

2025 OCT (十月)

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:

AAC (Pioneer)

Centre Address:

662A Jurong West St 64 #01-328 S641662

Centre Contact:

6715 6750 (Call) 8031 2431 (Whatsapp)



ntuc  
Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Go Gai Gai: AAC Day at Tamsek Polytechnic 一起去Gai Gai: 乐龄活动中心日 @ 淡马锡理工学院 @8.30am to 3pm	F4 - Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	Let's Yoga 一起做瑜伽 @ 8.30am to 9.30am	
		Services - Wellness - CHP 服务 - 社区保健站 @ 9am to 12pm	F4 - 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 Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	F4 Health Talk F4 - 快乐、健身、美食与朋友 @ 10.30am to 11.00am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's CrossFit 一起做CrossFit @ 10.30am to 12.30pm	Let's Makan Together - F4 一起来makan - F4 @ 11am to 11.30am	Let's Bollywood Dance & Poco-Poco 一起跳宝莱坞舞和Poco-Poco @ 2pm to 3pm	
			Let's KTV Together 一起来K歌 @12pm to 5pm		
			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 12pm to 2pm		
6	7	8	9	10	11
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 Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	F4 - Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	Let's Go Gai Gai: Singapore Science Centre: Special Senior's Trail 一起去Gai Gai:新加坡科学馆: 乐龄特别路线 @8.30am to 3pm	
Let's Do Arts & Craft 让我们一起做美术与手工 @ 11am to 12pm	Digital - Fun! Sew Tech Learning Journey (2 Sessions) 缝纫与科技之旅 (两节课) @ 10.45am or 12.45pm	Let's CrossFit 一起做CrossFit @ 10.30am to 12.30pm	F4 -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 Yoga 一起做瑜伽 @ 8.30am to 9.30am	
Digital - Fun! ARTEC STEM Coding ARTEC STEM 编程学习课程 @ 1.30pm - 3.30pm	Let's Pick Up English (Beginner) 一起学(一起学英语 (初级)-初级 @ 2pm to 3pm	Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm	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 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 Do Good with Lilly Centre for Clinical Pharmacology at Frontier CC 一起做义工 - 礼来临床药理中心在边疆民众俱乐部 @1.30pm to 4.30pm	Let's Adaptive Sports 一起做运动 @3pm to 4pm	Let's Pick Up Malay Language (Beginner) 一起学(马来语初级班)-初级 @ 2pm to 3pm	Let's Makan Together - F4 一起来makan - F4 @ 11am to 11.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
			KTV Together Karaoke 一起来K歌吧 @ 12pm to 5pm	Let's Bollywood Dance & Poco-Poco 一起跳宝莱坞舞和Poco-Poco @ 2pm to 3pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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	Services - Wellness - CHP 服务 - 社区保健站 @ 9am to 12pm	F4 - Let's Stretch Band 一起做弹力带拉伸操 @ 9.30am to 10.30am	Let's Go Gai Gai: Indian Heritage Tour and Mustafa Shopping Centre 一起去Gai Gai: 印度文化遗产之旅和慕达发购物中心 @8.30am to 3pm	
Let's Celebrate Birthday 让我们一起庆祝生日 @ 11am to 12pm	Digital - Fun! Sew Tech Learning Journey (2 Sessions) 缝纫与科技之旅 (两节课) @ 10.45am or 12.45pm	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	F4 - 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 Yoga 一起做瑜伽 @ 8.30am to 9.30am	
Digital - Fun! ARTec STEM Coding ARTec STEM 编程学习课程 @ 1.30pm - 3.30pm	Let's Pick Up English (Beginner) 一起学(一起学英语(初级)-初级) @ 2pm to 3pm	Let's CrossFit 一起做CrossFit @ 10.30am to 12.30pm	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 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 Adaptive Sports 一起做运动 @3pm to 4pm	Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm	Let's Makan Together - F4 一起来 makan - F4 @ 11am to 11.30am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's Pick Up Malay Language (Beginner) 一起学(马来语初级班)-初级 @ 2pm to 3pm	KTV Together Karaoke 一起来K歌吧 @ 12pm to 5pm	Let's Bollywood Dance & Poco-Poco 一起跳宝莱坞舞和Poco-Poco @ 2pm to 3pm	
20	21	22	23	24	25
Centre Closure for Public Holiday: Deepavali 中心因公共假期关闭: 屠妖节	Let's Chair Yoga (IL) 一起做坐式瑜伽 (IL) @ 9.30am to 10.30am	Let's Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	F4 - Let's Stretch Band 一起做弹力带拉伸操 @ 9.30am to 10.30am	Let's Yoga 一起做瑜伽 @ 8.30am to 9.30am	
	Let's Gen Together - Hwa Chong Institute 代际交流 - 华中学院 10.30am to 12.30pm	Let's CrossFit 一起做CrossFit @ 10.30am to 12.30pm	F4 - 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	
	Digital - Fun! Sew Tech Learning Journey (2 Sessions) 缝纫与科技之旅 (两节课) @ 10.45am or 12.45pm	Let's Makan Together - Inhouse 一起来 makan - 中心内 @ 12pm to 1pm	F4 Health Talk F4 - 快乐、健身、美食与朋友 @ 10.30am to 11.00am	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
	Let's Pick Up English (Beginner) 一起学(一起学英语(初级)-初级) @ 2pm to 3pm	Let's Pick Up Malay Language (Beginner) 一起学(马来语初级班)-初级 @ 2pm to 3pm	Let's Makan Together - F4 一起来 makan - F4 @ 11am to 11.30am	Let's Bollywood Dance & Poco-Poco 一起跳宝莱坞舞和Poco-Poco @ 2pm to 3pm	
	Let's Adaptive Sports 一起做运动 @3pm to 4pm	Let's Lim Kopi (Male Exclusive) 一起喝咖啡(只限男性) @3pm to 4pm	KTV Together Karaoke 一起来K歌吧 @ 12pm to 5pm		

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27	28	29	30	31	
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 Zumba Gold 一起跳尊巴 (乐龄版) @ 9.30am to 10.30am	F4 - Let's Stretch Band 一起做弹力带拉筋操 @ 9.30am to 10.30am	WSQ Food Safety Course WSQ食品卫生课 @9am to 6pm	
Let's Do Arts & Craft 让我们一起做美术与手工 @ 11am to 12pm	Digital - Fun! Sew Tech Learning Journey (2 Sessions) 缝纫与科技之旅 (两节课) @ 10.45am or 12.45pm	Let's CrossFit 一起做CrossFit @ 10.30am to 12.30pm	F4 - 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		
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Let's Gen Together - National Junior College 代际交流 - 国家初级学院 @2pm to 3pm	Let's Adaptive Sports 一起做运动 @3pm to 4pm	Let's Pick Up Malay Language (Beginner) 一起学(马来语初级班)-初级 @ 2pm to 3pm	Let's Makan Together - F4 一起来 makan - F4 @ 11am to 11.30am		
Let's CALM at Jurong East Active Labs 一起做防肌肉萎缩运动在裕廊东活力实验室 @2.30pm to 3.30pm		Let's CALM 一起做防肌肉萎缩运动 @3pm to 4pm	KTV Together Karaoke 一起来K歌吧 @ 12pm to 5pm		

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