

2026 OCT (十月)

Commitment Fee Required / 需缴付承诺费
Invited Seniors Only / 仅限受邀乐龄人士

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
			1	2	3
			Centre Closure: AAC Day 2026 中心关闭通知: AAC Day 2026 活动	Let's Yoga (661D Zone 7 RN) 一起做瑜伽 (661D 第7区居民 联络网 RN) @ 9am to 10am	Let's Do Danze Bolayu (Zumba Gold) Offsite: Maarof Mosque, Level 4 Ladies Only 一起跳 Danze Bolayu (Zumba Gold) 外出活动: Maarof 清真寺 4楼 仅限女士 @ 8am to 9am
				HAPPY Programme HAPPY 推广健康老 龄化计划 (Bay C) @ 11.15am to 12.15pm	
				Let's Piloxing Lite (662 Multipurpose Hall) 一起做 Piloxing Lite (662 多用途礼堂) @ 11.30am to 12.30pm	
				Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12pm to 4pm	
			Let's DragonBoat @ Jurong Lake Park Passion Wave 一起划 龙舟 @ 裕廊湖花园 PAssion Wave @ 9.30am to 12pm	Let's Go Gai Gai: Singapore Hospice Council – Live Well and Leave Well Festival 一起去逛逛: 新加坡临终关怀理事会「活得精彩, 走得安好」嘉年华 @ 12.30pm to 6.00pm Report outside Bay A / 报到地点 :A 区外集合 Timing may change / 时间可能会有所更改	
				Strategise with Kakis: Rummy O (661D Zone 7 RN) 游戏时间 (661D 第7区居民联络网 RN) @ 1pm to 6pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Do Swimming @ Jurong West Swimming Complex 一起学游泳 @ 裕廊西游泳中心 @9.00am to 10.00am	Let's CrossFit 一起做CrossFit @9am to 10am *Replacing Chair Yoga / 取代椅子瑜伽	Let's Brisk Walk (Offsite at Jurong Central Park) 一起去健步走 (户外活动: 裕廊中央公园) @ 7.30am to 9am	Let's Gen Together & Do Good with SG Cares and West Grove Primary School 一起跨代同乐, 共做好事: 携手新加坡关怀行动与西景小学 @ 9am to 11am	Let's Go Gai Gai: Walking Football Spectators Outing @ Our Tampines Hub 一起去逛逛: 步行足球 观赛活动 @ 淡滨尼天地 @ 9am to 1pm	Let's Do Danze Bolayu (Zumba Gold) Code: B2863 Offsite: Maarof Mosque, Level 4 Ladies Only 一起跳宝莱舞(尊巴金牌 课程) 代码: B2863 外出活动: 马鲁夫清真寺 4楼 仅限女士 @ 8am to 9am
Let's CrossFit 一起做CrossFit @9.00am to 10.00am	F4 - Let's Do Health Sharing & Brain Gym F4 一起进行健康分享 & 健脑操 @ 10.30am to 11.30am	Community Health Post 服务 - 社区保健站 @ 9.00am to 11.30am	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) @9am to 10am	Let's Gen Together with Boys' Brigade and Jurong West Secondary School 一起跨代同乐: 携手少年旅与裕廊西中学 @ 9.30am to 12pm
Let's Learn To Sing 一起学唱歌 @10.30am to 12.30pm	Digital Fun! Sew Tech Learning Journey: Monthly Project 数码趣味! 缝纫科技学习之旅: 每月项目 @ 10.45am to 1.45pm @ 1.45pm to 4.45pm	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 12pm	Let's CrossFit 一起做 CrossFit @ 11.15am to 12.15pm *Replacing HAPPY Programme / 取代 HAPPY 推广健康老龄化计划	
Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.00pm to 4.00pm	F4 - Let's Makan Together F4 - 一起用餐 @11.30am to 12pm	Let's Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @ 10.30am to 12pm	Let's Do Malay Dance 一起跳马来舞 @ 10am to 11am	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
	F4 - Let's Talk News F4 - 一起聊新闻 @ 12pm to 12.30pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12.30pm to 2.30pm	Let's Social Dance @ 660E 一起跳社交舞 @ 660E @ 10.45am to 12pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.30pm to 4pm	
	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.30pm to 2pm	Strategise with Kakis: Rummy O (located at 661D Zone 7 RN) Strategise with Kakis: Rummy O (地点: 661D 第7区居民联络网 RN) @ 1pm to 6pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12pm to 4pm	Strategise with Kakis: Rummy O (located at 661D Zone 7 RN) Strategise with Kakis: Rummy O (地点: 661D 第7区居民联络网 RN) @1pm to 6pm	
	Let's Do Art Therapy 一起进行艺术治疗 @ 2pm to 4pm			Let's Go Gai Gai: Age+ Living Lab Experiential Learning Tour @ Bukit Batok Harmony Village 一起去逛逛: Age+ 乐龄生活实验室 体验学习之旅 @ 武吉巴督和谐村 @ 2pm to 4pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Let's Do Swimming @ Jurong West Swimming Complex 一起学游泳 @ 裕廊西游泳中心 @9.00am to 10.00am	Let's CrossFit 一起做CrossFit @ 9am to 10am *Replacing Chair Yoga / 取代椅子瑜伽	Let's Brisk Walk @ Jurong Central Park 一起去健步走 @ 裕廊中央公园 @ 7.30am to 9am	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 (661D Zone 7 RN) 一起做瑜伽 (661D 第7区居民联络网 RN) @ 9am to 10am	Let's Do Danze Bolayu (Zumba Gold) Offsite: Maarof Mosque, Level 4 Ladies Only 一起跳 Danze Bolayu (Zumba Gold) 外出活动: Maarof 清真寺 4楼 仅限女士 @ 8am to 9am
Let's CrossFit 一起做CrossFit @9.00am to 10.00am	F4 - Let's Do Health Sharing & Brain Gym F4 一起进行健康分享 & 健脑操 @ 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 12pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Learn To Sing 一起学唱歌 @10.30am to 12.30pm	Digital Fun! Sew Tech Learning Journey: Monthly Project 数码趣味! 缝纫科技学习之旅: 每月项目 @ 10.45am to 1.45pm @ 1.45pm to 4.45pm	Let's Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @ 10.30am to 12pm	Let's Malay Dance 一起跳马来舞 @10am to 11am	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
Strategise with Kakis: Games & Leisure 好友一起动脑: 游戏与休闲活动 @12.00pm to 4.00pm	F4 - Let's Makan Together F4 - 一起用餐 @ 11.30am to 12pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12.30pm to 2.30pm	Let's Social Dance @ 660E 一起跳社交舞 @ 660E @10.45am to 12pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.30pm to 4pm	
Let's Do Beads Art 一起做艺术吧 @2.00pm to 4.00pm	F4 - Let's Talk News F4 - 一起聊新闻 @ 12pm to 12.30pm		Let's Makan Together : Halloween & Let's Celebrate October Birthday 一起吃饭: 万圣节与十月份生日庆祝会 @ 12pm to 1pm	Strategise with Kakis: Rummy O (661D Zone 7 RN) 游戏时间 (661D 第7区居民联络网 RN) @1pm to 6pm	
	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12.30pm to 2pm		Let's Learn Malay Cooking: Kuih Talam 一起学做马来美食: 双层糕 (Kuih Talam) @ 2pm to 3pm	Stay Well Series - Health Talk by RHS 保健系列 - 健康讲座 @2pm to 4pm	
	Let's Do Art Therapy 一起进行艺术治疗 @ 2pm to 4pm				

