




2025 June

***Nominal Fee Applicable

***Booking Required / Invitation Only

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



ntuc Health

MON

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2	3	4	5	6	7
Trishaw Rides and Activity With Cycling Without Age Singapore (CWAS) 8.30am - 1.30pm	Let's Yoga With Patricia (Volunteer Led) 9.00am - 10.00am	Community Health Post 9.00am - 12.00pm	Let's Do Standing Resistance Band by HPB 9.30am - 10.30am	Let's Do Crossfit (Seated & Standing) 9.15am - 10.00am	
HAPPY Programme with Victor 9.30am - 10.30am	Let's Chair Yoga with Victor 9.30am - 10.30am	Let's Chair Zumba by HPB 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10.00am - 11.00am	Exercise with Razak (Zoom) Seated Resistance Band 10.00am - 10.45am	
Let's Exercise with Razak Water Bottle Live Session 10.00am - 11.00am	BERNINA Sew-Tech 10.00am - 2.00pm	Digital - IMDA Go-Digital - Workshop 10.30am - 11.30am	Seniors Friendship Circle (Internal News Sharing) 11.00am - 12.00pm	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	
Let's Dance: Indonesian Poco-Poco (Virtual Session) 2.00pm - 3.00pm		Let's Makan Together 12.00pm - 1.30pm	Let's KTV Together Karaoke (NO KJ) 12.00pm - 4.00pm	Let's Do Bollywood (Virtual) 2.00pm to 3.00pm	
		Let's Pick Up Malay Language (Beginner) 2.00pm - 3.00pm		Let's Level Up Malay Language (Intermediate) 3.00pm - 4.00pm	
9	10	11	12	13	14
Centre Closure: Hari Raya Haji (In Lieu)	Let's Yoga With Patricia (Volunteer Led) 9.00am - 10.00am	Let's Chair Zumba by HPB 9.30am - 10.30am	Let's Do Standing Resistance Band () at 662 MPH (HPB) 9.15am - 10.15am	Let's Do Crossfit (Seated & Standing) 9.15am - 10.00am	
	Let's Chair Yoga with Victor 9.30am - 10.30am	BERNINA Sew-Tech Community Project: Quilt Making 9.00am - 2.00pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10.00am - 11.00am	Exercise with Razak (Zoom) Seated Resistance Band 10.00am - 10.45am	
	BERNINA Sew-Tech 10.00am - 2.00pm	Let's Exercise - Online Video (Seated) 10.30am to 11.30am	Current Affairs U & Me (Interactive News Sharing) 11.00am - 12.00pm	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	
	Let's Pick Up English Language (Beginner) 2.00pm - 4.00pm	Let's Makan Together and Father's Day Celebration 12.00pm - 1.30pm	Let's KTV Together Karaoke (NO KJ) 12.00pm - 4.00pm	Let's Do Bollywood (Virtual) 2.00pm to 3.00pm	
		Let's Pick Up Malay Language (Beginner) 2.00pm - 3.00pm		Let's Level Up Malay Language (Intermediate) 3.00pm - 4.00pm	




