

2026 JUNE (六月)

Payment Required / 需付款

By Invitation Only/仅限受邀人士

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	4	5	6
<p>Centre Closure: Vesak Day 中心关闭通知: 卫塞节假期</p>	<p>F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	<p>Community Health Post 服务 - 社区保健站 @9.00am to 11.30am</p>	<p>Let's Hunt for Yummy Food (Minority Exclusive) 一起寻找美食(少数民族专属) @9.00am to 12.00pm</p>	<p>Let's Yoga 一起做瑜伽 @9.30am to 10.30am</p>	
	<p>F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am</p>	<p>Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am</p>	<p>Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p>Let's Brisk Walk (Interest Group) 快步走(兴趣小组) @9.30am to 11.00am</p>	
	<p>Let's Makan Together - F4 一起来 makan - F4 @11.30am to 12.30pm</p>	<p>Let's Walking Football 一起来踢球 @10.00am to 12.00pm</p>	<p>Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @10.00am to 4.00pm</p>	<p>HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm</p>	
	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @12.30pm to 2.30pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.30pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @10.30am to 4.30pm</p>	<p>Let's Dancercise 一起做有氧舞蹈运动 @11.30am to 12.30pm</p>	
	<p>Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 3.30pm</p>	<p>Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm</p>	<p>Dancing Towards Good Health 舞出健康 @10.45am to 12.00pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 4.30pm</p>	
			<p>Let's Social Dance (Leader's Class) 一起跳社交舞(领袖班) @3.30pm to 4.30pm</p>	<p>Let's Go Gai Gai: Chua Chu Kang ITE (Minorities Exclusive) 一起去走走: 蔡厝港工艺教育学院参观活动 (少数民族专属) @12.00pm to 3.30pm</p>	

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8	9	10	11	12	13
<p>Let's CrossFit 一起做 CrossFit @10.00am to 11.00am</p>	<p>F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	<p>Let's Join Seniors National Games 2026 (SNG 2026) West Cluster Heats 2026全国乐龄运动会 (SNG 2026) - 西区预赛 @9.00am to 1.00pm</p>	<p>Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p>Let's Go Gai Gai: Hay Dairies 一起去逛逛: Hay Dairies 山羊农场参观活动 @9.30am to 2.00pm <i>*timing may change/时间可能会有所更改</i></p>	
<p>Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @11.00am to 11.30am</p>	<p>Let's Makan Together - F4 一起来 makan - F4 @11.30am to 12.30pm</p>	<p>Let's Zumba Gold 一起跳尊巴 (乐龄版) 9.30am to 10.30am</p>	<p>Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @10.00am to 4.00pm</p>	<p>Let's Yoga 一起做瑜伽 @9.30am to 10.30am</p>	
<p>Let's KTV Together 一起来 K歌 @12.00pm to 2.00pm</p>	<p>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm</p>	<p>Let's Walking Football 一起来踢球 @10.00am to 12.00pm</p>	<p>Dancing Towards Good Health: 舞出健康 @10.45am to 12.00pm</p>	<p>Let's Brisk Walk (Interest Group) 快步走 (兴趣小组) @9.30am to 11.00am</p>	
<p>Let's Floorball 一起玩地板球 @2.00pm to 4.00pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.30pm to 2.30pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.30pm</p>	<p>Let's Celebrate (Birthday) - June 一起来庆生 - 六月 @11.00am to 12.00pm</p>	<p>Digital - Fab Lab Series - Laser Cutting Workshop @ NTUC Health Active Ageing Centre Pioneer 先锋中心制作实验室: 激光切割课程 @10.00am - 1.00pm</p>	
	<p>Let's Talk About: CPF, Healthcare Matters & Anti-Scam Awareness 一起来聊聊: 公积金、医疗保健与防诈骗知识 @2.00pm to 4.30pm</p>	<p>Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm</p>	<p>Let's Makan Together - Inhouse 一起来 makan - 中心内 @12.00pm to 1.00pm</p>	<p>HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm</p>	
		<p>Let's Social Dance (Leader's Class) 一起跳社交舞 (领袖班) @3.30pm to 4.30pm</p>	<p>Let's Do Good with Ngee Ann Polytechnic 让我们与义安理工学院一起行善 @1.00pm to 4.00pm</p>	<p>Let's Dancercise 一起做有氧舞蹈运动 @11.30am to 12.30pm</p>	
				<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 4.30pm</p>	

