

2025 NOV (十一月)

Green / 绿色 - Payment Required / 需付款
Dark Green - Self-Booking or By Invitation Only (Free) 深绿色 - 自行预约或仅限受邀 (免费)
White / 白色 - Walk-in 现场报名 (Free / 免费)



Centre Name:

Centre Address:

Centre Contact:

AAC (Pioneer)

662A Jurong West St 64 #01-328 S641662

6715 6750 (Call) 8031 2431 (Whatsapp)



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10am to 11am	Let's Chair Yoga (IL) 一起做坐式瑜伽 (IL) @ 9.30am to 10.30am	Let's Learn Swimming 一起学习游泳 @8.00am to 9.15am @9.30am to 11.00am	Let's Learn Swimming 一起学习游泳 @8.30am to 10.00am	Let's Yoga 一起做瑜伽 BAY B @ 8.30am to 9.30am	
Let's Join Souls Inc 一起参加 (Souls Inc) @11am to 12pm	Digital - Fun! Sew Tech Learning Journey (PM Session) 缝纫与科技之旅 (下午场) @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Services - Wellness - CHP 服务 - 社区保健站 @ 9am to 12pm	Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	Let's Go Gai Gai: Peranakan Museum 一起去 Gai Gai: 娘惹博物馆 @9am to 2pm	
Let's CALM 一起做防肌肉萎缩运动 @2.30pm to 3.30pm		Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Resistance Band 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10am to 10.45am	
		F4 Health Talk F4 - 快乐、健身、美食与朋友 @10.30am to 11.00am	Let's KTV Together 一起来K歌 @2pm to 5pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm			
		Let's CALM 一起做防肌肉萎缩运动 @2pm to 3pm			

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10	11	12	13	14	15
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10am to 11am	Let's Chair Yoga (IL) 一起做坐式瑜伽 (IL) @ 9.30am to 10.30am	Let's Learn Swimming 一起学习游泳 @8.00am to 9.15am @9.30am to 11.00am	Let's Learn Swimming 一起学习游泳 @8.30am to 10.00am	Let's Yoga 一起做瑜伽 @ 8.30am to 9.30am	
Let's Join Souls Inc 一起参加 (Souls Inc) @11am to 12pm	Digital - Fun! Sew Tech Learning Journey (PM Session) 缝纫与科技之旅 (下午场) @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Resistance Band 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10am to 10.45am	
Let's CALM 一起做防肌肉萎缩运动 @2.30pm to 3.30pm		Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		F4 Health Talk F4 - 快乐、健身、美食与朋友 @10.30am to 11.00am	Senior Friendship Circle: Activities and Makan (Male Exclusive) 乐龄友谊圈: 活动与用餐(男士专属) 1pm to 3pm	Senior Friendship Circle (Malay/Indian Exclusive) Halal Potluck 乐龄友谊圈 (马来/印度专属) 清真自带菜聚会 1pm to 3pm	
		Let's CALM 一起做防肌肉萎缩运动 @2pm to 3pm		Let's Tea Dance (Malay and Indian) 让我们一起跳茶舞 (马来与印度专属) @3pm to 5pm	

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MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10am to 11am	Let's Chair Yoga (IL) 一起做坐式瑜伽 (IL) @ 9.30am to 10.30am	Let's Learn Swimming 一起学习游泳 @8.00am to 9.15am @9.30am to 11.00am	Let's Learn Swimming 一起学习游泳 @8.30am to 10.00am	Centre Closure for Company Event: Townhall Meeting 公司活动暂停开放: 大会会议	
Let's Join Souls Inc 一起参加 (Souls Inc) @11am to 12pm	Digital - Fun! Sew Tech Learning Journey (PM Session) 缝纫与科技之旅 (下午场) @ 10.45am to 12.45pm @ 12.45am to 2.45pm	Services - Wellness - CHP 服务 - 社区保健站 @ 9am to 12pm	Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am		
Let's CALM 一起做防肌肉萎缩运动 @2.30pm to 3.30pm	Let's Learn to Bake (Malay Cakes) 一起学烘焙 (马来糕点) @2pm to 4pm	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am		
		F4 Health Talk F4 - 快乐、健身、美食与朋友 @10.30am to 11.00am	Let's Tea Dance (Chinese & English) 让我们一起茶舞 Let's Tea Dance @12pm to 4pm		
		Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm			
		Let's CALM 一起做防肌肉萎缩运动 @2pm to 3pm			

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Exercise with Razak on Zoom: Seated Water Bottle Exercise 一起跟Razak线上做运动: 坐姿矿泉水瓶线上运动 @10am to 11am	Let's Chair Yoga (IL) 一起做坐式瑜伽 (IL) @ 9.30am to 10.30am	Let's Learn Swimming 一起学习游泳 @8.00am to 9.15am @9.30am to 11.00am	Let's Learn Swimming 一起学习游泳 @8.30am to 10.00am	Let's Yoga 一起做瑜伽 @ 8.30am to 9.30am	
Let's Join Souls Inc 一起参加 (Souls Inc) @11am to 12pm	Centre Closure (12pm) for Company Event: Townhall Meeting 公司活动暂停开放: 大会会议	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	Let's Learn to Cook (Malay Cooking) 一起学烹饪 (马来烹饪) @9am to 1pm	
Let's CALM 一起做防肌肉萎缩运动 @2.30pm to 3.30pm		F4 Health Talk F4 - 快乐、健身、美食与朋友 @10.30am to 11.00am	Let's Exercise with Razak on Zoom: Seated Modified Boxing 一起跟Razak线上做运动 线上坐姿改良拳击课程 @ 9.30am to 10.30am	Let's Exercise with Razak on Zoom: Seated Resistance Band 一起跟Razak线上做运动 线上坐姿阻力带运动 @ 10am to 10.45am	
		Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm	Digital - Fun! Sew Tech Learning Journey (PM Session) 缝纫与科技之旅 (下午场) @ 10.45am to 12.45pm @ 12.45am to 2.45pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's Talk About: Recycling By National Environment Agency 一起来谈: 国家环境局回收 @2pm to 3pm	Let's KTV Together 一起来K歌 @2pm to 5pm		
		Let's CALM 一起做防肌肉萎缩运动 @3pm to 4pm			

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