




2025 May

Commitment Fee Applicable / By 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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1					2					3																			
					<div>Centre Closure: Labour Day</div>					Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 9am - 10.45am																			
										Let's Learn to Tech (Handphone Class) in Bay C 10.45am - 12pm																			
										Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm																			
										Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm																			
										RUMMY O @ BAY B 12PM TO 4PM																			
5					6					7					8					9					10				
CWAS Trishaw Activity At Jurong Point 9am - 12.30pm					Let's Yoga With Patricia (Volunteer Led) at Frontier CC 9am to 10am					Let's Chair Zumba (IL) in Bay C (HPB) 9.30am - 10.30am					Let's Do Standing Resistance Band (IL) at 662 MPH (HPB) 9.15am - 10.15am					Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 9am - 10.45am									
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am					Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am					Digital - IMDA Go-Digital - Workshop 10.30am - 11.30am					Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am					Let's Flower Arrangment with Mindy (Mother's Day) in Bay C 10.45am - 12pm									
Let's Do Arts and Craft in Bay C 2pm - 4pm					BERNINA Sewing Tech Project 10am - 2pm					Let's Makan Together, Let's Celebrate Mother's Day and May Birthday Babies In Bay B & C 12pm - 1.30pm					Seniors Friendship Circle (Internal News Sharing) in Bay C 11am - 12pm					Let's Level Up English Language (Intermediate) in Bay C 2pm - 3pm									
RUMMY O @ BAY B 11AM TO 2PM					Let's Pick Up English Language (Beginner) in Bay B 2pm - 4pm					Let's Do Bollywood (Virtual) 2pm to 3pm					Let's KTV Together Karaoke in Bay C 12pm - 2pm					Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm									
					RUMMY O @ BAY C 11.30AM TO 4PM					RUMMY O @ BAY C 1.30PM TO 4PM					RUMMY O @ BAY B 2PM TO 4PM					RUMMY O @ BAY B 12PM TO 4PM									

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 **ntuc Health**

MON

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SAT

12	13	14	15	16	17
Centre Closure: Vesak Day	Let's Yoga With Patricia (Volunteer Led) at Frontier CC 9am to 10am	Community Health Post In Bay A 9am -12pm	Let's Do Standing Resistance Band (IL) at 662 MPH (HPB) 9.15am - 10.15am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 9am - 10.45am	
	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Let's Chair Zumba (IL) in Bay C (HPB) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Learn to Tech (Handphone Class) in Bay C 10.45am - 12pm	
	BERNINA Sewing Tech Project 10am - 2pm	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Current Affairs U & Me News Sharing) in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
	Let's Yum Cha Together 1pm to 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12pm - 1.30pm	Let's KTV Together Karaoke in Bay C 12pm - 2pm	Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm	
	Let's Gen Together with Jurong West Secondary School at Bay C: 2pm - 3pm	Let's Do Bollywood (Virtual) 2pm to 3pm	Let's Sing with Dave and Friends at Bay C 2pm - 4pm	RUMMY O @ BAY B 12PM TO 4PM	
	NO RUMMY O FOR TODAY!	RUMMY O @ BAY C 1.30PM TO 4PM	RUMMY O @ BAY B 12PM TO 2PM		
19	20	21	22	23	24
CWAS Trishaw Activity At Jurong Point 9am - 12.30pm	Let's Yoga With Patricia (Volunteer Led) at Frontier CC 9am to 10am	Let's Chair Zumba (IL) in Bay C (HPB) 9.30am - 10.30am	Let's Do Standing Resistance Band (IL) at 662 MPH (HPB) 9.15am - 10.15am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 9am - 10.45am	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Learn to Tech (Handphone Class) in Bay C 10.45am - 12pm	
Let's Do Arts and Craft in Bay C 2pm - 4pm	BERNINA Sewing Tech Project 10am - 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12pm - 1.30pm	Seniors Friendship Circle (Internal News Sharing) in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
RUMMY O @ BAY B 11AM TO 2PM	Let's Pick Up English Language (Beginner) in Bay B 2pm - 3pm	Let's Do Bollywood (Virtual) 2pm to 3pm	Let's KTV Together Karaoke in Bay C 12pm - 2pm	Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm	
	RUMMY O @ BAY C 11.30AM TO 4PM	RUMMY O @ BAY C 1.30PM TO 4PM	RUMMY O @ BAY B 2PM TO 4PM	RUMMY O @ BAY B 12PM TO 4PM	