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 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Trishaw Rides and Activity With Cycling Without Age Singapore (CWAS) 8.30am - 1.30pm	Let's Yoga With Patricia (Volunteer Led) 9.00am - 10.00am	Community Health Post 9.00am - 12.00pm	Let's Do Standing Resistance Band by HPB 9.30am - 10.30am	Let's Do Crossfit (Seated & Standing) 9.15am - 10.00am	
HAPPY Programme with Victor 9.30am - 10.30am	Let's Chair Yoga with Victor (IL) 9.30am - 10.30am	Let's Chair Zumba by HPB (IL) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10.00am - 11.00am	Exercise with Razak (Zoom) Seated Resistance Band 10.00am - 10.45am	
Let's Exercise with Razak Water Bottle Live Session 10.00am - 11.00am	BERNINA Sew-Tech (IL) 10.00am - 2.00pm	Let's Exercise - Online Video (Seated) 10.30am to 11.30am	Seniors Friendship Circle (Internal News Sharing) 11.00am - 12.00pm	Let's Learn to Tech (Handphone Class) 10.45am - 12.00pm	
Let's Dance: Indonesian Poco-Poco (Virtual Session) 2.00pm - 4.00pm	Let's Pick Up English Language (Beginner) 2.00pm - 4.00pm	Let's Makan Together and Happy Birthday Celebration for <u>JUNE Babies</u> 12.00pm - 1.30pm	Let's KTV Together Karaoke (NO KJ) 12.00pm - 4.00pm	Let's Do Bollywood (Virtual) 2.00pm to 3.00pm	
		Let's Pick Up Malay Language (Beginner) 2.00pm - 3.00pm		Let's Level Up Malay Language (Intermediate) 3.00pm - 4.00pm	
23	24	25	26	27	28
GARDEN BY THE BAY OUTING: Trishaw Rides and Activity With Cycling Without Age Singapore (CWAS) 8.00am - 2.30pm	Let's Yoga With Patricia (Volunteer Led) 9.00am - 10.00am	Let's Chair Zumba by HPB (IL) 9.30am - 10.30am	Let's Do Standing Resistance Band by HPB 9.15am - 10.15am	Centre Closure: Company Town Hall	
HAPPY Programme with Victor 9.30am - 10.30am	Let's Chair Yoga with Victor (IL) 9.30am - 10.30am	Let's Exercise - Online Video (Seated) 10.30am to 11.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10.00am - 11.00am		
Let's Exercise with Razak Water Bottle Live Session 10.00am - 11.00am	BERNINA Sew-Tech (IL) 10.00am - 2.00pm	Let's Makan Together 12.00pm - 1.30pm	SCurrent Affairs U & Me (Interactive News Sharing) 11.00am - 12.00pm		
Let's Dance: Indonesian Poco-Poco (Virtual Session) 2.00pm - 4.00pm	Let's Pick Up English Language (Beginner) 2.00pm - 4.00pm	Let's Pick Up Malay Language (Beginner) 2.00pm - 3.00pm	Let's KTV Together Karaoke 12.00pm - 4.00pm		




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MON

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WED

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SAT

30	
Trishaw Rides and Activity With Cycling Without Age Singapore (CWAS) 8.30am - 1.30pm	
HAPPY Programme with Victor 9.30am - 10.30am	
Let's Exercise with Razak Water Bottle Live Session 10am - 11am	
Let's Dance: Indonesian Poco-Poco (Virtual Session) 2pm - 4pm	

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2025 六月

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*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

