

2026 JULY (六月)

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
		Community Health Post 服务 - 社区保健站 @9.00am to 11.30am	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 @9.00am to 10.00am	
		Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
		Let's Walking Football 一起来踢球 @10.00am to 12.00pm	Let's Celebrate Birthday (July) 庆祝生日(七月) @ 11.00am to 12.00pm	Let's Piloxing Lite 一起拳击皮拉提 Lite @11.30am to 12.30pm	
		Let's Learn To Tech: HP Class 科技学习乐:HP课程 @10.30am to 12.00pm	Let's Makan Together: Communal Dining 一起用餐:社区共享餐 饮 @12.00pm to 1.00pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 4.30pm	
		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) @1.00pm to 4.30pm		
		Let's Gen Together: Westwood Secondary School 世代同行: 伟源中学 @2.00pm to 4.00pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's CrossFit 一起做CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	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 Yoga 一起做瑜伽 @9.00am to 10.00am	
Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻 活动 @11.00am to 12.00pm	F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Learn To Tech: HP Class 科技学习乐:HP课程 @10.30am to 12.00pm	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	Let's Brisk Walk (Interest Group) 快步走(兴趣小组) @9.30am to 11.00am	
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	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.30pm	Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.00pm to 2.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Pick Up English (In Mandarin) 一起学英语(华语授课) @2.00pm to 3.00pm	Let's Makan Together -F4 一起来 makan - F4 @11.30am to 12.30pm	Let's Pick Up Malay (Language and Cultural Introduction) 一起学习马来语 (语言与文化简介) @2.30pm to 3.30pm	Let's Gen Together: Anglo-Chinese School Independent (ACSI) 世代同行:英华自主中学 (ACSI) @2.00pm to 4.00pm	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) @12.30pm to 2.30pm	Let's Social Dance 一起跳社交舞 @3.30pm to 4.30pm		Strategise with Kakis: Rummy O 游戏时间: 拉米牌 (Rummy O) @12.15pm to 4.30pm	
	Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 4.30pm				

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's CrossFit 一起做CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	Community Health Post 服务 - 社区保健站 @9.00am to 11.30am	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 @9.00am to 10.00am	
Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻 活动 @11.00am to 12.00pm	F4 Let's Do Health Sharing F4 一起进行健康分享 @10.30am to 11.30am	Let's Zumba Gold 一起跳尊巴(乐龄版) @ 9.30am to 10.30am	Let's Hunt for Yummy Food: Disney Themed Party (Minority Exclusive) 寻觅美食乐趣:迪士尼主题派对 (少数族裔专场) @9.30am to 1.00pm	Let's Go Gai Gai: Jurong Frog Farm 一起去逛逛:裕廊青蛙农场 @9.30am to 2.00pm *Timing may change / 时间可能会有所更改	
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 Learn To Tech: HP Class 科技学习乐:HP课程 @10.30am to 12.00pm	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
Let's Pick Up English (In Mandarin) 一起学英语(华语授课) @2.00pm to 3.00pm	Let's Makan Together -F4 一起来makan - F4 @11.30am to 12.30pm	Let's Walking Football 一起来踢球 @10.00am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @12.00pm to 4.30pm	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) @12.30pm to 2.30pm	Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @1.00pm to 2.30pm		Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @12.15pm to 4.30pm	
	Let's Do Watercolour Painting 一起进行水彩画创作 @2.30pm to 4.30pm	Let's Pick Up Malay (Language and Cultural Introduction) (一起学习马来语 语言与文化简介) @2.30pm to 3.30pm			
		Let's Social Dance 一起跳社交舞 @3.30pm to 4.30pm			

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's CrossFit 一起做CrossFit @10.00am to 11.00am	F4 - Let's Chair Yoga F4 - 一起做坐式瑜伽 @ 9.30am to 10.30am	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 Do Good with Project Silver: Functional Screening 银龄计划献爱心:功能筛查 @8.00am to 5.00pm	
Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @11.00am 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: HP Class 科技学习乐:HP课程 @10.30am to 12.00pm	Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @10.30am to 2.30pm		
Let's KTV Together 一起来K歌 @12.00pm to 2.00pm	Let's Makan Together -F4 一起来makan - F4 @11.30am to 12.30pm	Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @12.00pm to 2.30pm	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm		
Let's Pick Up English (In Mandarin) 一起学英语(华语授课) @2.00pm to 3.00pm	Strategise with Kakis: Rummy O 游戏时间:拉米牌 (Rummy O) @12.30pm to 3.00pm	Let's Lim Kopi and Badminton (Male exclusive) 一起喝咖啡以及羽毛球(只限男性) @12.00pm to 2.00pm			
	Let's Learn Baking 一起学习烘焙 @2.00pm to 3.00pm	Let's Pick Up Malay (Language and Cultural Introduction) (一起学习马来语语言与文化简介) @2.30pm to 3.30pm			
	Let's Do Watercolour Painting 一起进行水彩画创作 @3.00pm to 5.00pm	Let's Social Dance 一起跳社交舞 @3.30pm to 4.30pm			

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27	28	29	30	31	
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Let's Talk News with Singapore Press Holdings 与新加坡报业控股一起畅谈新闻活动 @11.00am 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 Walking Football 一起来踢球 @10.00am to 12.00pm	Let's Social Dance 一起跳社交舞 @10.45am to 12.00pm	HAPPY Programme 推广健康老龄化计划 @ 11.15am to 12.15pm	
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		Let's Social Dance 一起跳社交舞 @3.30pm to 4.30pm			

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