2026 November

Booking by External Parties / 外部人士 预订

Commitment Fee Required / 需缴付承诺费

By Invitation Only / 仅限受邀者

All Are Welcome / 欢迎大家踊 跃参加

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
Let's Learn Swimming @ Jurong West Swimming Complex 一起学游泳 @ 裕廊西游泳中心 @9.00am to 10.00am	F4 - Let's Chair Yoga F4 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Brisk Walk @ Jurong Lake Gardens 一起参加社区健步走 @ 裕廊湖花园 7:30 AM – 9:00 AM	Let's Stretch Band @ 662 MPH 一起做 弹力带拉筋操 @ 662 MPH @9.30am to 10.30am	Let's Yoga 一起做瑜伽 (located at 661D Zone 7 RN) (地点：661D 第7区居民 联络网 RN) @8.30am to 9.30am	Let's Bolayu Dance Offsite: 一起跳 Danze Bolayu @ 8.00am to 9.00am
Let's CrossFit 一起做 CrossFit @9.00am to 10.00am	Stay Well Series - The Art of Mindful Living 保健系列 - 正念生活的 艺术 @10.30am to 11.30am	Let's Zumba Gold @ 662 MPH 一起跳尊巴金牌健身操 @ 662 MPH @ 9.30am to 10.30am	Let's Dragonboat @ Kallang River 一起划 龙舟 @ 加冷河 9:30 AM – 12:00 PM	HAPPY Programme 推广健康老 龄化计划 @ 11.15am to 12.15pm	
Digital Fab Lab Series: 3D Printing Workshop 数码创客实验室系列：3D打印工作坊 @10.00am to 4.00pm	Digital - Fun! Sew Tech Learning Journey 缝纫与科技之旅 @ 10.45am to 1.45pm @ 1.45am to 4.45pm	Let's Celebrate Our November Birthday Celebrants! 让我们一起为十一月份的寿星们庆祝生日！@11.30am to 12.00pm	Digital Fab Lab Series: Digital Embroidery Workshop 数码创客实验室系列：数 码刺绣工作坊 @10.00am to 1.00pm	Let's Do Aquaboxing – Offsite 一起做水中拳 击（户外活动） @ 9.00am to 10.00am	
Let's Learn To Sing 一起学唱歌 @10.30am to 12.30pm	F4 - Let's Makan Together: Healthy Plate F4 一起用餐：健康餐 盘 @11.30am to 12.00pm	Let's Celebrate Deepavali! 欢庆屠妖节！ @12.00pm to 1.00pm	Let's Learn Malay Dance 一起跳 马来舞 @10.00am to 11.00am	Digital Fab Lab Series: Laser Cutting Workshop 数码创客实验室系列：激光切割 工作坊 @ 10.00am to 1.00pm	
Strategise with Kakis 游戏时间 @12.30pm to 4.00pm	Current affairs U&Me 时事新闻你和我 @12.00pm to 12.30pm	Strategise with Kakis 游戏时间 @1.00pm to 4.00pm	Strategise with Kakis 游戏时间 与好友一起 动脑：游戏与休 闲活动 @12.00pm to 4.00pm	Let's Piloxing Lite 一起拳 击皮拉提 Lite @11.30am to 12.30pm	
Let's Do Beads Art 一起做 艺术吧 @2.00pm to 4.00pm	Strategise with Kakis 游戏时间 @12.00pm to 4.00pm	Strategise with Kakis : Rummy O (Locaton: 661D Zone 7 RN) Strategise with Kakis: Rummy O (地点：661D 第7区居民 联络网 RN) @1.00pm to 6.00pm		Strategise with Kakis: Games & Leisure 与好友一起 动脑：游戏与休 闲活动 @12.30pm to 4.00pm	
	Let's Do Art Therapy 一起进行艺术治疗 @2.00pm to 4.00pm				

