




# 2025 February

**\*Nominal fees payable**

**\*By Booking Only**

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



MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	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 in Bay C 10am - 10.45am	
Let's Get to Know Bernina Machine Operations & Projects at Bay C 9.30am - 12.30pm	Seniors Friendship Circle in Bay C 10.45am - 12pm	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Pick Up English in Bay C 10.30am - 12pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Current Affairs U & Me in Bay C 10.30am - 11.30am	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	
Let's Learn to Tech in Bay C: With Amartya 2pm - 4pm	Let's Do Clay Art in Bay B 2pm - 3pm	Let's Makan Together in Bay B 11.30am - 2pm			
	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's KTV Together Karaoke in Bay C 2pm - 4pm			
10	11	12	13	14	15
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	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 Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Get to Know Bernina Machine Operations & Projects at Bay C 9.30am - 12.30pm	Seniors Friendship Circle in Bay C 10.45am - 12pm	Current Affairs U & Me in Bay C 10.30am - 11.30am	Let's Pick Up English in Bay C 10.30am - 12pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Strategise with Kakis: Rummy O in Bay B 2pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Let's Makan Together in Bay B 11.30am - 2pm	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	
Let's Do Chinese Calligraphy Art in Bay C 2pm - 3pm	Let's Do Clay Art in Bay B 2pm - 3pm	Let's KTV Together Karaoke in Bay C 2pm - 4pm			
	Let's Pick Up Malay in Bay C 2pm - 3pm				




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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	Community Health Post In Bay A 9am - 12pm	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Get to Know Bernina Machine Operations & Projects at Bay C 9.30am - 12.30pm	Seniors Friendship Circle in Bay C 10.45am - 12pm	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Pick Up English in Bay C 10.30am - 12pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Current Affairs U & Me in Bay C 10.30am - 11.30am	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	
Let's Gen Together: Frontier Primary School In Bay C 2.30pm to 4.30pm	Let's Do Clay Art in Bay B 2pm - 3pm	Let's Makan Together in Bay B 11.30am - 2pm		Let's Talk About: CPF & My Retirement 2pm - 4.30pm	
	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's KTV Together Karaoke in Bay C 2pm - 4pm			
24	25	26	27	28	
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	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 Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Get to Know Bernina Machine Operations & Projects at Bay C 9.30am - 12.30pm	Seniors Friendship Circle in Bay C 10.45am - 12pm	Current Affairs U & Me in Bay C 10.30am - 11.30am	Let's Pick Up English in Bay C 10.30am - 12pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Strategise with Kakis: Rummy O in Bay B 2pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 2pm	Let's Makan Together in Bay B 11.30am - 2pm	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	Strategise with Kakis: Rummy O in Bay B 12pm - 4pm	
Let's Do Chinese Calligraphy Art in Bay C 2pm - 3pm	Let's Do Clay Art in Bay B 2pm - 3pm	Let's KTV Together Karaoke in Bay C 2pm - 4pm			
	Let's Pick Up Malay in Bay C 2pm - 3pm				

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# 2025 二月

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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
3	4	5	6	7	8
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 水瓶 in Bay C 10am - 10.45am	服务 - 社区保健站 CHP-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 (Mixed) Bay C 10am - 10.45am	
了解 Bernina 缝纫机操作与项目 Bay B 9.30am - 12.30pm	乐龄友谊圈 Bay C 10.45am - 12pm	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	一起学 (English - 英语) - 初级 Bay C 10.30am - 12pm	让我们在 Bay C 学习技术 : 与竹建造者 With Bamboo Builders 10.45am - 12pm	
游戏时间 Rummy O 12pm - 2pm	游戏时间 Rummy O 12pm - 2pm	时事新闻你和我 Bay C 10.30am - 11.30am	游戏时间 Rummy O 12pm - 4pm	游戏时间 Rummy O 12pm - 4pm	
在 Bay C 学习科技: 与阿玛蒂亚一起 2pm - 4pm	一起做粘土艺术 Bay B 2pm - 3pm	一起来 makan 中心内 Bay B 11.30am - 2pm			
	一起学 (Malay - 马来语) - 初级 Bay C 2pm - 3pm	一起来K歌 Karaoke Bay C 2pm - 4pm			
10	11	12	13	14	15
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 水瓶 in Bay C 10am - 10.45am	服务 - 社区保健站 CHP-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 (Mixed) Bay C 10am - 10.45am	
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游戏时间 Rummy O 12pm - 2pm	游戏时间 Rummy O 12pm - 2pm	时事新闻你和我 Bay C 10.30am - 11.30am	游戏时间 Rummy O 12pm - 4pm	游戏时间 Rummy O 12pm - 4pm	
一起写书法 Bay C 2pm - 3pm	一起做粘土艺术 Bay B 2pm - 3pm	一起来 makan 中心内 Bay B 11.30am - 2pm			
	一起学 (Malay - 马来语) - 初级 Bay C 2pm - 3pm	一起来K歌 Karaoke Bay C 2pm - 4pm			

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 水瓶 in Bay C 10am - 10.45am	服务 - 社区保健站 CHP-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 (Mixed) Bay C 10am - 10.45am	
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游戏时间 Rummy O 12pm - 2pm	游戏时间 Rummy O 12pm - 2pm	时事新闻你和我 Bay C 10.30am - 11.30am	游戏时间 Rummy O 12pm - 4pm	游戏时间 Rummy O 12pm - 4pm	
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