

# 2026 MAY (五月)

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) 67156751 (Whatsapp)



MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
<b>Senior Friendship Circle: Minority Potluck (Mother's Day)</b> 长者友谊圈: 少数民族共享聚餐 (母亲节) @9.30am to 3.30pm	<b>F4 - Let's Chair Yoga</b> F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	<b>Let's Learn Swimming (Last Lesson)</b> 一起学习游泳 (最后一节课) @Jurong Swimming Complex @8.45am to 9.30am	<b>Let's Stretch Band</b> 一起做弹力带拉筋操 @9.30am to 10.30am	<b>Centre Closure for Public Holiday: Company Town Hall</b> 中心因公共假期关闭: 公司全体大会	
<b>Let's Do Quilt Design and Fabricwork with BERNINA</b> 让我们一起用BERNINA进行拼布设计与布艺制作 @9.00am to 12.00pm	<b>Let's Makan Together - F4</b> 一起来 makan - F4 @10.30am to 11.30am	<b>Community Health Post 服务 - 社区保健站</b> @9.00am to 11.30am	<b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @10.45am to 12.45pm		
<b>Let's Do Good with Health Sciences Authority</b> 与新加坡卫生科学局一起行善 @10.00am to 2.00pm	<b>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	<b>Let's Zumba Gold</b> 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	<b>Let's Volunteer Together (Meeting)</b> 让我们一起做义工 (会议) @2.00pm to 4.00pm		
<b>Let's KTV Together</b> 一起来K歌 @12.00pm to 4.00pm	<b>Let's Dance: Couple Dance Course</b> 一起跳舞: 双人舞 课程 @3.30pm to 4.30pm	<b>Let's Talk About (Advance Care Plan) - Mandarin</b> 一起谈谈 (预立医疗照护计划) - 华语 @2.00pm to 3.00pm			
		<b>Let's Talk About (Advance Care Plan) - English</b> 一起谈谈 (预立医疗照护计划) - 英文 @3.00pm to 4.00pm			
		<b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @3.30pm to 5.30pm			

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
<p><b>Let's CrossFit</b> 一起做CrossFit @10.00am to 11.00am</p>	<p><b>F4 - Let's Chair Yoga</b> F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</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 Stretch Band</b> 一起做弹力带拉筋操 @9.30am to 10.30am</p>	<p><b>Let's Go Gai Gai &amp; Let's Do Good with SG Cares: Eco-Green Day Special: Bollywood Farms &amp; Terrarium Making</b> 一起去走走与行善(携手 SG Cares):生态绿色日特别活动:宝莱坞农场与微景观制作 @10.30am to 5.00pm</p>	
<p><b>Let's KTV Together</b> 一起来K歌 @12.00pm to 4.00pm</p>	<p><b>Let's Makan Together - F4</b> 一起来makan - F4 @10.30am to 11.30am</p>	<p><b>Let's Walking Football</b> 一起来踢球 @10.00am to 12.00pm</p>	<p><b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @10.45am to 11.45am</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 @ 1.45am to 4.45pm</p>	<p><b>Senior Friendship Circle: Male's Exclusive</b> 长者友谊圈:男性专属活动 @12.00pm to 3.30pm</p>	<p><b>Let's Celebrate: Hari Raya Haji and Mother's Day Party 2026</b> 一起庆祝:2026年哈芝节与母亲节派对 @11.45am to 1.00pm</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 Learn Baking (Volunteer Led)</b> 一起学习烘焙(志愿者带领) @2.00pm to 4.00pm</p>	<p><b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @3.30pm to 5.30pm</p>	<p><b>Let's Gen Together - Hua Yi Secondary School</b> 代际交流活动 - 裕英中学 @2.30pm to 4.30pm</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 Dance: Couple Dance Course (Volunteer Led)</b> 一起跳舞: 双人舞 课程 (志愿者带领) @3.30pm to 4.30pm</p>			<p><b>Let's Danze Bolayu with Arin</b> 跟Arin一起跳Bolayu舞吧 @11.30am to 12.30pm</p>	

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MON

TUE

WED

THU

FRI

SAT

18	19	20	21	22	23
<p><b>Let's CrossFit</b> 一起做CrossFit @10.00am to 11.00am</p>	<p><b>F4 - Let's Chair Yoga</b> F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</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 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>Let's Do Quilt Design and Fabricwork with BERNINA</b> 让我们一起用BERNINA进行拼布设计与布艺制作 @9.00am to 12.00pm</p>	<p><b>Let's Makan Together - F4</b> 一起来 makan - F4 @10.30am to 11.30am</p>	<p><b>Senior Friendship Circle: Caretaker's Special</b> 长者友谊圈: 照护者专属活动 @11.00am to 12.00pm</p>	<p><b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @10.45am to 11.45am</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 KTV Together</b> 一起来K歌 @12.00pm to 4.00pm</p>	<p><b>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm</p>	<p><b>Senior Friendship Circle: Chinese Tea Dance</b> 长者友谊圈: 中华茶舞会 @12.00pm to 3.30pm</p>	<p><b>Centre Closure Half-Day for Staff Training</b> 中心半天关闭: 员工培训</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 Dance: Couple Dance Course (Volunteer Led)</b> 一起跳舞: 双人舞课程 (志愿者带领) @3.30pm to 4.30pm</p>	<p><b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @3.30pm to 5.30pm</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>Let's Gen Together - Hua Yi Secondary School</b> 代际交流活动 - 裕英中学 @3.00pm to 5.00pm</p>	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
<p><b>Let's CrossFit</b> 一起做CrossFit @10.00am to 11.00am</p>	<p><b>F4 - Let's Chair Yoga</b> F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am</p>	<p><b>Centre Closure for Public Holiday: Hari Raya Haji</b> 中心因公共假期关闭:哈芝节</p>	<p><b>Let's Gen Together - Guangyang Secondary School</b> 代际交流活动 - 光洋中学 @9.30am to 12.00pm</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 KTV Together</b> 一起来K歌 @12.00pm to 4.00pm</p>	<p><b>Let's Makan Together - F4</b> 一起来 makan - F4 @10.30am to 11.30am</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>Digital - Fun! Sew Tech Learning Journey</b> 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm</p>		<p><b>Let's Dance: Social (Volunteer Led)</b> 一起嗨舞吧: 社交舞 (志愿者带领) @10.45am to 11.45am</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 Dance: Couple Dance Course (Volunteer Led)</b> 一起跳舞: 双人舞 课程 (志愿者带领) @3.30pm to 4.30pm</p>		<p><b>Let's Celebrate May Birthday</b> 一起庆祝: 五月生日会 @11.00am to 12.00pm</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>Let's Makan Together: Communal Dining</b> 一起用餐: 社区共享餐 饮 @12.00pm to 1.00pm</p>	<p><b>Let's Gen Together - Juying Secondary School</b> 代际交流活动 - 裕英中学 @2.00pm to 4.00pm</p>	
			<p><b>Let's KTV Together</b> 一起来K歌 @1.00pm to 4.00pm</p>		

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