




2025 JULY

***Nominal Fee Applicable

***Booking Required / By Invitation Only

 **Centre Name:** AAC (Pioneer)
 **Centre Address:** 662A Jurong West St 64 #01-328 S641662
 **Centre Contact:** 6715 6750



ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	
	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Community Health Post (Invited-Only Programme) 9.00am -12.00pm	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Let's Do Yoga 8.45am - 9.45am	
	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.00am & 12.00pm	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	F4 - Fun Fit Food and Friends (Paid Programme) 10.00am - 12.00pm	Seated Resistance Band (Booking Required) 10.00am - 10.45am	
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	IMDA Go-Digital Workshop: Communicate Online 10.30am - 11.30am	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 2.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
	Let's Pick Up English Language (Beginner) in Mandarin 2.00pm - 3.00pm	Let's Makan Together (Paid Programme) 12.00pm - 1.00pm		Let's Do Bollywood Dance (Virtual) 2.00pm to 3.00pm	
		Let's Gen Together: Westwood Secondary School 2.00pm - 3.00pm			
7	8	9	10	11	12
Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Let's Go Gai Gai: NICA at Marina Boulevard (Paid Programme) 8.00am - 1.30pm	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Let's Do Yoga 8.45am - 9.45am	One Wish Limited E-Cookbook Launch at Frontier CC, Level 4. (By Invitation Only) 10.00am to 1.30pm
Let's Do Art 11.00am - 12.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.00am & 12.00pm	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	F4 - Fun Fit Food and Friends (Paid Programme) 10.00am - 12.00pm	Seated Resistance Band (Booking Required) 10.00am - 10.45am	
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	Let's Gen Together: Anglo-Chinese Institute 2.00pm - 3.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
	Let's Talk About Scam With Singapore Police Force 2.00pm - 3.30pm	Let's Celebrate <u>Racial Harmony Day</u> & Makan Together (Paid Programme) 12.00pm - 1.00pm		Let's Dance: Indonesian Poco-Poco Dance (Virtual Session) 2.00pm - 3.00pm	
		Let's Pick Up Malay Language (Beginner & Intermediate) 1.00pm - 3.00pm			




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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Community Health Post (Invited-Only Programme) 9.00am - 12.00pm	Let's Go Gai Gai: Bird Paradise Singapore (Paid Programme) 8.00am - 3.30pm	Let's Do Yoga 8.45am - 9.45am	
Let's Do Art 11.00am - 12.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.00am & 12.00pm	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Seated Resistance Band (Booking Required) 10.00am - 10.45am	
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	F4 - Fun Fit Food and Friends (Paid Programme) 10.00am - 12.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
	Let's Pick Up English Language (Beginner) in Mandarin 2.00pm - 3.00pm	Let's Celebrate July Babies' Birthday and Makan Together (Paid Programme) 12.00pm - 1.00pm	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 2.00pm	Let's Do Bollywood Dance (Virtual) 2.00pm to 3.00pm	
		Let's Pick Up Malay Language (Beginner & Intermediate) 1.00pm - 3.00pm			
21	22	23	24	25	27
Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Let's Do Yoga 8.45am - 9.45am	Sunday, 27th July Pioneer Zone 7 Resident's Network Functional Screening at BLK 661D (Paid Programme) 9.00am - 12.00pm
Let's Do Art 11.00am - 12.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.00am & 12.00pm	Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	F4 - Fun Fit Food and Friends (Paid Programme) 10.00am - 12.00pm	Seated Resistance Band (Booking Required) 10.00am - 10.45am	
Let's Sing-Along with Dave & Friends 2.00pm - 4.00pm	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Makan Together (Paid Programme) 12.00pm - 1.00pm	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 2.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
		Let's Pick Up Malay Language (Beginner & Intermediate) 1.00pm - 3.00pm		Let's Dance: Indonesian Poco-Poco Dance (Virtual Session) 2.00pm - 3.00pm	