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19	20	21	22	23	24	
Let's Do 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 (Offsite at Jurong West Stadium Field) 一起去健步走 (户外活动:裕廊西体育场运动场) @ 7.30am to 9am	Let's Stretch Band @ 662 MPH 一起做弹力带拉筋操 @ 662 MPH @ 9.30am to 10.30am	Let's Go Gai Gai: SG Culture Pass – Pulau Ubin & Kelong Luncheon 一起去逛逛:新加坡文化通行证 – 乌敏岛探索与海上渔排午餐 @ 9am to 3pm		
Let's CrossFit 一起做CrossFit @9.00am to 10.00am	F4 - Let's Do Health Sharing & Brain Gym F4 一起进行健康分享 & 健脑操 @ 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 12pm	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) @9am to 10am		
Let's Do Beads Art 一起做艺术吧 @10.00am to 1.00pm	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 Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @ 10.30am to 12pm	Let's Malay Dance 一起跳马来舞 @ 10am to 11am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm		
Let's Learn To Sing 一起学唱歌 @10.30am to 12.30pm	F4 - Let's Makan Together F4 - 一起用餐 @11.30am to 12pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12pm to 2.30pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12pm to 2.30pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm		
Strategise with Kakis: Games & Leisure 好友一起动脑: 游戏与休闲活动 @12.00pm to 2.00pm	F4 - Let's Talk News F4 – 一起聊新闻 @ 12pm to 12.30pm		Let's Talk About Scams with the Singapore Police Force (SPF) — Conducted in English 一起了解防诈骗知识:新加坡警察部队 (SPF)— 英语讲座 @ 2pm to 3:30pm	_Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.30pm to 4pm		
Let's Gen Together with National Junior College (NJC) 一起跨代同乐:携手国家初级学院 (NJC) @ 2.00pm to 4.00pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.30pm to 2pm					Strategise with Kakis: Rummy O (661D Zone 7 RN) Strategise with Kakis: Rummy O (661D 第7区居民联络网 RN @ 1pm to 6pm
	Let's Do Art Therapy 一起进行艺术治疗 @ 2pm to 4pm					
	Let's Learn to Bake! Matcha Swiss Roll with Red Bean Filling 一起烘焙:抹茶红豆瑞士卷 @ 3pm to 4pm					