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closure: Deepavali 中心关闭通知: 屠妖节	**F4 - Let's Chair Yoga** **F4 一起做坐式瑜伽** @ 9.30am to 10.30am	**Let's Brisk Walk @ Jurong Lake Gardens** **一起参加社区健步走 @ 裕廊湖花园** 7:30 AM – 9:00 AM	**Let's Stretch Band @ 662 MPH** **一起做 弹力带拉筋操 @ 662 MPH** @9.30am to 10.30am	**Let's Yoga 一起做瑜伽** **(Location: 661D Zone 7 RN)** **(地点: 661D 第7区居民 联络网 RN)** @8.30am to 9.30am	**Let's Bolayu Dance Offsite: 一起跳 Danze Bolayu @ 8.00am to 9.00am**
	Stay Well Series - The Art of Mindful Living **保健系列 - 正念生活的 艺术** **@10.30am to 11.30am**	**Let's Zumba Gold @ 662 MPH** **一起跳尊巴金牌健身操 @ 662 MPH** @ 9.30am to 10.30am	**Let's Learn Malay Dance** **一起跳 马来舞** @10.00am to 11.00am	**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 @ 1.45am to 4.45pm	**Let's Learn Indian Cooking: Butter Chicken** **一起学做印度料理:奶油 鸡** @ 10.00am to 12.00pm	**Digital Fab Lab Series: Digital Embroidery Workshop** **数码创客实验室系列:数码刺绣工作坊** @10.00am to 1.00pm	**Let's Do Aquaboxing – Offsite** **一起做水中拳 击(户外活动)** **@ 9.00am to 10.00am**	
	F4 - Let's Makan Together: Healthy Plate **F4 一起用餐:健康餐 盘** @11.30am to 12.00pm	**Let's Explore Cultures in Our Community:** **让我们一起探索社区多元文化** @ 10.30am to 11.30am	**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm	**Let's Dragonboat - Competition @ Kallang River 一起参加 龙舟比赛 @ 加冷河** 9:30 AM – 12:00 PM	
	Current affairs U&Me 时事新闻你和我 @12.00pm to 12.30pm	**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm		**Digital Fab Lab Series: Laser Cutting Workshop** **数码创客实验室系列:激光切割工作坊** @ 10.00am to 1.00pm	
	Strategise with Kakis **游戏时间** @12.00pm to 4.00pm	**Strategise with Kakis: Rummy O** **(Location: 661D Zone 7 RN)** **Strategise with Kakis: Rummy O** **(地点: 661D 第7区居民 联络网 RN)** @1.00pm to 6.00pm		**Let's Piloxing Lite** **一起拳 击皮拉提 Lite** @11.30am to 12.30pm	
	Let's Do Art Therapy **一起进行艺术治疗** @2.00pm to 4.00pm	**Boon Lay AAC: Nourish and Thrive Programme by NUHS (Bay B) 文礼乐龄活动中心:国大医 疗机构营养与健康活力计划**(B区) @ 2.00pm to 4.30pm		**Strategise with Kakis** **游戏时间** @12.30pm to 4.00pm	

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Learn Swimming @ Jurong West Swimming Complex **一起学游泳 @ 裕廊西游泳中心** @9.00am to 10.00am	**F4 - Let's Chair Yoga** **F4 一起做坐式瑜伽** @ 9.30am to 10.30am	**Let's Brisk Walk @ Jurong Lake Gardens** **一起参加社区健步走 @ 裕廊湖花园** 7:30 AM – 9:00 AM	**Let's Stretch Band @ 662 MPH** **一起做弹力带拉筋操 @ 662 MPH** @9.30am to 10.30am	**Let's Yoga 一起做瑜伽** **(located at 661D Zone 7 RN)** **（地点：661D 第7区居民联络网 RN)** @8.30am to 9.30am	**Let's Bolayu Dance Offsite:** **一起跳 Danze Bolayu** **@ 8.00am to 9.00am**
Let's CrossFit **一起做CrossFit** @9.00am to 10.00am	**Stay Well Series - The Art of Mindful Living** **保健系列 - 正念生活的艺术** **@10.30am to 11.30am**	**Let's Zumba Gold @ 662 MPH** **一起跳尊巴金牌健身操 @ 662 MPH** @ 9.30am to 10.30am	**Let's Dragonboat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave** @9.30am to 12.00pm	**HAPPY Programme** **推广健康老龄化计划** @ 11.15am to 12.15pm	
Digital Fab Lab Series: 3D Printing Workshop **数码创客实验室系列：3D打印工作坊** @10.00am to 4.00pm	**F4 - Let's Makan Together: Healthy Plate** **F4 一起用餐：健康餐盘** @11.30am to 12.00pm	**Let's Explore Cultures in Our Community:** **让我们一起探索社区多元文化** @ 10.30am to 11.30am	**Let's Learn Malay Dance** **一起跳马来舞** @10.00am to 11.00am	**Let's Do Aquaboxing – Offsite** **一起做水中拳击（户外活动）** **@ 9.00am to 10.00am**	
Let's Learn To Sing **一起学唱歌** @10.30am to 12.30pm	**Centre Closure Notice:** **Half-Day Closure from 12:00 PM for Town Hall** **中心关闭通知：因举行公司全体大会，中心将于中午 12:00 起关闭半天**	**Digital - Fun! Sew Tech Learning Journey** **缝纫与科技之旅** @ 10.45am to 1.45pm @ 1.45am to 4.45pm	**Digital Fab Lab Series: Digital Embroidery Workshop** **数码创客实验室系列：数码刺绣工作坊** @10.00am to 1.00pm	**Digital Fab Lab Series: Laser Cutting Workshop** **数码创客实验室系列：激光切割工作坊** @ 10.00am to 1.00pm	
Strategise with Kakis **游戏时间** @12.30pm to 4.00pm		**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm	**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm	**Let's Piloxing Lite** **一起拳击皮拉提 Lite** @11.30am to 12.30pm	
Let's Do Beads Art **一起做艺术吧** @2.00pm to 4.00pm		**Strategise with Kakis: Rummy O** **(Location: 661D Zone 7 RN)** **游戏时间：拉密** **(地点：661D 第7区居民联络网 RN）** @1.00pm to 6.00pm		**Strategise with Kakis** **游戏时间** @12.30pm to 4.00pm	
		Boon Lay AAC: Nourish and Thrive Programme by NUHS (Bay B) 文礼乐龄活动中心：国大医疗机构营养与健康活力计划（B区）@ 2.00pm to 4.30pm			