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	
CWAS Trishaw Pilot Course At Jurong Point 9am - 12.30pm	Let's Yoga With Patricia (Volunteer Led) at Frontier CC 9am to 10am	Community Health Post In Bay A 9am -12pm	Let's Do Standing Resistance Band (IL) at 662 MPH (HPB) 9.15am - 10.15am	Let's Crossfit and Exercise with Razak (Zoom) Seated Resistance Band in Bay B & C 9am - 10.45am	
Post-Qigong Health Assessment By Geri at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Let's Chair Zumba (IL) in Bay C (HPB) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Modified Boxing in Bay B 10.00am - 11.00am	Let's Learn to Tech (Handphone Class) in Bay C 10.45am - 12pm	
Let's Yum Cha Together 1pm to 2pm	BERNINA Sewing Tech Project 10am - 2pm	Let's Exercise with Razak (Recorded Session) in Bay C 10.30am - 11.30am	Seniors Friendship Circle (Internal News Sharing) in Bay C 11am - 12pm	Let's Level Up English Language (Intermediate) in Bay B 2pm - 3pm	
Let's Gen Together with Hua Yi Secondary School at Bay C: 2pm - 3pm	Let's Yum Cha Together 1pm to 2pm	Let's Makan Together & Reminisce Games In Bay B & C 12pm - 1.30pm	Let's KTV Together Karaoke in Bay C 12pm - 2pm	Let's Level Up Malay Language (Intermediate) in Bay C 3pm - 4pm	
RUMMY O @ BAY B 11AM TO 2PM	Let's Gen Together with Hua Yi Secondary School at Bay C: 2pm - 3pm	Let's Do Bollywood (Virtual) 2pm to 3pm	RUMMY O @ BAY B 2PM TO 4PM	RUMMY O @ BAY B 12PM TO 4PM	
	RUMMY O @ BAY C 11.30AM TO 4PM	RUMMY O @ BAY C 1.30PM TO 4PM			

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

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2025 五月

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MON		TUE		WED		THU		FRI		SAT	
						1		2		3	
				中心休息:劳动节				让我们与Razak一起进行CrossFit和锻炼 (Zoom) 使用坐姿阻力带, 需预订 Bay B & C 9am - 10.45am			
								一起学习科技 Bay C Mobile tech class 10.45am - 12pm			
								让我们提升英语 (中级) Bay B 2pm - 3pm			
								让我们提升马来语 (中级) Bay C 3pm - 4pm			
								RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM			
5		6		7		8		9		10	
CWAS 三轮车领航员课程 @ 裕廊坊 @Jurong Point 9am - 12.30pm		跟Patricia做瑜伽 @Frontier CC 9am to 10am		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 9.15am - 10.15am		让我们与Razak一起进行CrossFit和锻炼 (Zoom) 使用坐姿阻力带, 需预订 Bay B & C 9am - 10.45am			
让我们一起来气功吧 Qigong (IL) @ 662 MPH. 9.30am - 10.30am		一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am		IMDA数码转型计划 10.30am - 11.30am		让我们和 Razak 一起锻炼 (Zoom)坐姿改良拳击 - Bay B 10.00am - 11.00am		让我们一起跟Mindy做母亲节插花吧 Bay C 10.45am - 12pm			
让我们在 Bay C 做手工艺活动 2pm - 4pm		BERNINA缝纫技术项目, 一节课 #1 Bay B 10am - 12pm BERNINA 缝纫技术项目, 一节课 #2 Bay B 12.30pm - 2pm		一起享用美食, 怀旧游戏 Bay B & C 让我们一起庆祝母亲节和五月生日 12pm - 1.30pm		老年人焦点小组 Discussion Senior Focus Group Bay C 11am - 12pm		让我们提升英语 (中级) Bay C 2pm - 3pm			
RUMMY O 游戏时间 @ BAY B, 11AM TO 2PM		让我们一起学习英语 (初级) English Class at Bay B 2pm - 4pm		一起跳宝莱坞舞 (虚拟) Bay C 2pm to 3pm		一起来K歌 Karaoke Bay C 12pm - 2pm		让我们提升马来语 (中级) Bay C 3pm - 4pm			
		RUMMY O 游戏时间 @ BAY C 11.30AM TO 4PM		RUMMY O 游戏时间 Bay C 1.30PM TO 4PM		RUMMY O 游戏时间 BAY B 2PM TO 4PM		RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM			