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Centre Address: 662A Jurong West St 64 #01-328 S641662
Centre Contact: 6715 6750



MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am		
Let's Do Art 11.00am - 12.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.00am & 12.00pm	Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	F4 - Fun Fit Food and Friends (Paid Programme) 10.00am - 12.00pm		
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Pick Up Malay Language (Beginner & Intermediate) 1.00pm - 3.00pm	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 2.00pm		
	Let's Gen Together: Hwa Chong Institute 2.00pm - 3.00pm				

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2025 七月

***适用象征性 费用

***需要预先登记,仅限受邀者/需支付承诺费用

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起做椅子瑜伽 - Chair Yoga (付费项目) 9.30am - 10.30am	服务 - 社区保健站 - CHP (仅限受邀参加的项目) 9.00am - 12.00pm	一起做站立弹力带拉筋操 - HPB (需要登记) 9.30am - 10.30am	一起做瑜伽吧 8.45am - 9.45am	
	BERNINA Sew-Tech 缝纫与科技之旅 (2 Sessions) (付费项目) 10.00am & 12.00pm	一起做坐姿尊巴 - Chair Zumba by HPB (需要登记) (仅限20人) 9.30am - 10.30am	F4: 快乐, 健康, 美食, 朋友 (付费项目) 10.00am - 12.00pm	坐姿阻力带运动 (需要登记) 10.00am - 10.45am	
	一起学科技吧(手机课) 10.45am - 12pm	数码化工作坊: 线上沟通 by IMDA 10.30am - 11.30am	一起来K歌 (不允许有KJ) (需要登记) 12.00pm - 2.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
	一起学英语(初级) 2.00pm - 3.00pm	一起来makan - 中心内 (付费项目) 12.00pm - 1.00pm		一起跳宝莱坞舞! (线上活动) 2.00pm to 3.00pm	
		代际交流: 维林中学 2.00pm - 3.00pm			
7	8	9	10	11	12
坐姿矿泉水瓶线上运动 (需要登记) 10.00am - 11.00am	一起做椅子瑜伽 - Chair Yoga (付费项目) 9.30am - 10.30am	一起去逛逛: NICA 在滨海大道 (付费项目) 8.00am - 1.30pm	一起做站立弹力带拉筋操 - HPB (需要登记) 9.30am - 10.30am	一起做瑜伽吧 8.45am - 9.45am	One Wish Limited 线上食谱发布会 地点: Frontier 社区中心, 4楼 (仅限受邀参加的项目) 10.00am to 1.30pm
一起做艺术吧 11.00am - 12.00pm	BERNINA Sew-Tech 缝纫与科技之旅 (2 Sessions) (付费项目) 10.00am & 12.00pm	一起做坐姿尊巴 - Chair Zumba by HPB (需要登记) (仅限20人) 9.30am - 10.30am	F4: 快乐, 健康, 美食, 朋友 (付费项目) 10.00am - 12.00pm	坐姿阻力带运动 (需要登记) 10.00am - 10.45am	
	一起学科技吧(手机课) 10.45am - 12pm	一起做Crossfit(坐姿与站姿) 10.30am - 11.30am	代际交流: 英华学院 2.00pm - 3.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
	防骗有道: 新加坡警察来告诉你! 2.00pm - 3.30pm	庆祝种族和谐日, 一起吃饭聊家常 (付费项目) 12.00pm - 1.00pm		一起跳舞: 印尼 Poco-Poco 舞 (线上课程) 2.00pm - 3.00pm	
		一起学马来语(初级与中级) 1.00pm - 3.00pm			

