

2024 December

***Nominal fees payable**

***By Invitation Only**

Rummy O, Carrom & Games
(12pm - 2pm - Bay B)

Centre Name: AAC (Pioneer)
Centre Address: 662A Jurong West St 64 #01-328 S641662
Centre Contact: 6715 6751 or 6715 6756



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	Community Health Post at BAY A 9am - 12pm	Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	CENTRE CLOSE: COMPANY EVENT	
Let's Crossfit (Mixed) 10am - 10.45am	Let's Exercise with Razak (Zoom) Seated Water Bottle 10am - 10.45am	HPB Let's Chair Zumba (IL) 9.30am - 10.30am	HPB Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am		
Let's Do Chinese Calligraphy Art 11am - 11.45am	Seniors Friendship Circle 10.45am - 12pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10am - 10.45am	Let's Pick Up English 10.30am - 11.30am		
Let's Do AR Sketch & Drawing 2pm - 3pm	Let's Do Clay Art 2pm to 3pm	Current Affairs U & Me 11am - 12pm	Fun With Tech-Calligraphy 11.30am - 12.30pm		
Let's Pick Up Malay 3pm - 4:30pm	Reminisce Games: Board Games 3pm - 4pm	Strategies With Kakis: Card Games 2pm - 3pm	Let's KTV Together 2pm - 5pm		
		Let's Makan Together 3pm - 4pm	Let's Learn to Tech - Bay B 2:30pm - 3.30pm		
9	10	11	12	13	14
Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	Community Health Post at BAY A 9am - 12pm	Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	
Hiking at Bukit Timah Nature Reserve (Via Own Transport) 9am - 11am	Let's Exercise with Razak (Zoom) Seated Water Bottle 10am - 10.45am	HPB Let's Chair Zumba (IL) 9.30am - 10.30am	HPB Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Stretch Band 10am - 10.45am	
	Seniors Friendship Circle 10.45am - 12pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10am - 10.45am	Let's Pick Up English 10.30am - 11.30am	Let's Do Recyclable Art & Music 2pm - 3pm	
Let's Do AR Sketch & Drawing 2pm - 3pm	Let's Do Clay Art 2pm to 3pm	Current Affairs U & Me 11am - 12pm	Fun With Tech-Calligraphy 11.30am - 12.30pm		
Let's Pick Up Malay 3pm - 4:30pm	Reminisce Games: Board Games 3pm - 4pm	Strategies With Kakis: Card Games 2pm - 3pm	Let's KTV Together 2pm - 5pm		
		Let's Makan Together 3pm - 4pm	Let's Learn to Tech - Bay B 2:30pm - 3.30pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON

TUE

WED

THU

FRI

SAT

16	17	18	19	20	21
Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	Community Health Post at BAY A 9am - 12pm	Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	
Let's Crossfit (Mixed) 10am - 10.45am	Let's Exercise with Razak (Zoom) Seated Water Bottle 10am - 10.45am	HPB Let's Chair Zumba (IL) 9.30am - 10.30am	HPB Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Stretch Band 10am - 10.45am	
Let's Do Chinese Calligraphy Art 11am - 11.45am	Seniors Friendship Circle 10.45am - 12pm	Let's Exercise with Razak (Zoom) Seated Modified Boxing 10am - 10.45am	Let's Pick Up English 10.30am - 11.30am	Fun with Kakis: Volunteer Led 11am - 12pm	
Let's Do AR Sketch & Drawing 2pm - 3pm	Let's Do Clay Art 2pm to 3pm	Current Affairs U & Me 11am - 12pm	Fun With Tech-Calligraphy 11.30am - 12.30pm	Let's Talk About: CPF & My Healthcare 2pm - 4.30pm	
Let's Pick Up Malay 3pm - 4:30pm	Reminisce Games: Board Games 3pm - 4pm	Strategies With Kakis: Card Games 2pm - 3pm	Let's KTV Together 2pm - 5pm		
		Let's Makan Together 3pm - 4pm	Let's Learn to Tech - Bay B 2:30pm - 3.30pm		
23	24	25	26	27	28
Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	CENTRE CLOSE: CHRISTMAS DAY	Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm	Let's Exercise with Razak (Zoom) 9am - 9.45am	
Let's Crossfit (Mixed) 10am - 10.45am	Let's Exercise with Razak (Zoom) Seated Water Bottle 10am - 10.45am		HPB Let's Do Standing Resistance Band (IL) at 662 MPH 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Seated Stretch Band 10am - 10.45am	
Let's Do Chinese Calligraphy Art 11am - 11.45am	Christmas & New Year's Party 10.45am - 12pm		Let's Pick Up English 10.30am - 11.30am	Fun with Kakis: Volunteer Led 11am - 12pm	
Let's Do AR Sketch & Drawing 2pm - 3pm	CENTRE CLOSE ½ DAY: CHRISTMAS EVE		Fun With Tech-Calligraphy 11.30am - 12.30pm	Let's Do Recyclable Art & Music 2pm - 3pm	
Let's Pick Up Malay 3pm - 4:30pm			Let's KTV Together 2pm - 5pm		