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需支付承诺费用**

MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
中心休息:卫塞节	跟Patricia做瑜伽 @Frontier CC 9am to 10am	CHP 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 9.15am - 10.15am	让我们与Razak一起进行CrossFit和锻炼 (Zoom) 使用坐姿阻力带, 需预订 Bay B & C 9am - 10.45am	
	一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 - Bay B 10.00am - 11.00am	一起学习科技 Bay C Mobile tech class 10.45am - 12pm	
	BERNINA缝纫技术项目, 一节课 #1 Bay B 10am - 12pm	一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	Current affair U&Me/ 时事新闻你和我 Bay C 11am - 12pm	让我们提升英语 (中级) Bay B 2pm - 3pm	
	BERNINA 缝纫技术项目, 一节课 #2 Bay B 12.30pm - 2pm	一起享用美食, 怀旧游戏 Bay B & C Makan Together, Reminisce Games 12pm - 1.30pm	一起来K歌 Karaoke Bay C 12pm - 2pm	让我们提升马来语 (中级) Bay B 3pm - 4pm	
	一起去饮茶吧! 没有Rummy-O游 Bay B & C 1pm to 2pm	一起跳宝莱坞舞 (虚拟) 2pm to 3pm	和Dave以及朋友们一起唱歌 Bay C 2pm - 4pm	RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM	
	一起裕廊西中学一起 Bay C: 2pm - 3pm!	RUMMY O 游戏时间 Bay C 1.30PM TO 4PM	RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM		
19	20	21	22	23	24
CWAS 三轮车领航员课程 @ 裕廊坊 @Jurong Point 9am - 12.30pm	跟Patricia做瑜伽 @Frontier CC 9am to 10am	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 9.15am - 10.15am	让我们与Razak一起进行CrossFit和锻炼 (Zoom) 使用坐姿阻力带, 需预订 Bay B & C 9am - 10.45am	
让我们一起来气功吧 Qigong (IL) @ 662 MPH. 9.30am - 10.30am	一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 - Bay B 10.00am - 11.00am	一起学习科技 Bay C Mobile tech class 10.45am - 12pm	
让我们在 Bay C 做手工艺活动 2pm - 4pm	BERNINA缝纫技术项目, 一节课 #1 Bay B 10am - 12pm BERNINA 缝纫技术项目, 一节课 #2 Bay B 12.30pm - 2pm	一起享用美食, 怀旧游戏 Bay B & C Makan Together, Reminisce Games 12pm - 1.30pm	乐龄友谊圈(新闻分享) in Bay C	让我们提升英语 (中级) Bay B 2pm - 3pm	
RUMMY O 游戏时间 @ BAY B, 11AM TO 2PM	让我们一起学习英语 (初级) English Class at Bay B 2pm - 3pm	一起跳宝莱坞舞 (虚拟) 2pm to 3pm	一起来K歌 Karaoke Bay C 12pm - 2pm	让我们提升马来语 (中级) Bay B 3pm - 4pm	
	RUMMY O 游戏时间 @ BAY C 11.30AM TO 4PM	RUMMY O 游戏时间 Bay C 1.30PM TO 4PM	RUMMY O 游戏时间 BAY B 2PM TO 4PM	RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM	

2025五月

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26	27	28	29	30	
CWAS 三轮车领航员课程 @ 裕廊坊 @Jurong Point 9am - 12.30pm	跟Patricia做瑜伽 @Frontier CC 9am to 10am	CHP 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 9.15am - 10.15am	让我们与Razak一起进行CrossFit和锻炼 (Zoom) 使用坐姿阻力带, 需预订 Bay B & C 9am - 10.45am	
气功后健康 评估 @ 662 MPH 9.30am - 10.30am	起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	让我们和 Razak 一起锻炼 (Zoom) 坐姿改良拳击 - Bay B 10.00am - 11.00am	一起学习科技 Bay C Mobile tech class 10.45am - 12pm	
一起去饮茶吧! Yum Cha Bay C 1pm to 2pm	BERNINA缝纫技术项目, 一节课 #1 Bay B 10am - 12pm	一起跟Razak线上做运 (Zoom) (记录) Bay C 10.30am - 11.30am	乐龄友谊圈(新闻分享) in Bay C 11am - 12pm	让我们提升英语 (中级) Bay B 2pm - 3pm	
一起华义中学一起 Bay C 2pm - 3pm	BERNINA 缝纫技术项目, 一节课 #2 Bay B	一起享用美食, 怀旧游戏 Bay B & C Makan Together, Reminisce Games 12pm - 1.30pm	一起来K歌 Karaoke Bay C 12pm - 2pm	让我们提升马来语 (中级) Bay B 3pm - 4pm	
RUMMY O 游戏时间 Bay C 11AM TO 2PM	一起去饮茶吧! Yum Cha, Bay C 1pm to 2pm	一起跳宝莱坞舞 (虚拟) Bay C 2pm to 3pm	RUMMY O 游戏时间 BAY B 2PM TO 4PM	RUMMY O 游戏时间 @ BAY B, 12PM TO 4PM	
	一起华义中学一起 Bay C: 2pm - 3pm!	RUMMY O 游戏时间 Bay C 1.30PM TO 4PM			
	RUMMY O 游戏时间 Bay C 1130am - 4pm				