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
三轮车骑行及活动 新加坡无年龄骑行协会 (CWAS) 8.30am - 1.30pm	一起做瑜伽吧 (志愿者 Volunteer Patricia) 9.00am - 10.00am	服务 - 社区保健站 - CHP 9.00am - 12.00pm	一起做弹力带拉筋操 - HPB 9.30am - 10.30am	一起做CrossFit (坐着和站着) 9.15am - 10.00am	
服务 - 社区保健站 - Victor 9.30am - 10.30am	一起做椅子瑜伽 - Chair Yoga 9.30am - 10.30am	一起做坐式尊巴 - Chair Zumba 9.30am - 10.30am	一起跟Razak线上做运动 (改良拳击) 10.00am - 11.00am	一起做弹力带拉筋操 (Zoom) 一起跟Razak线上做运动 10.00am - 10.45am	
一起跟Razak线上做运动 水瓶现场直播 (LIVE) 10.00am - 11.00am	BERNINA Sew-Tech 缝纫与科技之旅 10.00am - 2.00pm	资讯通信媒体发展局 - 数码乐龄计划 - 培 训课程 IMDA 10.30am - 11.30am	乐龄友谊圈 11.00am - 12.00pm	一起学科技吧(手机课) 10.45am - 12pm	
让我们跳舞吧:印尼 Poco-Poco Dance (虚拟 - Virtual) 2.00pm - 3.00pm	一起学(英语)-初级 2.00pm - 3.00pm	一起来makan - 中心内 (Fauziyah) 12pm - 1.30pm	一起来K歌 (No KJ) 12.00pm - 4.00pm	一起跳宝莱坞舞 (Virtual) 2.00pm to 3.00pm	
		一起学习马来语(初级)		一起学(马来语)-中级	
9	10	11	12	13	14
中心关 闭: 哈芝节	一起做瑜伽吧 (志愿者 Volunteer Patricia) 9.00am - 10.00am	一起做坐式尊巴 - Chair Zumba 9.30am - 10.30am	一起做弹力带拉筋操 - HPB 9.30am - 10.30am	一起做CrossFit (坐着和站着) 9.15am - 10.00am	
	一起做椅子瑜伽 - Chair Yoga 9.30am - 10.30am	BERNINA Sew-Tech 缝纫与科技之旅 - 被子制作 9.00am - 2.00pm	一起跟Razak线上做运动 (改良拳击) 10.00am - 11.00am	一起做弹力带拉筋操 (Zoom) 一起跟Razak线上做运动 10.00am - 10.45am	
	BERNINA Sew-Tech 缝纫与科技之旅 10.00am - 2.00pm	让我们锻炼 - 在线视频(坐姿) 10.30am to 11.30am	时事新闻你和我 (互动新闻分享) 11.00am - 12.00pm	一起学科技吧(手机课) 10.45am - 12pm	
	一起学(英语)-初级 2.00pm - 3.00pm	一起学习马来语(初级) 2.00pm - 3.00pm	一起来K歌 (NO KJ) 12.00pm - 4.00pm	一起跳宝莱坞舞 (Virtual) 2.00pm to 3.00pm	
				一起学(马来语)-中级 3.00pm - 4.00pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
三轮车骑行及活动 新加坡无年龄骑行协会 (CWAS) 8.30am - 1.30pm	一起做瑜伽吧 (志愿者 Volunteer Patricia) 9.00am - 10.00am	服务 - 社区保健站 - CHP 9.00am - 12.00pm	一起做弹力带拉筋操 - HPB 9.30am - 10.30am	一起做CrossFit (坐着和站着) 9.15am - 10.00am	
服务 - 社区保健站 - Victor 9.30am - 10.30am	一起做椅子瑜伽 - Chair Yoga 9.30am - 10.30am	一起做坐式尊巴 - Chair Zumba 9.30am - 10.30am	一起跟Razak线上做运动 (改良拳击) 10.00am - 11.00am	一起做弹力带拉筋操 (Zoom) 一起跟Razak线上做运动 10.00am - 10.45am	
一起跟Razak线上做运动 水瓶现场直播 (LIVE) 10.00am - 11.00am	BERNINA Sew-Tech 缝纫与科技之旅 10.00am - 2.00pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 IMDA 10.30am - 11.30am	乐龄友谊圈 11.00am - 12.00pm	一起学科技吧(手机 课) 10.45am - 12pm	
让我们跳舞吧:印尼 (虚拟 - Virtual) 2.00pm - 3.00pm	一起学(英语) - 初级 2.00pm - 3.00pm	一起来 makan - 中心内 (六月生日) 12pm - 1.30pm	一起来K歌 (No KJ) 12.00pm - 4.00pm	一起跳宝莱坞舞 (Virtual) 2.00pm to 3.00pm	
		一起学习马来语(初级) 2.00pm - 3.00pm		一起学(马来语)-中级 3.00pm - 4.00pm	
23	24	25	26	27	28
滨海湾花园郊游:三轮车骑行及活动 与新加坡无龄自行车协会合作 (CWAS) 8.00am - 2.30pm	一起做瑜伽吧 (志愿者 Volunteer Patricia) 9.00am - 10.00am	一起做坐式尊巴 - Chair Zumba 9.30am - 10.30am	一起做弹力带拉筋操 - HPB 9.30am - 10.30am	中心关闭: 公司 市政厅	
服务 - 社区保健站 - Victor 9.30am - 10.30am	一起做椅子瑜伽 - Chair Yoga 9.30am - 10.30am	让我们锻炼 - 在线视频(坐姿) 10.30am to 11.30am	一起跟Razak线上做运动 (改良拳击) 10.00am - 11.00am		
一起跟Razak线上做运动 水瓶现场直播 (LIVE) 10.00am - 11.00am	BERNINA Sew-Tech 缝纫与科技之旅 10.00am - 2.00pm	一起来 makan - 中心内 12pm - 1.30pm	乐龄友谊圈 11.00am - 12.00pm		
让我们跳舞吧:印尼 (虚拟 - Virtual) 2.00pm - 3.00pm	一起学(英语)初级 2.00pm - 3.00pm	一起学习马来语(初级) 2.00pm - 3.00pm	一起来K歌 (No KJ) 12.00pm - 4.00pm		




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服务 - 社区保健站 - Victor 9.30am - 10.30am	
一起跟 Razak 线上做运动 水瓶现场直播 (LIVE) 10.00am - 11.00am	
让我们跳舞吧: 印尼 (虚拟 - Virtual) 2.00pm - 3.00pm	

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