

# 2026 MAR (三月)

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
2	3	4	5	6	7
<b>Let's Go Gai Gai: Oceanarium (New Seniors Exclusive)</b> 一起去 Gai Gai 海洋馆 (新乐龄朋友专属) @9.00am to 3.30pm	<b>Let's Chair Yoga 一起做坐式瑜伽</b> @ 9.30am to 10.30am	<b>Let's Learn Swimming 一起学习游泳</b> @Jurong Swimming Complex @8.45am to 9.30am	<b>Let's Stretch Band 一起做弹力带拉筋操</b> @9.30am to 10.30am	<b>Do Good with DBS DBS 与 活跃乐龄中心同乐</b> @9.00am to 1.30pm	
<b>Let's CrossFit 一起做 CrossFit</b> @10.00am to 11.00am	<b>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅</b> @ 10.45am to 1.45pm @ 1.45am to 3.45pm	<b>Community Health Post 服务 - 社区保健站</b> @9.00am to 11.30am	<b>Let's Dance: Social (Line, Bachata, Salsa and more) 一起嗨舞吧: 社交舞 (Line舞、Bachata、Salsa 等)</b> @10.30am to 11.30am	<b>Let's Yoga (Volunteer Led) 一起做瑜伽 (志愿者带领)</b> @9.30am to 10.30am	
<b>Fun with Kakis: Carrom and/or Chinese Chess 游戏时间: 克朗棋和象棋</b> @11.00am to 12.00pm	<b>Let's Pick Up Dialect: Cantonese (Clinic) 一起学方言: 粤语 (诊所)</b> @12.00pm to 1.00pm	<b>Let's Zumba Gold 一起跳尊巴 (乐龄版)</b> @ 9.30am to 10.30am	<b>Let's KTV Together 一起来 K歌</b> @12.00pm to 2.00pm	<b>HAPPY Programme 推广健康老龄化计划</b> @ 11.15am to 12.15pm	
<b>Let's Makan Together - F4 一起来 makan - F4</b> @ 12.00pm to 1.00pm	<b>Let's Talk News with Singapore Press Holdings and NTU Volunteers 与新加坡 报业控股 和南大学生志愿者一起聊新闻</b> @1.00pm to 2.00pm	<b>Let's Makan Together - Inhouse 一起来 makan - 中心内</b> @ 12.00pm to 1.00pm	<b>Eh How Ah? Gamified Digital Literacy Workshop by Impact Colliders Eh How Ah? 互动式数码素养工作坊, 由 Impact Colliders 举办</b> @2.00pm to 4.00pm	<b>Let's Pick Up Malay with NTU Students (Beginner) 和南洋理工大学 (NTU) 学生一起学马来语吧 (初级)</b> @ 2.00pm to 3.00pm	
<b>Let's Muscle and Mind 肌力与心智 训练课程</b> @2.00pm to 3.00pm	<b>Fun with Kakis: Chair Football with NTU 游戏时间: 与南洋理工大学 (NTU) 一起进行椅子足球活动。</b> @2.00pm to 3.00pm	<b>Let's Support NUS WISDOM Intervention (Primary School Level) 一起参与研究 计划 - NUS WISDOM (小学组)</b> @1.00pm to 3.00pm		<b>Let's Pick Up English with NTU Students (Beginner) 和南洋理工大学 (NTU) 学生一起学英语吧! (初级班)</b> @ 3.00pm to 4.00pm	
<b>Let's Boccia 一起玩硬地滚球</b> @3.00pm to 4.00pm	<b>Fun with Tech/ Exergame (Nintendo Switch) 电子游戏时间 (任天堂 Switch)</b> @3.00pm to 4.00pm	<b>Let's Learn to Tech (HP Class) 一起学科技吧 (手机 课)</b> @3.00pm to 4.00pm		<b>Let's Celebrate Ramadhan @ NTUC Health Bukit Batok West 让我们在 NTUC Health Bukit Batok West 一起庆祝开斋节</b> @ 6.00pm to 8.00pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
<p><b>Let's CrossFit</b> 一起做 CrossFit @10.00am to 11.00am</p>	<p style="text-align: center;"><b>Centre Closure for Company Training 因公司培训中心暂停营业</b></p>	<p><b>Let's Learn Swimming</b> 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am</p>	<p><b>Let's Stretch Band</b> 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p><b>Let's Brisk Walk (Volunteer Led)</b> 快步走(志愿者带领) @9.30am to 11.00am</p>	
<p><b>Fun with Kakis: Carrom and/or Chinese Chess</b> 游戏时间: 卡伦棋和象棋 @11.00am to 12.00pm</p>		<p><b>Let's Zumba Gold</b> 一起跳尊巴(乐龄版) @ 9.30am to 10.30am</p>	<p><b>Let's Dance: Social (Line, Bachata, Salsa and more) (Volunteer Led)</b> 一起嗨舞吧: 社交舞( Line舞、Bachata、Salsa 等)(志愿者带领) @10.30am to 11.30am</p>	<p><b>Let's Yoga (Volunteer Led)</b> 一起做瑜伽(志愿者带领) @9.30am to 10.30am</p>	
<p><b>Let's Makan Together - F4</b> 一起来 makan - F4 @ 12.00pm to 1.00pm</p>		<p><b>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 10.45am to 1.45pm @1.45pm to 4.45pm</p>	<p><b>Let's KTV Together</b> 一起来 K歌 @12.00pm to 2.00pm</p>	<p><b>HAPPY Programme</b> 推广健康老龄化计划 @ 11.15am to 12.15pm</p>	
<p><b>Let's Talk About Lasting Power of Attorney Certification (Malay)</b> 一起来谈(持久授权书认证) @2.00pm to 4.30pm</p>		<p><b>Let's Makan Together - Inhouse</b> 一起来 makan - 中心内 @ 12.00pm to 1.00pm</p>	<p><b>Let's Gen Together - (ACSI)</b> 代际交流 - (新加坡英华自主中学) @2.00pm to 4.00pm</p>	<p><b>Let's Pick Up Malay with NTU Students (Beginner)</b> 和南洋理工大学(NTU)学生一起学习马来语吧(初级) @ 2.00pm to 3.00pm</p>	
<p><b>Let's Muscle and Mind</b> 肌力与心智训练课程 @2.00pm to 3.00pm</p>		<p><b>Let's Support NUS WISDOM Intervention (Primary School Level)</b> 一起参与研究计划 - NUS WISDOM (小学组) @1.00pm to 3.00pm</p>	<p><b>Let's Learn to Repair @ NTUC Health AAC (Nanyang)</b> 一起学维修技能 @ NTUC Health 乐龄活动中心(南洋) @2.00pm to 4.00pm</p>	<p><b>Let's Pick Up English with NTU Students(Beginner)</b> 和南洋理工大学(NTU)学生一起学习英语吧!(初级班) @ 3.00pm to 4.00pm</p>	
<p><b>Let's Cup Stacking</b> 一起玩竞技叠杯 @3.00pm to 4.00pm</p>		<p><b>Let's Learn to Tech (HP Class)</b> 一起学科技吧(手机课) @3.00pm to 4.00pm</p>		<p><b>Let's Go Gai Gai: Changi Airport Terminal 5 Exhibition and JEWEL Visiting (Evening Special)</b> 一起去 Gai Gai 樟宜机场第五航站楼展览及 JEWEL 参观(晚间特别活动) @5.00pm to 9.00pm</p>	

