.00pm
Let's Learn To Sing 一起学唱歌 @11.00am to 12.00pm	F4 - Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Community Health Post 服务 - 社区保健站 @9.00am to 11.30am	Let's Do Malay Dance 一起跳马来舞 @10.00am to 11.00am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's KTV Together 一起来 K歌 @12.00pm to 2.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
Let's Pick Up English (In Mandarin) 一起学英语 (华语授课) @2.00pm to 3.00pm	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐: 健康餐盘 @11.30am to 12.00pm	Let's Walking Football 一起来踢球 @10.00am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 2.00pm	
Let's Do Beads Art 一起做艺术吧 @3.00pm to 4.00pm	Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @12.30pm to 2.00pm	Let's Learn To Tech: HP Class 科技学习乐: HP课程 @10.30am to 12.00pm	Let's Gen Together: Anglo-Chinese School Independant (ACSI) 世代同行: 英华自主中学 (ACSI) @2.00pm to 3.30pm	Let's Gen Together: Boon Lay Secondary School X BERNINA Special Project 世代同行: 文礼中学 x BERNINA 特别合作计划 @3.15pm to 5.15pm	
	Let's Do Art Therapy: Freeform Doodle Art 一起进行艺术治疗: 自由涂鸦创作 @2.00pm to 3.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm			
		Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Yoga 一起做瑜伽 @9.00am to 10.00am	F4 - Let's Chair Yoga F4 - 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 Do Good: Let's Get Moving - Neighbourhood Walk with DBS Bank 一起行善: 与星展 银行邻里健步行 @9.00am to 11.30am	
Let's CrossFit 一起做 CrossFit @10.00am to 11.00am	F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Learn To Tech: HP Class 科技学习乐: HP课程 @10.30am to 12.00pm	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.30am to 12.30pm	
Let's Learn To Sing 一起学唱歌 @11.00am to 12.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm	Let's Celebrate August Birthday 欢庆八月份生日会 @11.00am to 12.00pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
Let's KTV Together 一起来 K歌 @12.00pm to 2.00pm	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐: 健康餐盘 @11.30am to 12.00pm	Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.15pm to 3.15pm	Let's Makan Together: Communal Dining 一起用餐: 社区共享餐 饮 @12.00pm to 1.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 2.00pm	
Let's Pick Up English (In Mandarin) 一起学英 语 (华语授课) @2.00pm to 3.00pm	Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @12.30pm to 2.00pm	Let's Gen Together: Jurong West Secondary School 世代同行: 裕廊西中学 @3.15pm to 4.15pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.00pm	Let's Volunteer Together (Meeting & Sharing) 一起参与义工交流会 @2.00pm to 3.00pm	
Let's Do Beads Art 一起做 艺术吧 @3.00pm to 4.00pm	Let's Do Art Therapy: Freeform Doodle Art 一起进行艺术治疗: 自由涂鸦创作 @2.00pm to 3.00pm		Let's Do Flower Arrangements: Mini Bouquets 一起学插花: 迷你花束 @2.00pm to 4.00pm		
	Let's Learn Baking: Florentine Cookies 一起学烘焙: 佛罗伦萨脆饼 @3.00pm to 4.00pm				

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MON	TUE	WED	THU	FRI	SAT
31					
Let's CrossFit 一起做 CrossFit @10.00am to 11.00am					
Let's Learn To Sing 一起学唱歌 @11.00am to 12.00pm					
Let's KTV Together 一起来 K歌 @12.00pm to 2.00pm					
Let's Pick Up English (In Mandarin) 一起学英 语 (华语授课) @2.00pm to 3.00pm					
Let's Do Beads Art 一起做 艺术吧 @3.00pm to 4.00pm					

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