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MON

TUE

WED

THU

FRI

SAT

30	31	1ST JANUARY 2025			
<p>Let's Join CWAS Trishaw Pilot Jurong Point 9am - 12.30pm</p>	<p>Let's Exercise with Razak (Zoom) 9am - 9.45am</p>	<p>CENTRE CLOSE: NEW YEAR'S DAY</p>			
<p>Let's Crossfit (Mixed) 10am - 10.45am</p>	<p>Let's Exercise with Razak (Zoom) Seated Water Bottle 10am - 10.45am</p>				
<p>Let's Do Chinese Calligraphy Art 11am - 11:45am</p>	<p>Seniors Friendship Circle 10.45am - 12pm</p>				
<p>Let's Do AR Sketch & Drawing 2pm - 3pm</p>	<p>CENTRE CLOSE ½ DAY: NEW YEAR'S DAY EVE</p>				
<p>Let's Pick Up Malay 3pm - 4:30pm</p>					

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2024 十二月

***象征性应付费**

***需要预先登记**

拉米 O、卡罗姆与游戏
(12pm - 2pm - Bay B)

📍 **Centre Name:** AAC (Pioneer)
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MON

TUE

WED

THU

FRI

SAT

2	3	4	5	6	7
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	一起跟 Razak 线上做运动 (Zoom) 9am - 9.45am	服务 - 社区保健站 Bay A 9am - 12pm	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	中心关闭 公司活动	
一起做 CrossFit (Mixed) 10am - 10.45am	起跟 Razak 线上做运动 (Zoom) 水瓶 10am - 10.45am	HPB 一起跳尊巴 (乐龄版) (IL) 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am		
一起写书法 11am - 11:45am	乐龄友谊圈 10.45am - 12pm	一起跟 Razak 线上做运动 (Zoom)- 拳 击 10am - 10.45am	一起学 (English - 英语)- 初级 10.30am - 11.30am		
一起做 AR 素描与绘画 2pm - 3pm	一起做粘土 艺术 2pm - 3pm	时事新闻你和我 11am - 12pm	用科技 - 学书法 11.30am - 12.30pm		
起学 (Malay - 马来语)- 初级 3pm - 4:30pm	游戏时间 经典桌游 3pm to 4pm	游戏时间 纸牌游戏 2pm - 3pm	一起来 K 歌 2pm - 5pm		
		一起来 makan 中心内 3pm - 4pm	一起学科技 (NEW & OLD) Bay B 2:30 pm - 3.30pm		
9	10	11	12	13	14
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	一起跟 Razak 线上做运动 (Zoom) 9am - 9.45am	服务 - 社区保健站 Bay A 9am - 12pm	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟 Razak 线上做运动 (Zoom) 9am - 9.45am	
一起玩游世界 武吉知马自然保护区徒步 (自驾游) 9am - 11am	起跟 Razak 线上做运动 (Zoom) 水瓶 10am - 10.45am	HPB 一起跳尊巴 (乐龄版) (IL) 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	起跟 Razak 线上做运动 (Zoom) 弹力带 10am - 10.45am	
一起做 AR 素描与绘画 2pm - 3pm	乐龄友谊圈 10.45am - 12pm	一起跟 Razak 线上做运动 (Zoom) - 拳击 10am - 10.45am	一起学 (English - 英语)- 初级 10.30am - 11.30am	起做可回收的艺术与音乐 2pm-3pm	
起学 (Malay - 马来语)- 初级 3pm - 4:30pm	一起做粘土 艺术 2pm to 3pm	时事新闻你和我 11am - 12pm	用科技 - 学书法 11.30am - 12.30pm		
	游戏时间 经典桌游 3pm to 4pm	游戏时间 纸牌游戏 2pm - 3pm	一起来 K 歌 2pm - 5pm		
		一起来 makan 中心内 3pm - 4pm	一起学科技 (NEW & OLD) Bay B 2:30 pm - 3.30pm		

