

# 2026 February 二月

Payment Required / 需付款

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
2	3	4	5	6	7
Let's Learn Swimming (Level 1) 一起学习游泳 (第一级) @Jurong Swimming Complex @8.45am to 9.30am	Let's Yum Cha Together: Malay Breakfast Club (Potluck) 一起饮茶: 马来早餐聚会(百家餐形式) @9.00am to 10.30am	Let's Learn Swimming (Level 2) 一起学习游泳 (第二级) @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 Brisk Walk (Volunteer Led) 快步走(志愿者 带领) @9.30am to 11.00am	Let's Gen Together with NTU students and One Wish Limited: Dumpling Making (Grandparent and Grandchild Exclusive)  代际交流 - 大专学府 与 南洋理工大学学生及 One Wish Limited 合办 祖孙专属饺子制作活动  @10.00am to 12.00pm
Let's CrossFit 一起做CrossFit @11.00am to 12.00pm	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 Talk News with Singapore Press Holdings 与新加坡报业控股一起聊新闻 @11.00am to 12.00pm	Let's Yoga (Volunteer Led) 一起做瑜伽 @9.30am to 10.30am	
Let's Makan Together - F4 一起来 makan - F4 @ 12.00pm to 1.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	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 @2.00pm to 4.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Muscle and Mind 肌力与心智训练课程 @2.00pm to 3.00pm	Let's CALM 一起做防肌肉萎缩运动 @2.00pm to 3.00pm	Let's Celebrate Birthday (February) 庆祝生日(二月) @ 11.00am to 12.00pm		Let's Danze Bolayu with Arin 跟Arin 一起跳Bolayu舞吧 @11.30am to 12.30pm	
		Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12.00pm to 1.00pm		Let's Volunteer Together (Meeting) 让我们一起做义工(会议) @2.00pm to 4.00pm	

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

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9	10	11	12	13	14
Let's Learn Swimming (Level 1) 一起学习游泳 (第一级) @Jurong Swimming Complex @8.45am to 9.30am	Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Learn Swimming (Level 2) 一起学习游泳 (第二级) @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 @9.30am to 10.30am	
Let's CrossFit 一起做CrossFit @11.00am to 12.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	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 @2.00pm to 4.00pm	Let's Celebrate: Chinese New Year Party 2026 让我们一起庆祝:2026 新年派对@ 10.30am to 12.00pm	
Let's Makan Together - F4 一起来 makan - F4 @ 12.00pm to 1.00pm	Leave Well Series - Legacy Planning Workshop - Lasting Power of Attorney (Malay) 一起来谈(持久授权书认证) @2.00pm to 4.30pm	Let's Do Chinese New Year Decor with One Wish Limited 一起做 (与 One Wish Limited 合办 新春装饰活动) @10.30am to 12.00pm		Centre Closure at 12pm for Company Townhall  中心将于中午 12点闭馆, 以便举行公司全员大会	
Let's Muscle and Mind 肌力与心智 训练课程 @2.00pm to 3.00pm		Let's Makan Together - Inhouse 一起来makan - 中心内 @ 12.00pm to 1.00pm			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's CrossFit 一起做CrossFit @11.00am to 12.00pm	Centre Closure for Chinese New Year 2026 中心春节闭馆通知	Centre Closure for Chinese New Year 2026 中心春节闭馆通知	Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Centre Closure at 12pm for Chinese New Year Eve 中心将于除夕中午12点关闭			Let's KTV Together 一起来K歌 @2.00pm to 4.00pm	Let's Danze Bolayu with Arin 跟Arin 一起跳Bolayu舞吧 @11.30am to 12.30pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Learn Swimming (Level 1) 一起学习游泳 (第一级) @Jurong Swimming Complex @8.45am to 9.30am	Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Learn Swimming (Level 2) 一起学习游泳 (第二级) @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 @9.30am to 10.30am	
Let's CrossFit 一起做CrossFit @11.00am to 12.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Makan Together - F4 一起来makan - F4 @ 12.00pm to 1.00pm	Let's CALM 一起做防肌肉萎缩运动 @2.00pm to 3.00pm	Let's Makan Together - Inhouse 一起来makan - 中心内 @ 12.00pm to 1.00pm	Senior Friendship Circle (Male Exclusive) 长者友谊圈 (男性专属) @12.00pm to 3.00pm	Let's Danze Bolayu with Arin 跟Arin 一起跳Bolayu舞吧 @11.30am to 12.30pm	
Let's Muscle and Mind 肌力与心智训练课程 @2.00pm to 3.00pm			Let's KTV Together 一起来K歌 @2.00pm to 4.00pm		

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