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23	**24**	**25**	**26**	**27**	**28**
Let's Learn Swimming @ Jurong West Swimming Complex **一起学游泳 @ 裕廊西游泳中心** @9.00am to 10.00am	**F4 - Let's Chair Yoga** **F4 一起做坐式瑜伽** @ 9.30am to 10.30am	**Let's Zumba Gold @ 662 MPH** **一起跳尊巴金牌健身操 @ 662 MPH** @ 9.30am to 10.30am	**Let's Stretch Band @ 662 MPH** **一起做弹力带拉筋操 @ 662 MPH** @9.30am to 10.30am	**HAPPY Programme** **推广健康老龄化计划** @ 11.15am to 12.15pm	**Let's Bolayu Dance Offsite:** **一起跳 Danze Bolayu** **@ 8.00am to 9.00am**
Let's CrossFit **一起做CrossFit** @9.00am to 10.00am	**Stay Well Series - The Art of Mindful Living** **保健系列 - 正念生活的艺术** **@10.30am to 11.30am**	**Let's Explore Cultures in Our Community:** **让我们一起探索社区多元文化** @ 10.30am to 11.30am	**Let's Dragonboat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave** @9.30am to 12.00pm	**Let's Do Aquaboxing – Offsite** **一起做水中拳击（户外活动）** **@ 9.00am to 10.00am**	
Strategise with Kakis **游戏时间** @10.00am to 4.00pm	**Digital - Fun! Sew Tech Learning Journey** **缝纫与科技之旅** @ 10.45am to 1.45pm @ 1.45am to 4.45pm	**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm	**Let's Learn Malay Dance** **一起跳马来舞** @10.00am to 11.00am	**Digital Fab Lab Series: Laser Cutting Workshop** **数码创客实验室系列: 激光切割工作坊** @ 10.00am to 1.00pm	
Digital Fab Lab Series: 3D Printing Workshop **数码创客实验室系列：3D打印工作坊** @10.00am to 4.00pm	**F4 - Let's Makan Together: Healthy Plate** **F4 一起用餐：健康餐盘** @11.30am to 12.00pm	**Strategise with Kakis: Rummy O (Location: 661D Zone 7 RN)** **游戏时间：拉密 (地点：661D 第7区居民联络网 RN)** @1.00pm to 6.00pm	**Digital Fab Lab Series: Digital Embroidery Workshop** **数码创客实验室系列: 数码刺绣工作坊** @10.00am to 1.00pm	**Let's Piloxing Lite** **一起拳击皮拉提 Lite** @11.30am to 12.30pm	
Let's Do Beads Art **一起做艺术吧** **@2.00pm to 4.00pm**	**Current affairs U&Me 时事新闻你和我** **@12.00pm to 12.30pm**	**Boon Lay AAC: Nourish and Thrive Programme by NUHS (Bay B)** **文礼乐龄活动中心：国大医疗机构营养与健康活力计划**（B区） @ 2.00pm to 4.30pm	**Strategise with Kakis** **游戏时间** @12.00pm to 4.00pm	**Strategise with Kakis** **游戏时间** @12.30pm to 4.00pm	
	Strategise with Kakis: Games & Leisure **与好友一起动脑：游戏与休闲活动** @12.00pm to 2.00pm				
	Let's Do Art Therapy **一起进行艺术治疗** @2.00pm to 4.00pm				
	Let's Learn Baking: Orange Chiffon Cake **一起来学烘焙：香橙戚风蛋糕** **@3.00pm to 4.00pm**				

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Strategise with Kakis: Games & Leisure **与好友一起 动脑: 游戏与休闲活动** @12.30pm to 4.00pm					
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