




# 2025 January

**\*Nominal fees payable**

**\*By Invitation Only**

 **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
		1	2	3	4
		<b>CENTRE CLOSE: PUBLIC HOLIDAY 2025 NEW YEAR'S DAY</b>	<b>Let's Do Standing Resistance Band (IL) at 662 MPH</b> 9.30am - 10.30am	<b>Let's Crossfit in Bay C</b> 9.30am - 10am	
			<b>Let's Pick Up English in Bay C</b> 10.30am - 11.30am	<b>Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C</b> 10am - 10.45am	
			<b>Let's Learn to Tech in Bay C: (Handphone Class)</b> 11:30am-12:30pm (Special Requests)	<b>Fun with Kakis: Ping Pong / Origami / Others in Bay B</b> 10.45am - 12pm	
			<b>Let's Sing-A-Long with Dave &amp; Friends in Bay C</b> 1.30pm to 3.30pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	
				<b>Strategise with Kakis: Rummy O Competition in Bay B</b> 2pm - 4pm	
6	7	8	9	10	11
<b>Let's Join CWAS Trishaw Pilot At Jurong Point</b> 9am - 12.30pm	<b>Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C</b> 10am - 10.45am	<b>Let's Chair Zumba (IL) in Bay C</b> 9.30am - 10.30am	<b>Let's Do Standing Resistance Band (IL) at 662 MPH</b> 9.30am - 10.30am	<b>Let's Crossfit in Bay C</b> 9.30am - 10am	
<b>Stay Zen - Mindfulness Program: Forest Bathing Outing (Bay A)</b> 10am - 10.45am	<b>Seniors Friendship Circle in Bay C</b> 10.45am - 12pm	<b>Current Affairs U &amp; Me in Bay C</b> 10.30am - 11.30am	<b>Let's Pick Up English in Bay C</b> 10.30am - 12pm	<b>Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C</b> 10am - 10.45am	
<b>Let's Do Chinese Calligraphy Art in Bay B</b> 10.45am - 12pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Let's Makan Together in Bay B</b> 11.30am - 2pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Fun with Kakis: Ping Pong / Origami / Others in Bay B</b> 10.45am - 12pm	
<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Let's Do Clay Art in Bay B</b> 2pm - 3pm	<b>Let's KTV Together Karaoke in Bay C</b> 2pm - 4.30pm	<b>Fun With Art and Technology in Bay B</b> 2pm - 3.30pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	
<b>Let's Learn to Tech in Bay C: (Handphone Class)</b> 2pm - 4pm	<b>Let's Pick Up Malay in Bay C</b> 3pm - 4.30pm			<b>Strategise with Kakis: Rummy O Competition in Bay B</b> 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 January

**\*Nominal fees payable**

**\*By Invitation Only**

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



MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
<b>Let's Join CWAS Trishaw Pilot At Jurong Point</b> 9am - 12.30pm	<b>Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C</b> 10am - 10.45am	<b>Community Health Post In BAY A</b> 9am - 12pm	<b>Let's Do Standing Resistance Band (IL) at 662 MPH</b> 9.30am - 10.30am	<b>Let's Crossfit in Bay C</b> 9.30am - 10am	
<b>Stay Zen - Mindfulness Program: Forest Bathing Outing (Bay A)</b> 10am - 10.45am	<b>Seniors Friendship Circle in Bay C</b> 10.45am - 12pm	<b>Let's Chair Zumba (IL) in Bay C</b> 9.30am - 10.30am	<b>Let's Pick Up English Bay C</b> 10.30am - 12pm	<b>Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C</b> 10am - 10.45am	
<b>Let's Do Chinese Calligraphy Art in Bay B</b> 10.45am - 12pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Current Affairs U &amp; Me in Bay C</b> 10.30am - 11.30am	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Fun with Kakis: Ping Pong / Origami / Others in Bay B</b> 10.45am - 12pm	
<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Let's Do Clay Art in Bay B</b> 2pm - 3pm	<b>Let's Makan Together in Bay B</b> 11.30am - 2pm	<b>Let's Gen Together: National Junior College In Bay C</b> 1pm to 3.30pm	<b>SStrategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	
<b>Let's Learn to Tech in Bay C: (Handphone Class)</b> 2pm - 4pm	<b>Let's Pick Up Malay in Bay C</b> 3pm - 4:30pm	<b>Let's Talk About SCAM by Singapore Police Force: Project PRAISE in Bay C</b> 2pm - 3.30pm		<b>Let's Gen Together: National Junior College in Bay C</b> 1pm to 3.30pm	
20	21	22	23	24	25
<b>Let's Join CWAS Trishaw Pilot At Jurong Point</b> 9am - 12.30pm	<b>Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C</b> 10am - 10.45am	<b>Let's Chair Zumba (IL) in Bay C</b> 9.30am - 10.30am	<b>Let's Do Standing Resistance Band (IL) at 662 MPH</b> 9.30am - 10.30am	<b>Let's Crossfit in Bay C</b> 9.30am - 10am	
<b>Stay Zen - Mindfulness Program: Forest Bathing Outing (Bay A)</b> 10am - 10.45am	<b>Seniors Friendship Circle in Bay C</b> 10.45am - 12pm	<b>Current Affairs U &amp; Me in Bay C</b> 10.30am - 11.30am	<b>Let's Pick Up English in Bay C</b> 10.30am - 12pm	<b>Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C</b> 10am - 10.45am	
<b>Let's Do Chinese Calligraphy Art in Bay B</b> 10.45am - 12pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Let's Makan Together in Bay B</b> 11.30am - 2pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Fun with Kakis: Ping Pong / Origami / Others in Bay B</b> 10.45am - 12pm	
<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	<b>Let's Do Clay Art in Bay B</b> 2pm - 3pm	<b>Let's KTV Together Karaoke in Bay C</b> 2pm - 4.30pm	<b>Fun With Art and Technology in Bay B</b> 2pm - 3.30pm	<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	
<b>Let's Learn to Tech in Bay C: (Handphone Class)</b> 2pm - 4pm	<b>Let's Pick Up Malay in Bay C</b> 3pm - 4:30pm			<b>Strategise with Kakis: Rummy O Competition in Bay B</b> 2pm - 4pm	




