

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) 80312431 (Whatsapp)



MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Brist 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 9.00am	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 @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	Community Health Post 服务 - 社区保健站 @9.00am 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	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐:健康餐盘 @11.30am to 12.00pm	Let's Zumba Gold @ 660E 一起跳尊巴金牌健身操 @ 660E @ 9.30am to 10.30am	Let's Do Malay Dance 一起跳马来舞 @10.00am to 11.00am	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
	Let's Talk News 一起聊新闻 @12.00pm to 12.30pm	Let's Walking Football @ 662 MPH 一起来踢球 @ 662 MPH @10.00am to 12.00pm	Let's Social Dance @ 660E 一起跳社交舞 @ 660E @10.45am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.00pm	
	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.30pm to 4.00pm	Let's Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @10.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @1.00pm to 2.00pm	Digital - Fun! D Sew Club (Senior Fashion Show) (Offsite) 乐龄时装秀设计课程 @2.00pm to 5.00pm	
	Let's Do Art Therapy 一起进行艺术治疗 @2.00pm to 4.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm			
		Let's Pick Up Malay 一起学习马来语 @2.30pm to 3.30pm			

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Do Good With STRIDY:Return Right Community Engagement 与 STRIDY 一起做好事:Return Right 社区参与活动 @9.00am to 10.30am	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 9.00am	Let's Go Gai Gai: Duck Tours 一起去逛逛: 鸭子船之旅 @9.00am to 1.00pm *report outside Bay A/报到地点: Bay A 外集合 *timing may change/时间可能会有所更改	Let's Yoga 一起做瑜伽 @9.00am to 10.00am	
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 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 Learn To Sing 一起学唱歌 @10.00am to 12.00pm	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 12.00pm	Let's Dragon Boat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave @9.30am to 12.00pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) & Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	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 游戏时间: 拉米牌(Rummy O) @12.00pm to 2.00pm	Let's Do Malay Dance 一起跳马来舞 @10.00am to 11.00am	Digital - Fun! D Sew Club (Senior Fashion Show) (Offsite) BERNINA 乐龄时装秀设计课程(中心外) @12.00pm to 5.00pm	
Let's Do Beads Art 一起做艺术吧 @2.00pm to 4.00pm	Let's Talk News 一起聊新闻 @12.00pm to 12.30pm	Let's Pick Up Malay 一起学习马来语 @2.30pm to 3.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @10.30am to 4.00pm		
	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @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
14	15	16	17	18	19
Let's Yoga 一起做瑜伽 @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 9.00am	Let's Stretch Band @ 662 MPH 一起做弹力带拉筋操 @ 662 MPH @9.30am to 10.30am	Centre Closure: Company Event 中心关闭通知: 公司活动	
Let's Learn To Sing 一起学唱歌 @10.00am to 12.00pm	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	Community Health Post 服务 - 社区保健站 @9.00am to 11.30am	Let's Dragon Boat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave @9.30am to 12.00pm		
Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) & Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	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 Zumba Gold @ 662 MPH 一起跳尊巴金牌健身操 @ 662 MPH @ 9.30am to 10.30am	Let's Do Malay Dance 一起跳马来舞 @10.00am to 11.00am		
Let's Pick Up English 一起学英语 @2.00pm to 3.00pm	F4 - Let's Makan Together: Healthy Plate F4 - 一起用餐:健康餐盘 @11.30am to 12.00pm	Let's Learn To Tech: Handphone / AI Class 手机 / 人工智能学习班 @10.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @10.30am to 4.00pm		
Let's Do Beads Art 一起做艺术吧 @2.00pm to 4.00pm	Let's Talk News 一起聊新闻 @12.00pm to 12.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @12.00pm to 2.00pm			
	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @12.30pm to 4.00pm	Let's Pick Up Malay 一起学习马来语 @2.30pm to 3.30pm			
	Let's Do Art Therapy 一起进行艺术治疗 @2.00pm to 4.00pm				
	Digital - Fun! D Sew Club (Senior Fashion Show) (Offsite) BERNINA 乐龄时装秀设计课程(中心外) @2.00pm to 5.00pm				

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
Let's Do Good With STRIDY:Return Right Community Engagement 与 STRIDY 一起做好事: Return Right 社区 参与活动 @9.00am to 10.30am	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 9.00am	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: Jurong Frog Farm 一起去逛逛:水 产养殖场之旅 @9.00am to 1.00pm *report outside Bay A/报到地点: Bay A 外集合 *timing may change/时间可能会有所更改	
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 Zumba Gold @ 662 MPH 一起跳尊巴金牌健身操 @ 662 MPH @ 9.30am to 10.30am	Let's Dragon Boat @ Jurong Lake Park Passion Wave 一起划龙舟 @ 裕廊湖花园 PAssion Wave @9.30am to 12.00pm	Let's Yoga 一起做瑜伽 @9.00am to 10.00am	
Let's Learn To Sing 一起学唱歌 @10.00am to 12.00pm	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 12.00pm	Let's Do 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	
Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) & Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	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 游戏时间: 拉米牌(Rummy O) @12.00pm to 2.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @10.30am 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	Let's Talk News 一起聊新闻 @12.00pm to 12.30pm	Let's Pick Up Malay 一起学习马来语 @2.30pm to 3.30pm	Let's Celebrate September Birthday 一起庆祝九月份生日 @11.00am to 12.00pm	Digital - Fun! D Sew Club (Senior Fashion Show) (Offsite) BERNINA 乐龄时装秀设计课程 (中心外) @12.00pm to 5.00pm	
	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @12.30pm to 4.00pm		Let's Makan Together 一起用餐:社区共享餐 饮 & Let's Celebrate: Mid-Autumn Festival 一起庆祝:中秋节 @12.00pm to 1.00pm		
	Let's Do Art Therapy 一起进行艺术治疗 @2.00pm to 4.00pm		Let's Do Flower Arrangement: Framed Preserved Flowers 一起来做花艺:永生花相框 @3.00pm to 4.00pm		
	Let's Learn Baking: Snowskin Mooncake 一起来学烘焙:冰皮月 饼 @3.00pm to 4.00pm				

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28	29	30			
Let's Do Good With STRIDY:Return Right Community Engagement 与 STRIDY 一起做好事: Return Right 社区参与活动 @9.00am to 10.30am	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	Let's Brist 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 9.00am			
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Let's Do Beads Art 一起做艺术吧 @2.00pm to 4.00pm	Let's Talk News 一起聊新闻 @12.00pm to 12.30pm	Let's Pick Up Malay 一起学习马来语 @2.30pm to 3.30pm			
	Strategise with Kakis: Rummy O 游戏时间: 拉米牌(Rummy O) @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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