

2026 JAN (一月)

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)





MON

TUE

WED

THU

FRI

SAT

			1	2	3
			<p>Centre Closure for New Year's Day 2026</p> <p>2026 年元旦中心休息</p>	<p>Let's Brisk Walk (Volunteer Led) 快步走(志愿者带领) @8.30am to 9.30am</p> <p>Let's Yoga (Volunteer Led) 一起做瑜伽 (志愿者带领) @8.30am to 9.30am</p> <p>Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm</p> <p>Let's Exercise with Razak on Zoom: Seated Resistance Band — 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10.00am to 10.45am</p> <p>HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm</p> <p>Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm</p> <p>Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.15pm to 4.30pm</p> <p>Let's Go Gai Gai: Wicked Sentosa Outing 一起去 Gai Gai: 森多沙趣味一日游 @2.30pm to 9.30pm</p>	

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ntuc **Health**

MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am	Services - Wellness - CHP 服务 - 社区保健站 @8.30am to 12pm	Let's Learn Swimming (Malay Exclusive) 一起学习游泳 (只限马来族) @8.45am to 9.30am	Let's Yoga (Volunteer Led) 一起做瑜伽 @ 8.30am to 9.30am	
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10.00am to 11.00am	Let's Gen Together - Secondary (Dunearn Sec) 代际交流 - 中学 (Dunearn Sec) @10.30am to 12.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	
Let's Muscle and Mind 肌力与心智训练课程 @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 Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Resistance Band — 起跟Razak线上做运动 线上坐姿阻力带运动 @ 10.00am to 10.45am	
Let's Makan Together - F4 一起来makan - F4 @ 12.00pm to 1.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.30pm to 4.30pm	Let's Makan Together - Inhouse 一起来makan - 中心内 @ 12pm to 1pm	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起聊新闻 @2pm to 3pm	Let's CALM 一起做防肌肉萎缩运动 @2.00pm to 3.00pm	Let's Support NUS WISDOM Intervention (Primary School Level) 一起参与研究计划 - NUS WISDOM (小学组) @1.00pm to 3.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11.00am to 4.30pm	Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm	
	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @2.45pm to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1.00pm to 4.30pm	Let's KTV Together 一起来K歌 @2.00pm to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.15pm to 4.30pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am	Services - Wellness - CHP 服务 - 社区保健站 @8.30am to 12pm	Let's Learn Swimming (Malay Exclusive) 一起学习游泳 (只限马来族) @8.45am to 9.30am	Let's Yoga (Volunteer Led) 一起做瑜伽 @ 8.30am to 9.30am	
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10.00am to 11.00am	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm	Let's Brisk Walk (Volunteer Led) 快步走(志愿者带领) @8.30am to 9.30am	
Let's Muscle and Mind 肌力与心智训练课程 @11.00am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.30pm to 4.30pm	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	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm	
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	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Resistance Band — 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10.00am to 10.45am	
Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1.00pm to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @2.45pm to 4.30pm	Let's Support NUS WISDOM Intervention (Primary School Level) 一起参与研究计划 - NUS WISDOM(小学组) @1.00pm to 3.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11.00am to 1.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's Gen Together - Tertiary (National Junior College) 代际交流 - 高等教育 (国立初级学院) @1.00pm to 4.00pm	Let's Gen Together - Tertiary (National Junior College) 代际交流 - 高等教育 (国立初级学院) @1.00pm to 4.00pm	Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm	
				Let's Gen Together - Tertiary (National Junior College) 代际交流 - 高等教育 (国立初级学院) @1.00pm to 4.00pm	

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MON	TUE	WED	THU	FRI	SAT
19 Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	20 Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am	21 Services - Wellness - CHP 服务 - 社区保健站 @8.30am to 12pm	22 Let's Learn Swimming (Malay Exclusive) 一起学习游泳 (只限马来族) @8.45am to 9.30am	23 Let's Yoga (Volunteer Led) 一起做瑜伽 @ 8.30am to 9.30am	
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10.00am to 11.00am	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	
Let's Muscle and Mind 肌力与心智训练课程 @11.00am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.30pm to 4.30pm	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 Exercise with Razak on Zoom: Seated Resistance Band 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10.00am to 10.45am	
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 Celebrate Birthday (January) 庆祝生日 (1月) @ 11.00am to 12.00pm	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1.00pm to 3.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @2.45pm to 4.30pm	Let's Makan Together - Inhouse 一起来makan - 中心内 @ 12.00pm to 1.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11.00am to 1.00pm	Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm	
Let's Do Chinese New Year Floral Arrangement (Volunteer Led) 农历新年花艺安排 (志愿者带领) @3.30pm to 4.30pm	Let's Learn to Bake (Volunteer Led) 一起学烘焙(志愿者带领) @3.00pm to 4.00pm	Let's Support NUS WISDOM Intervention (Primary School Level) 一起参与研究计划 - NUS WISDOM (小学组) @1.00pm to 3.00pm	Senior Friendship Circle (Male Exclusive) 长者友谊圈(男性专属) @12.00pm to 3.00pm	Senior Friendship Circle (Malay/Indian Exclusive) 长者友谊圈(马来族／印度族专属) @12.30pm to 2.00pm	
			Let's KTV Together 一起来K歌 @2.00pm to 4.30pm	Let's KTV Together 一起来K歌 (马来族／印度族专属) @2.00pm to 4.30pm	

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26 Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10.00am to 11.00am	27 Let's Chair Yoga 一起做坐式瑜伽 @ 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	28 Services - Wellness - CHP 服务 - 社区保健站 @8.30am to 12pm Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm	29 Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 1.00pm Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	30 Let's Yoga (Volunteer Led) 一起做瑜伽 @ 8.30am to 9.30am Let's Brisk Walk (Volunteer Led) 快步走(志愿者带领) @8.30am to 9.30am	
Let's Muscle and Mind 肌力与心智训练课程 @11.00am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.30pm to 4.30pm	Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	
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	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11.00am to 4.30pm	Let's Exercise with Razak on Zoom: Seated Resistance Band — 起跟Razak线上做运动 线上坐姿阻力带运动 @ 10.00am to 10.45am	
Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1.00pm to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @2.45pm to 4.30pm	Let's Support NUS WISDOM Intervention (Primary School Level) 一起参与研究计划 - NUS WISDOM(小学组) @1.00pm to 3.00pm	Let's KTV Together 一起来K歌 @2.00pm to 4.30pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
				Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm	
				Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.15pm to 4.30pm	

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Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10am to 11am	Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.15am @ 10.15am to 11am	Services - Wellness - CHP 服务 - 社区保健站 @ 9am to 12pm	Let's Learn Swimming (Malay Exclusive) 一起学习游泳 (只限马来族) @8.45am to 9.30am	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	
Let's Muscle and Mind 肌力与心智训练课程 @11am to 12pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @9.00am to 4.30pm	Let's Exercise with Razak on Zoom: Seated Resistance Band — 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10am to 10.45am	
Let's Makan Together - F4 一起来makan - F4 @ 12pm to 1pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11pm to 4.30pm	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	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1pm to 4.30pm	Let's CALM 一起做防肌肉萎缩运动 @2pm to 3pm	Let's Makan Together - Inhouse 一起来makan - 中心内 @ 12pm to 1pm	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	Let's Danze Bolayu with Arin 跟 Arin 一起跳 Bolayu 舞吧 @11.30am to 12.30pm	
	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1pm to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @1pm to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @11am to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉密牌 @12.15pm to 4.30pm	
			Let's KTV Together 一起来K歌 @2pm to 4.30pm		

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