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14	15	16	17	18	19
坐姿矿泉水瓶线上运动 (需要登记) 10.00am - 11.00am	一起做椅子瑜伽 - Chair Yoga (付费项目) 9.30am - 10.30am	服务 - 社区保健站 - CHP (仅限受邀参加的项目) 9.00am - 12.00pm	一起去逛逛: 新加坡飞禽公园 (收费活动) 8.00am - 3.30pm	一起做瑜伽吧 8.45am - 9.45am	
一起做艺术吧 11.00am - 12.00pm	BERNINA Sew-Tech 缝纫与科技之旅 (2 Sessions) 10.00am & 12.00pm	一起做坐姿尊巴 - Chair Zumba by HPB (需要登记) (仅限20人) 9.30am - 10.30am	一起做站立弹力带拉筋操 - HPB (需要登记) 9.30am - 10.30am	坐姿阻力带运动 (需要登记) 10.00am - 10.45am	
	一起学科技吧(手机课) 10.45am - 12pm	一起做Crossfit(坐姿与站姿) 10.30am - 11.30am	F4: 快乐, 健康, 美食, 朋友 (付费项目) 10.00am - 12.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
	一起学英语(初级) 2.00pm - 3.00pm	一起庆祝七月寿星生日, 并共进美食 (付费活动) 12.00pm - 1.00pm	一起来K歌(不允许有KJ) (需要登记) 12.00pm - 2.00pm	一起跳宝莱坞舞!(线上活动) 2.00pm to 3.00pm	
		一起学马来语(初级与中级) 1.00pm - 3.00pm			
21	22	23	24	25	27
坐姿矿泉水瓶线上运动 (需要登记) 10.00am - 11.00am	一起做椅子瑜伽 - Chair Yoga (付费项目) 9.30am - 10.30am	一起做坐姿尊巴 - Chair Zumba by HPB (需要登记) (仅限20人) 9.30am - 10.30am	一起做站立弹力带拉筋操 - HPB (需要登记) 9.30am - 10.30am	一起做瑜伽吧 8.45am - 9.45am	7月27日(星期日) 先锋第7分区居民社群 功能性健康筛查活动 地点在Blk 661D (付费活动) 9.00am - 12.00pm
一起做艺术吧 11.00am - 12.00pm	BERNINA Sew-Tech 缝纫与科技之旅 (2 Sessions) 10.00am & 12.00pm	一起做Crossfit(坐姿与站姿) 10.30am - 11.30am	F4: 快乐, 健康, 美食, 朋友 (付费项目) 10.00am - 12.00pm	坐姿阻力带运动 (需要登记) 10.00am - 10.45am	
一起跟 Dave 和朋友们唱歌吧 2.00pm - 4.00pm	一起学科技吧(手机课) 10.45am - 12pm	一起来makan - 中心内 (付费项目) 12.00pm - 1.00pm	一起来K歌(不允许有KJ) (需要登记) 12.00pm - 2.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
		一起学马来语(初级与中级) 1.00pm - 3.00pm		一起跳舞: 印尼 Poco-Poco 舞 (线上课程) 2.00pm - 3.00pm	

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28	29	30	31		
坐姿矿泉水瓶线上运动 (需要登记) 10.00am - 11.00am	一起做椅子瑜伽 - Chair Yoga (付费项目) 9.30am - 10.30am	一起做坐姿尊巴 - Chair Zumba by HPB (需要登记) (仅限20人) 9.30am - 10.30am	一起做站立弹力带拉筋操 - HPB (需要登记) 9.30am - 10.30am		
一起做艺术吧 11.00am - 12.00pm	BERNINA Sew-Tech 缝纫与科技之旅 (2 Sessions) 10.00am & 12.00pm	一起做Crossfit(坐姿与站姿) 10.30am - 11.30am	F4: 快乐, 健康, 美食, 朋友 (付费项目) 10.00am - 12.00pm		
	一起学科技吧(手机课) 10.45am - 12pm	一起学马来语(初级与中级) 1.00pm - 3.00pm	一起来K歌 (不允许有KJ) (需要登记) 12.00pm - 2.00pm		
	代际交流: 华侨中学 2.00pm - 3.00pm				

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