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's CrossFit 一起做 CrossFit @10.00am to 11.00am	Let's Gen Together - SparkleTots Kindergarten 代际交流 - SparkleTots 幼儿园 @9.30am to 11.30am	Let's Learn Swimming 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am	Let's Stretch Band 一起做弹力带拉筋操 @9.30am to 10.30am	Let's Brisk Walk (Volunteer Led) 快步走(志愿者 带领) @9.30am to 11.00am	
Fun with Kakis: Carrom and/or Chinese Chess 游戏时间: 卡伦棋和象棋 @11.00am to 12.00pm	Let's Chair Yoga 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 Dance: Social (Line, Bachata, Salsa and more) 一起嗨舞吧: 社交舞( Line舞、Bachata、Salsa 等) @10.30am to 11.30am	Let's Yoga (Volunteer Led) 一起做瑜伽(志愿者 带领) @9.30am to 10.30am	
Let's Makan Together - F4 一起来 makan - F4 @ 12.00pm to 1.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm	Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Let's KTV Together 一起来 K歌 @12.00pm to 3.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Muscle and Mind 肌力与心智 训练课程 @2.00pm to 3.00pm	Let's Talk News with Singapore Press Holdings and NTU Volunteers 与新加坡 报业控股 和南大学生志愿者一起聊新闻 @1.00pm to 2.00pm	Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12.00pm to 1.00pm	Senior Friendship Circle (Male Exclusive) 长者友谊圈(男性 专属) @12.00pm to 3.00pm	Let's Pick Up Malay with NTU Students (Beginner) 和南洋理工大学(NTU)学生一起学 马来语吧(初级) @ 2.00pm to 3.00pm	
Let's Floorball 一起玩地板球 @3.00pm to 4.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 1.45am to 4.45pm	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 Learn to Repair @ NTUC Health AAC (Nanyang) 一起学维修技能 @ NTUC Health 乐龄活动中心(南洋) @2.00pm to 4.00pm	Let's Pick Up English with NTU Students(Beginner) 和南洋理工大学(NTU)学生一起学英 语吧!(初级班) @ 3.00pm to 4.00pm	
	Fun with Kakis: Arts and Craft for Hari Raya Puasa with NTU Students 游戏时间: 与南洋理工大学学生一起进行开斋节手工艺活动。 @2.00pm to 3.00pm	Let's Learn to Tech (HP Class) 一起学科技吧(手机 课) @3.00pm to 4.00pm			
	Fun with Tech/ Exergame (Nintendo Switch) 电子游戏时间(任天堂 Switch) @3.00pm to 4.00pm				