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2025 April

Commitment Fee Applicable

***By Online Booking Only**

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

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1		2		3		4		5	
	AAC - Online Exercise - Razak Zoom Exercise 1030am - 1130am	AAC - Services - Wellness - CHP Community Nurse Post 9am -10pm	AAC - Instructor-Led: Exercise - Stretch Band 9.30am - 10.30am AAC - Online Exercise - Razak Zoom Exercise 10.00am - 11.00am	AAC - Inhouse Facilitator -Led: Exercise - CrossFit 9am - 10am AAC- Online Exercise - Razak Zoom Exercise 10am - 10.45am					
	AAC - Digital- Fun! Sew Tech Learning Journey 10am - 12pm	AAC - TFR_Evidence Informed - Move It Feel Strong: Seated Exercises 10am - 11.30am AAC - Online Exercise - Razak Zoom Exercise 11.30am - 12PM	Seniors Friendship Circle in Bay C 11am - 12pm Interest Group - Karaoke 12pm - 2pm	Let's Do Good with Avventura Virtual Reality Experience in Bay C AAC - CSR 10.45am - 12pm					
	AAC - Digital- Fun! Sew Tech Learning Journey 12.30pm - 2pm	AAC - Communal Dining - in AAC 12- 1pm AAC - Fun Games (e.g. Bingo, Just be Happy) 1pm to 1.30pm	AAC - Intergenerational Programs - Secondary 2pm - 3pm	AAC - Language class (intermediate) 2pm - 3pm					
	AAC - Intergenerational Programs - Secondary 2pm - 3pm	AAC - Party - Birthday celebration 1.30pm to 230pm	Digital - Make-3D-Werkz 2pm to 4pm	AAC - Language class (intermediate) 3pm - 4pm					
	AAC - Language class (elementary) 3pm - 4pm	AAC - Language class (elementary) 2.30pm - 3.30pm							
7	8	9	10	11	12				
AAC - AAC Community Event (e.g. Let's Get Together Series) 9am - 12.30pm	AAC - Instructor-Led: Exercise - Yoga 9.30am to 10.30am AAC - Online Exercise - Razak Zoom Exercise 10.30am - 11.30am	AAC - TFR_Evidence Informed - Move It Feel Strong: Seated Exercises 10am - 11.30am AAC - Online Exercise - Razak Zoom Exercise 11.30am - 12PM	AAC - Instructor-Led: Exercise - Stretch Band 9.30am - 10.30am AAC - Online Exercise - Razak Zoom Exercise 10.00am - 11.00am	AAC - Inhouse Facilitator -Led: Exercise - CrossFit 9am - 10am AAC- Online Exercise - Razak Zoom Exercise 10am - 10,45am					
AAC - Instructor-Led: Exercise - Qigong 9.30am - 10.30am	AAC - Digital- Fun! Sew Tech Learning Journey 10am - 12pm	AAC - Communal Dining - in AAC 12- 1pm AAC - Fun Games (e.g. Bingo, Just be Happy) 1pm to 1.30pm	Seniors Friendship Circle in Bay C 11am - 12pm Interest Group - Karaoke 12pm - 2pm	AAC - Digital - Coaching by centre staff / volunteer 10.45am - 12pm					
AAC - Online Exercise - Razak Zoom Exercise 10am - 10.45am	AAC - Digital- Fun! Sew Tech Learning Journey 12.30pm - 2pm	AAC - Party - Birthday celebration 1.30pm to 230pm	AAC - Intergenerational Programs - Secondary 2pm - 3pm	AAC - Language class (intermediate) 2pm - 3pm					
AAC - Art & Craft - Others 2pm - 4pm	AAC - Language class (elementary) 2pm - 3pm		Digital - Make-3D-Werkz 2pm to 4pm	AAC - Language class (intermediate) 3pm - 4pm					

2025 April

Commitment Fee Applicable

***By Online Booking Only**

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

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AAC - AAC Community Event (e.g. Let's Get Together Series)
9am - 12.30pm