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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 January

**\*Nominal fees payable**

**\*By Invitation Only**

 **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
27	28	29	30	31	
<b>Let's Join CWAS Trishaw Pilot At Jurong Point</b> 9am - 12.30pm	<b>Let's Exercise with Razak (Zoom) Seated Water Bottle in Bay C</b> 10am - 10.45am	<b>CENTRE CLOSE: PUBLIC HOLIDAY CHINESE NEW YEAR 2025</b>		<b>Let's Crossfit in Bay C</b> 9.30am - 10am	
<b>Stay Zen - Mindfulness Program: Forest Bathing Outing (Bay A)</b> 10am - 10.45am	<b>Seniors Friendship Circle in Bay C</b> 10.45am - 12pm			<b>Let's Exercise with Razak (Zoom) Seated Stretch Band in Bay C</b> 10am - 10.45am	
<b>Let's Do Chinese Calligraphy Art in Bay B</b> 10.45am - 12pm	<b>CENTRE CLOSE ½ DAY: CHINESE NEW YEAR'S EVE</b>			<b>Fun with Kakis: Ping Pong / Origami / Others in Bay B</b> 10.45am - 12pm	
<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm				<b>Strategise with Kakis: Rummy O in Bay B</b> 12pm - 2pm	
<b>Let's Learn to Tech in Bay C: (Handphone Class)</b> 2pm - 4pm				<b>Strategise with Kakis: Rummy O Competition in Bay B</b> 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

# 2025 一月

\*象征性应付费

\*需要预先登记

12pm 2pm 拉米游戏 (Rummy O)

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
13	14	15	16	17	18
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) 水瓶 Bay C 10am - 10.45am	服务 - 社区保健站 CHP-Bay A 9am -12pm	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	一起做CrossFit (Mixed) Bay C 9.30am - 10am	
心灵系列 - 正念课程Bay A Forest Bathing Outing 10am - 10.45am	乐龄友谊圈 Bay C 10.45am - 12pm	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	一起学 (English - 英语)-初级 Bay C 10.30am - 12pm	一起跟Razak线上做运动 (Zoom) 弹力带 Bay C 10am - 10.45am	
一起写书法 Bay B 10.45am - 12pm	游戏时间 Rummy O Bay B 12pm - 2pm	时事新闻你和我 Bay C 10.30am - 11.30am	游戏时间 Rummy O Bay B 12pm - 1pm	乒乓球 / 折纸 / 其他活动 游戏时间 Bay B 10.45am - 12pm	
游戏时间 Rummy O Bay B 12pm - 2pm	一起做粘土艺术 Bay B 2pm to 3pm	一起来 makan 中心内 Bay B 11.30am - 2pm	一起共创未来:国家初级学院 Bay C 1pm-330pm	游戏时间 Rummy O Bay B 12pm - 2pm	
一起学科技 (Handphone Class) Bay C 2pm - 4pm	一起学 (Malay - 马来语)-初级 Bay C 3pm - 4:30pm	新加坡警察部队:“Project Praise” 防诈骗讲座 Bay C 2pm - 3.30pm		Let's Gen Together: 国家初级学院 Bay C 1pm to 3.30pm	
20	21	22	23	24	25
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) 水瓶 Bay C 10am - 10.45am	HPB 一起跳尊巴 (乐龄版) (IL) Bay C 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am	一起做CrossFit (Mixed) Bay C 9.30am - 10am	
心灵系列 - 正念课程Bay A Forest Bathing Outing 10am - 10.45am	乐龄友谊圈 Bay C 10.45am - 12pm	时事新闻你和我 Bay C 10.30am - 11.30am	一起学 (English - 英语)-初级 Bay C 10.30am - 12pm	一起跟Razak线上做运动 (Zoom) 弹力带 Bay C 10am - 10.45am	
一起写书法 Bay B 10.45am - 12pm	游戏时间 Rummy O Bay B 12pm - 2pm	一起来 makan 中心内 Bay B 11.30am - 2pm	游戏时间 Rummy O Bay B 12pm - 1pm	乒乓球 / 折纸 / 其他活动 游戏时间 Bay B 10.45am - 12pm	
游戏时间 Rummy O Bay B 12pm - 2pm	一起做粘土艺术 Bay B 2pm to 3pm	一起来K歌 Karaoke Bay C 2pm - 430pm	广增实境 (AR)式绘画 Bay B 2pm - 3.30pm	游戏时间 Rummy O Bay B 12pm - 2pm	
一起学科技 (Handphone Class) Bay C 2pm - 4pm	一起学 (Malay - 马来语)-初级 Bay C 3pm - 4:30pm			游戏时间,拉米 O 大赛 Bay B 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