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
<p style="text-align: center;"><b>Centre Closure for Hari Raya Puasa</b></p> <p style="text-align: center;"><b>2026年元旦中心休息</b></p>	<p><b>Let's Chair Yoga</b> 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	<p><b>Let's Learn Swimming</b> 一起学习游泳 @Jurong Swimming Complex @8.45am to 9.30am</p>	<p><b>Let's Stretch Band</b> 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p><b>Let's Yoga (Volunteer Led)</b> 一起做瑜伽 (志愿者带领) @9.30am to 10.30am</p>	
	<p><b>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 10.45am to 1.45pm</p>	<p><b>Let's Zumba Gold</b> 一起跳尊巴(乐龄版) @ 9.30am to 10.30am</p>	<p><b>Let's Dance: Social (Line, Bachata, Salsa and more)</b> 一起嗨舞吧: 社交舞(Line舞、Bachata、Salsa 等) @10.30am to 11.30am</p>	<p><b>Let's Brisk Walk (Volunteer Led)</b> 快步走(志愿者带领) @9.30am to 11.00am</p>	
	<p><b>Let's Talk News with Singapore Press Holdings and NTU Volunteers</b> 与新加坡报业控股和南大学生志愿者一起聊新闻 @1.00pm to 2.00pm</p>	<p><b>Let's Celebrate Birthday (March)</b> 庆祝生日(三月) @ 11.00am to 12.00pm</p>	<p><b>Senior Friendship Circle (Chinese Exclusive)</b> 乐龄友谊圈 (仅限华语) @12.00pm to 1.30pm</p>	<p><b>HAPPY Programme</b> 推广健康老龄化计划 @ 11.15am to 12.15pm</p>	
	<p><b>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 1.45am to 4.45pm</p>	<p><b>Let's Makan Together - Inhouse</b> 一起来makan - 中心内 @ 12.00pm to 1.00pm</p>	<p><b>Let's Tea Dance</b> 让我们(茶时间)跳舞 @1.30pm to 2.30pm</p>	<p><b>Let's Danze Bolayu with Arin</b> 跟Arin 一起跳Bolayu舞吧 @11.30am to 12.30pm</p>	
	<p><b>Fun with Kakis: Short Bus Ride and Brisk Walk Trip in NTU Campus (Own Expenses)</b> 游戏时间: 南洋理工大学校园短程巴士与健走活动(费用自理) @2.00pm to 3.00pm</p>	<p><b>Let's Support NUS WISDOM Intervention (Primary School Level)</b> 一起参与研究计划 - NUS WISDOM(小学组) @1.00pm to 3.00pm</p>	<p><b>Let's Volunteer Together (Meeting)</b> 让我们一起做义工(会议) @2.30pm to 3.30pm</p>	<p><b>Senior Friendship Circle (Malays/Indians Exclusive)</b> 乐龄友谊圈 (仅限马来族/印度族) @12.00pm to 2.00pm</p>	
	<p><b>Fun with Tech/ Exergame (Nintendo Switch)</b> 电子游戏时间(任天堂Switch) @3.00pm to 4.00pm</p>	<p><b>Let's Learn to Tech (HP Class)</b> 一起学科技吧(手机课) @3.00pm to 4.00pm</p>	<p><b>Let's Learn to Repair @ NTUC Health AAC (Nanyang)</b> 一起学维修技能 @ NTUC Health 乐龄活动中心(南洋) @2.00pm to 4.00pm</p>	<p><b>Let's Pick Up Malay with NTU Students (Beginner)</b> 和南洋理工大学(NTU)学生一起学马来语吧(初级) @ 2.00pm to 3.00pm</p>	
				<p><b>Let's Pick Up English with NTU Students(Beginner)</b> 和南洋理工大学(NTU)学生一起学英语吧!(初级班) @ 3.00pm to 4.00pm</p>	

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MON

TUE

WED

THU

FRI

SAT

30	31	
<p>Let's Gen Together - (North Vista Secondary School) 代际交流 - (德新中学) @9.00am to 11.30am</p>	<p>Let's Chair Yoga 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	
<p>Let's CrossFit 一起做 CrossFit @11.30am to 12.30pm</p>	<p>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm</p>	
<p><b>Centre Closure for Company Training 因公司培训中 心暂停营业</b></p>	<p>Let's Talk News with Singapore Press Holdings and NTU Volunteers 与新加坡 报业控股 和南大学生志愿者一起聊新闻 @1.00pm to 2.00pm</p>	
	<p>Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 1.45am to 4.45pm</p>	
	<p>Fun with Kakis: Short Bus Ride and Brisk Walk Trip in NTU Campus Or Movie Screening Outing (Own Expenses) 游戏时间: 南洋理工大学校园短程巴士 与健走活动或电影观赏外出活动(费用 自理) @2.00pm to 3.00pm</p>	
	<p>Fun with Tech/ Exergame (Nintendo Switch) 电子游戏时间 (任天堂 Switch) @3.00pm to 4.00pm</p>	

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