AAC - Instructor-Led: Exercise - Yoga
9.30am to 10.30am

AAC - Online Exercise - Razak Zoom
Exercise 10.30am - 11.30am

AAC - Services - Wellness - CHP
Community Nurse Post
9am -10pm

AAC - Instructor-Led: Exercise -
Stretch Band 9.30am - 10.30am

AAC - Online Exercise - Razak Zoom
Exercise 10.00am - 11.00am

AAC - Instructor-Led: Exercise - Qigong
9.30am - 10.30am

AAC - Digital- Fun! Sew Tech Learning
Journey
10am - 12pm

AAC - TFR_Evidence Informed - Move It
Feel Strong: Seated Exercises
10am - 11.30am

Seniors Friendship Circle
in Bay C
11am - 12pm

AAC - Online Exercise - Razak Zoom
Exercise
11.30am - 12PM

AAC - Online Exercise - Razak Zoom
Exercise
10am - 10.45am

AAC - Digital- Fun! Sew Tech Learning
Journey
12.30pm - 2pm

AAC - Communal Dining - in AAC
12- 1pm

AAC - Fun Games
(e.g. Bingo, Just be Happy)
1pm to 1.30pm

Interest Group - Karaoke 12pm - 5pm

AAC - Art & Craft - Others
2pm - 4pm

AAC - Intergenerational Programs -
Secondary
2pm - 3pm

AAC - Party - Birthday celebration
1.30pm to 2pm

Digital - Make-3D-Werkz
2pm to 4pm

AAC - Language class (elementary)
2.30pm - 3.30pm

**Centre
Closure:
Good Friday**

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CWAS Trishaw Pilot Course
At Jurong Point
9am - 12.30pm

AAC - Instructor-Led: Exercise - Yoga
9.30am to 10.30am

AAC - Online Exercise - Razak Zoom
Exercise 10.30am - 11.30am

AAC - TFR_Evidence Informed - Move It
Feel Strong: Seated Exercises
10am - 11.30am

AAC - Online Exercise - Razak Zoom
Exercise
11.30am - 12PM

Let's Do Standing Resistance Band
(IL) at 662 MPH
9.30am - 10.30am

AAC - Inhouse Facilitator
-Led: Exercise - CrossFit
9am - 10am

AAC- Online Exercise
- Razak Zoom Exercise
10am - 10,45am

Let's Qigong (IL) at 662 MPH
9.30am - 10.30am

AAC - Digital- Fun! Sew Tech Learning
Journey
10am - 12pm

AAC - Communal Dining - in AAC
12- 1pm

AAC - Fun Games
(e.g. Bingo, Just be Happy)
1pm to 1.30pm

AAC - Online Exercise - Razak Zoom
Exercise
10.00am - 11.00am

AAC - Digital - Coaching by centre staff
/ volunteer 10.45am - 12pm

AAC - AAC Community Event
(e.g. Let's Get Together Series)

AAC - Online Exercise - Razak Zoom
Exercise
10am - 10.45am

AAC - Digital- Fun! Sew Tech Learning
Journey
12.30pm - 2pm

AAC - Party - Birthday celebration
1.30pm to 2pm

Seniors Friendship Circle
in Bay C
11am - 12pm

AAC - Language class (intermediate)
2pm - 3pm

BERNINA Beginner & Advanced Class
Sew-Tech in Bay B
10.30am - 1.30pm

AAC - Intergenerational Programs -
Secondary
2pm - 3pm

AAC - Language class (elementary)
2.30pm - 3.30pm

Interest Group - Karaoke 12pm - 5pm

AAC - Language class (intermediate)
3pm - 4pm

Let's Do Arts and Craft in
Bay C
2pm - 4pm

AAC - Language class (elementary)
3pm - 4pm

Digital - Make-3D-Werkz
2pm to 4pm

NTUC HEALTH
CASHEW OPEN HOUSE
(OPEN TO PUBLIC)
All Bays and Multipurpose Hall
9am - 1pm

2025 April

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

28	29	30	
CWAS Trishaw Pilot Course At Jurong Point 9am - 12.30pm	AAC - Instructor-Led: Exercise - Yoga 9.30am to 10.30am AAC - Online Exercise - Razak Zoom Exercise 10.30am - 11.30am	Centre Closure: Company Event	
Let's Qigong (IL) at 662 MPH 9.30am - 10.30am	AAC - Digital- Fun! Sew Tech Learning Journey 10am - 12pm		
AAC - Online Exercise - Razak Zoom Exercise 10am - 10.45am	AAC - Digital- Fun! Sew Tech Learning Journey 12.30pm - 2pm		
BERNINA Beginner & Advanced Class Sew-Tech in Bay B 10.30am - 1.30pm	AAC - Intergenerational Programs - Secondary 2pm - 3pm		
Let's Do Arts and Craft in Bay C 2pm - 4pm	AAC - Language class (elementary) 3pm - 4pm		

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

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