# 2025 一月

\*象征性应付费

\*需要预先登记

12pm 2pm 拉米游戏 (Rummy O)

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
		<b>中心关闭: 公共假期 2025</b>	1 HPB 一起做弹力带拉筋操 (IL) @ 662 MPH 9.30am - 10.30am 一起学 (English - 英语) - 初级 - Bay C 10.30am - 11.30am 一起学科技 (Handphone Class) Bay C 11.30am - 12.30pm (Special Requests) 一起唱歌吧 与Dave和朋友们 共度欢乐时光 1.30pm to 3.30pm	2 一起做CrossFit (Mixed) Bay C 9.30am - 10am 一起跟Razak线上做运动 (Zoom) 弹力带 Bay C 10am - 10.45am 游戏时间 Ping Pong / Origami / Others Bay B 10.45am - 12pm 游戏时间 Rummy O Bay B 12pm - 2pm 游戏时间 拉米 O 大赛 Bay B Rummy O Competition 2pm - 4pm	3 4
6 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) Bay C 10am - 10.45am 一起写书法 Bay B 10.45am - 12pm 一起学科技 (Handphone Class) Bay C 2pm - 4pm	7 一起跟Razak线上做运动 (Zoom) 水瓶 Bay C 10am - 10.45am 乐龄友谊圈 Bay B 10.45am - 12pm 一起做粘土艺术 Bay B 2pm - 3pm 一起学 (Malay - 马来语) - 初级 Bay C 2pm - 3pm	8 HPB 一起跳尊巴 (乐龄版) (IL) - Bay C 9.30am - 10.30am 时事新闻你和我 - Bay C 10.30am - 11.30am 一起来 makan 中心内 (Bay B) 11.30pm - 12.30pm 一起来K歌 Karaoke Bay C 2pm - 4.30pm	9 HPB 一起做弹力带拉筋操 (IL)@ 662 MPH 9.30am - 10.30am 一起学 (English - 英语) - 初级 - Bay C 10.30am - 12pm 游戏时间 Rummy O Bay B 12pm-2pm 广增实境 (AR)式绘画 Bay B 2pm - 3.30pm	10 11 一起做CrossFit (Mixed) Bay C 9.30am - 10am 一起跟Razak线上做运动 (Zoom) 弹力带 - Bay C 10am - 10.45am 游戏时间 Ping Pong / Origami / Others - Bay B 10.45am - 12pm 游戏时间 Rummy O Bay B 12pm - 2pm 游戏时间,拉米 O 大赛 Rummy O Competition Bay B 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。

# 2025 一月

\*象征性应付费

\*需要预先登记

12pm 2pm 拉米游戏 (Rummy O)

📍 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
27	28	29	30	31	
一起参加 CWAS 三轮车体验活动 - 裕廊坊 9am - 12.30pm 心灵系列 - 正念课程 Bay A Forest Bathing Outing 10am - 10.45am 一起写书法 Bay B 10.45am - 12pm 游戏时间 Rummy O Bay B 12pm - 2pm 一起学科技 (Handphone Class) Bay C 2pm - 4pm	一起跟 Razak 线上做运动 (Zoom) 水瓶 Bay C 10am - 10.45am 乐龄友谊圈 Bay C 10.45am - 12pm <b>中心关闭 1/2                      天:                      除夕夜</b>	<b>中心关闭:                      公众假期                      2025年</b>		一起做 CrossFit (Mixed) Bay C 9.30am - 10am 一起跟 Razak 线上做运动 (Zoom) 弹力带 Bay C 10am - 10.45am 乒乓球 / 折纸 / 其他活动 游戏时间 Bay B 10.45am - 12pm 游戏时间 Rummy O Bay B 12pm - 2pm 游戏时间, 拉米 O 大赛 Bay B 2pm - 4pm	

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

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。