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15	16	17	18	19	20
Let's CrossFit 一起做CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 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 Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	Let's Yoga 一起做瑜伽 @9.30am to 10.30am	
Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻 活动 @11.00am to 11.30am	F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Digital - Fun! D Sew Club 缝纫与科技兴趣小组 @10.00am to 4.00pm	Let's Brisk Walk (Interest Group) 快步走(兴趣小组) @9.30am to 11.00am	
Digital - Fab Lab Series - 3D Printing Workshop 3D 打印工作坊 @10.00am to 4.00pm	Let's Makan Together - F4 一起来makan - F4 @11.30am to 12.30pm	Let's Walking Football 一起来踢球 @10.00am to 12.00pm	Dancing Towards Good Health: 舞出健康 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45pm to 4.45pm	Let's Get Together (Chinese Exclusive) 当我们同在一起(华语专属) @12.00pm to 1.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 4.30pm	Let's Dancercise 一起做有氧舞蹈运动 @11.30am to 12.30pm	
Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.30pm to 4.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.30pm		Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.10pm to 4.30pm	
Let's Ladder Toss 一起玩梯式投球 @2.00pm to 4.00pm	Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 3.30pm	Let's Pick Up Malay (Language and Cultural Introduction) (一起学习马来语 语言与文化简介) @2.30pm to 3.30pm			
	Let's Learn Baking 一起学习烘焙) @2.00pm to 4.00pm	Let's Social Dance (Leader's Class) 一起跳社交舞(领袖班) @3.30pm to 4.30pm			

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
<p>Let's CrossFit 一起做CrossFit @10.00am to 11.00am</p>	<p>F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	<p>Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am</p>	<p>Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p>Let's Gen Together with Boon Lay Sec and BERNINA Education Maker's Space Ideation Workshop 让我们与文礼中学一起参加Let's Gen Together 及 BERNINA 创意教育空间构思工作坊吧 @9.00am to 11.00am</p>	
<p>Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @11.00am to 11.30am</p>	<p>Let's Makan Together - F4 一起来makan - F4 @11.30am to 12.30pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 4.30pm</p>	<p>Digital - Fab Lab Series - Digital Embroidery Workshop 数码刺绣工作坊 @10.00am to 1.00pm</p>	<p>Let's Yoga 一起做瑜伽 @9.30am to 10.30am</p>	
<p>Let's Lim Kopi and Badminton (Male exclusive) 一起喝咖啡以及羽毛球(只限男性) @12.00pm to 2.00pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.30pm to 4.30pm</p>	<p>Let's Do Flower Arrangement 让我们一起学习花艺设计吧 @2.45pm to 4.45pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @10.30am to 2.30pm</p>	<p>Let's Brisk Walk (Interest Group) 快步走(兴趣小组) @9.30am to 11.00am</p>	
<p>Let's KTV Together 一起来K歌 @12.00pm to 2.00pm</p>	<p>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm</p>	<p>Let's Social Dance (Leader's Class) 一起跳社交舞(领袖班) @3.30pm to 4.30pm</p>	<p>Dancing Towards Good Health: 舞出健康 @10.45am to 12.00pm</p>	<p>HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm</p>	
<p>Let's Bocchia 一起玩硬地滚球 @2.00pm to 4.00pm</p>	<p>Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 3.30pm</p>		<p>Let's Gen Together - Hua Yi Secondary School 代际交流活动 - 裕英中学 @2.30pm to 4.30pm</p>	<p>Let's Dancercise 一起做有氧舞蹈运动 @11.30am to 12.30pm</p>	
				<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 4.30pm</p>	

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MON

TUE

WED

THU

FRI

SAT

29	30				
<p>Let's CrossFit 一起做CrossFit @10.00am to 11.00am</p>	<p>F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</p>				
<p>Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @11.00am to 11.30am</p>	<p>F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am</p>				
<p>Let's KTV Together 一起来K歌 @12.00pm to 2.00pm</p>	<p>Let's Makan Together - F4 一起来makan - F4 @11.30am to 12.30pm</p>				
<p>Let's Cup Stacking / Let's Disc Golf 一起玩竞技叠杯 / 一起玩飞盘高尔夫 @2.00pm to 4.00pm</p>	<p>Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.30pm to 4.30pm</p>				
	<p>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm</p>				
	<p>Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 3.30pm</p>				

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