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26	27	28	29	30	31
Let's Do 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	Let's Yoga 一起做瑜伽 (661D Zone 7 RN) 一起做瑜伽 (661D 第7区居民联络网 RN) @ 9am to 10am	Let's Do Danze Bolayu (Zumba Gold) Code: B2863 Offsite: Maarof Mosque, Level 4 Ladies Only 一起跳宝莱舞(尊巴金牌课程) 代码 : B2863 外出活动: 马鲁夫清真寺4楼 仅限女士 @ 8am to 9am
Let's CrossFit 一起做CrossFit @9.00am to 10.00am	F4 - Let's Do Health Sharing F4 一起进行健康分享 & F4 - Let's Do Brain Gym F4 - 一起做健脑操 @ 10.30am to 11.30am	Let's Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @ 10.30am to 12pm	Let's DragonBoat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave @ 9.30am to 12pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Learn To Sing 一起学唱歌 @10.30am to 12.30pm	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: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12pm to 2.30pm	Let's Malay Dance 一起跳马来舞 @ 10am to 11am	Let's Piloxing Lite 一起拳击皮拉提 Lite @ 11.30am to 12.30pm	Let's Do Good with The Shipbuilding and Marine Engineering Employees' Union (SMEEU) – PaxOcean Branch 一起做好事: 携手造船与海事工程雇员联合会 (SMEEU) PaxOcean 分会 @ 9.30am to 12.30pm
Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @12.00pm to 1.00pm	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐: 健康餐盘 @ 11.30am to 12pm		Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12pm to 2.30pm	Strategise with Kakis: Games & Leisure 与好友一起动脑: 游戏与休闲活动 @ 12.30pm to 4pm	
Let's Join Dave & Friends: Sing & Dance Performance 一起欣赏 Dave & Friends: 歌唱与舞蹈表演 @ 1.30pm to 3.30pm	Let's Talk News 一起聊新闻 @ 12pm to 12.30pm		Let's Talk About Scams with the Singapore Police Force (SPF) — (Mandarin Language) 一起了解防诈骗知识: 新加坡警察部队 (SPF) — 华语讲座 @ 2pm - 3:30pm	Strategise with Kakis: Rummy O (661D Zone 7 RN) 游戏时间 (661D 第7区居民联络网 RN) @ 1pm to 6pm	
Let's Do Beads Art 一起做艺术吧 @2.00pm to 4.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) Let's KTV Together 一起来K歌 @ 12pm to 4pm		Let's Do Flower Arrangement: Wax Scented Flower Arrangement 学习花艺: 香氛蜡花艺 @ 3pm to 4pm		
	Let's Do Art Therapy 一起进行艺术治疗 @ 2pm to 4pm				

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