2024 十二月

***象征性应付费用**

***需要预先登记**

拉米 O、卡罗姆与游戏
(12pm - 2pm - Bay B)

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	一起跟Razak线上做运动 (Zoom) 9am - 9.45am	服务 - 社区保健站 Bay A 9am - 12pm	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 10am - 10.45am	
一起做CrossFit (Mixed) 10am - 10.45am	起跟Razak线上做运动 (Zoom) 水瓶 10am - 10.45am	HPB 一起跳尊巴(乐龄版) (IL) 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	起跟Razak线上做运动 (Zoom) 弹力带 10am - 10.45am	
一起写书法 11am - 11.45am	乐龄友谊圈 10.45am - 12pm	一起跟Razak线上做运动 (Zoom)- 拳击 10am - 10.45am	一起学(English - 英语)-初级 10.30am - 11.30am	Fun with Kakis: Volunteer Led 11am - 12pm	
一起做AR素描与绘画 2pm - 3pm	一起做粘土艺术 2pm - 3pm	时事新闻你和我 11am - 12pm	用科技-学书法 11.30am - 12.30pm	聊聊: 公积金与我的医疗保健 2pm - 4.30pm	
起学(Malay - 马来语)-初级 3pm - 4:30pm	游戏时间 经典桌游 3pm to 4pm	游戏时间 纸牌游戏 2pm - 3pm	一起来K歌 2pm - 5pm		
		一起来makan 中心内 3pm - 4pm	一起学科技 (NEW & OLD) Bay B 2:30 pm - 3.30pm		
23	24	25	26	27	28
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	一起跟Razak线上做运动 (Zoom) 9am - 9.45am	中心关闭: 圣诞节	一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	起跟Razak线上做运动 (Zoom) 10am - 10.45am	
一起做CrossFit 2 10am - 10.45am	起跟Razak线上做运动 (Zoom) 水瓶 10am - 10.45am		HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	起跟Razak线上做运动 (Zoom) 弹力带 10am - 10.45am	
一起写书法 11am - 11.45am	圣诞与新年派对 10.45am - 12pm		一起学(English - 英语)-初级 10.30am - 11.30am	游戏时间 (VL) 11am - 12pm	
一起学(Malay - 马来语)-初级 2pm - 3pm	中心圣诞前夕 提前半天关闭		用科技-学书法 11.30am - 12.30pm	一起做可回收的 艺术与音乐 2pm - 3pm	
一起学科技 (REPEAT) 3:30pm - 4:30pm			一起来K歌 2pm - 5pm		
			一起学科技 (NEW & OLD) Bay B 2:30 pm - 3.30pm		

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2024 十二月

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(12pm - 2pm - Bay B)

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30	31	1st JANUARY 2025			
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm	一起跟 Razak 线上做运动 (Zoom) 9am - 9.45am	中心关闭: 新年			
一起做 CrossFit (Mixed) 10am - 10.45am	一起跟 Razak 线上做运动 (Zoom) 水瓶 10am - 10.45am				
一起写书法 11am - 11:45am	乐龄友谊圈 10.45am - 12pm				
一起做 AR 素描与绘画 2pm - 3pm	中心新年前夕 提前半天关闭				
起学 (Malay - 马来语) - 初级 3pm - 4:30pm					

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