

2025 March

Commitment Fee Applicable

***By Online Booking Only**

Bay B: 12pm to 4pm: Rummy O & BERNINA Self-Sewing

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	Community Health Post In Bay A 9am - 12pm	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Centre Closure: Company Event	
Let's Get to Know Bernina Machine Operations & Projects at Bay B 10.30am - 1.30pm	Seniors Friendship Circle in Bay C 10.45am - 11.30am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Level Up English Language in Bay B 10.30am - 11.30am		
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's KTV Together Karaoke in Bay C 1pm - 5pm		
Let's Do Calligraphy Art in Bay C 2pm - 3pm	Let's Pick Up English at Bay B: 2pm - 3pm	Let's Makan Together & Reminisce Games In Bay C 11.30am - 1.30pm			
		Let's Celebrate Birthday - March Babies at Bay B 12.30pm - 1.30pm			
10	11	12	13	14	15
Let's Join CWAS Trishaw Ride Activity At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Seated / Standing Crossfit in Bay C 9.30am - 10am	
Let's Get to Know Bernina Machine Operations & Projects at Bay B 10.30am - 1.30pm	Current Affairs U & Me in Bay C 10.45am - 11.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Level Up English Language in Bay B 10.30am - 11.30pm	Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's Makan Together & Reminisce Games In Bay C 11.30am - 1.30pm	Let's KTV Together Karaoke in Bay C 1pm - 5pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Let's Do Calligraphy Art in Bay C 2pm - 3pm	Let's Pick Up English at Bay B: 2pm - 3pm	Movie Time Bay C 2pm - 4pm		Let's Level Up Malay Language in Bay B 2pm - 3pm	
	Let's Join HayDays - Mini Horses at NTUC Nanyang AAC @ Blk 817 2pm - 4pm				

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

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17	18	19	20	21	22
Let's Join CWAS Trishaw Pilot At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	Community Health Post In Bay A 9am - 12pm	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Seated / Standing Crossfit in Bay C 9.30am - 10am	
Let's Get to Know Bernina Machine Operations & Projects at Bay B 10.30am - 1.30pm	Seniors Friendship Circle in Bay C 10.45am - 11.30am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Level Up English Language in Bay B 10.30am - 11.30am	Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's KTV Together Karaoke in Bay C 2pm - 5pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Let's Sing Along with Dave & Friends in Bay C 2pm to 4pm	Let's Pick Up English at Bay B: 2pm - 3pm	Let's Makan Together & Reminisce Games In Bay C 11.30am - 1.30pm		Let's Level Up Malay Language in Bay B 2pm - 3pm	
		Let's Lim Kopi (Male Exclusive) in Bay B 2pm to 3pm			
24	25	26	27	28	29
Let's Join CWAS Trishaw Ride Activity At Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C 10am - 10.45am	Let's Chair Zumba (IL) in Bay C 9.30am - 10.30am	Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Seated / Standing Crossfit in Bay C 9.30am - 10am	
Let's Get to Know Bernina Machine Operations & Projects at Bay B 10.30am - 1.30pm	Current Affairs U & Me in Bay C 10.45am - 11.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Level Up English Language in Bay B 10.30am - 11.30pm	Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C 10am - 10.45am	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	Let's Pick Up Malay in Bay C 2pm - 3pm	Let's Makan Together & Reminisce Games In Bay C 11.30am - 1.30pm	Let's KTV Together Karaoke in Bay C 2pm - 5pm	Let's Learn to Tech in Bay C: With Bamboo Builders 10.45am - 12pm	
Let's Do Calligraphy Art in Bay C 2pm - 3pm	Let's Pick Up English at Bay B: 2pm - 3pm	Let's Yum Cha Together in Bay B 2pm to 3pm		Let's Level Up Malay Language in Bay B 2pm - 3pm	

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**Centre
Closure:
Hari Raya
Puasa
2025**



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2025 三月

***象征性应付费用**

***需要预先登记**

B区: 中午12点到下午4点: 拉密O与自制缝纫

📍 **Centre Name:** AAC (Pioneer)
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 📞 **Centre Contact:** 6715 6751 or 6715 6756



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
让我们一起参加CWAS三轮车试点活动, 在裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 水瓶 in Bay C 10am - 10.45am	服务 - 社区保健站 In Bay A 9am - 12pm	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	中心关闭: 公司活动	
让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am	乐龄友谊圈 Bay C 10:45am to 11:45am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	一起学(英语) -中级 (advanced) 10:30am - 1130pm		
了解 Bernina 缝纫机操作与项目 Bay B 10.30am - 1.30pm	一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 - Bay B 10.00am - 11.00am	一起来K歌 Karaoke Bay C 12pm - 5pm		
一起学书法 Bay C 2pm to 3pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	一起来makan 中心内 & 游戏时间 Bay C 11.30am - 1:30pm			
		一起来庆生 Bay B March Babies 12.30pm - 1.30pm			
10	11	12	13	14	15
让我们一起参加CWAS三轮车试点活动, 在裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 水瓶 in Bay C 10am - 10.45am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	起做CrossFit (Mixed) Bay C 9.30am - 10am	
让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am	时事新闻你和我 10:45am to 11:30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 - Bay B 10.00am - 11.00am	一起学(英语) -中级 (advanced) 10:30am - 1130pm	起跟Razak线上做运动 (Zoom) 拉伸带 in Bay C 10am - 10.45am	
了解 Bernina 缝纫机操作与项目 Bay B 10.30am - 1.30pm	一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm	一起来makan 中心内 & 游戏时间 Bay C 11.30am - 1:30pm	一起来K歌 Karaoke Bay C 12pm - 5pm	竹子建筑 Bamboo Builders Bay C 10.45am - 12pm	
一起学书法 Bay C 2pm to 3pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	电影时间 Bay C Movies time 2pm - 4pm		一起学(马来语)-中级 (advanced) in Bay B 2pm - 3pm	
	小型马在NTUC南洋AAC Nanyang 2pm - 4pm				

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2025 三月

***象征性应付费用**

***需要预先登记**

B区: 中午12点到下午4点: 拉密O与自制缝纫

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让我们一起来气功吧 (IL) @ 662 MPH 9.30am - 10.30am	乐龄友谊圈 Bay C 10:45am to 11:30am	HPB 一起跳尊巴 (乐龄版) Bay C 9.30am - 10.30am	一起学(英语) - 中级 (advanced) 10:30am - 11:30am	起跟 Razak 线上做运动 (Zoom) 拉伸带 in Bay C 10am - 10.45am	
了解 Bernina 缝纫机操作与项目 Bay B 10.30am - 1.30pm	一起学习马来语 Bay C 初学者 - Level 1 (Beginner) 2pm - 3pm	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 Bay B 10.00am - 11.00am	一起来 K歌 Karaoke Bay C 1pm - 5pm	一起学科技手机 课程 Bay C 10.45am - 12pm	
一起学唱歌 Dave & Friends in Bay C 2pm to 4pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	一起来 makan 中心内 & 游戏时间 Bay C 11.30am - 1.30pm		一起学(马来语) - 中级 advanced Bay B 2pm - 3pm	
		一起喝咖啡 (只限男性) (Male Exclusive) 2pm to 3pm Bay C			
24	25	26	27	28	29
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一起学书法 Bay C 2pm to 3pm	一起学习英语 Bay B 初学者 - Level 1 (Beginner) 2pm - 3pm	一起饮茶吧 Bay C Yum Cha 2pm to 3pm		一起学(马来语) - 中级 advanced in Bay B 2pm - 3pm	

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中心关闭
: 2025
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