

2024 November

*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: 67156750



MON

TUE

WED

THU

FRI

SAT

				1	2
				Let's Exercise with Razak (Zoom) Stretch Band 1 9am - 9.45am	Trishaw Kakis Ride Event Jurong Point 5.30pm - 6.30pm
				Let's Exercise with Razak (Zoom) Stretch Band 2 10am - 10.45am	Sunday, 3 Nov Zone 8 RN Functional Screening 9am - 10am
				Reminisce Games 2pm - 3pm	
				Movie Time 2:30pm - 5pm	
4	5	6	7	8	9
Let's Crossfit 1 9am - 9.45am	Let's Exercise with Razak (Zoom) Water Bottle 1 9am - 9.45am	Community Health Post 9am - 12pm	HPB Let's Resistance Band (IL) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Stretch Band 1 9am - 9.45am	WSQ Food Hygiene Course and Certification 117 Bukit Merah View 9am to 12pm
Let's Crossfit 2 10am - 10.45am	Let's Exercise with Razak (Zoom) Water Bottle 2 10am - 10.45am	HPB Let's Zumba Gold (IL) 9.30am - 10.30am	Walking Football Jurong Central Plaza AAC 10am - 11.30am	Let's Exercise with Razak (Zoom) Stretch Band 2 10am - 10.45am	
Let's Do Calligraphy Art 11am - 11.45am	Let's Do Clay Art 11am to 12pm	Let's Pick Up English 11am - 12pm	Let's KTV Together with SP Students 1:30pm - 4:30pm	Fun with Kakis (VL) 11am - 12pm	Deepavali Celebrations Frontier CC 6.30pm - 9.30pm
Let's Pick Up Malay 2pm - 3pm	Let's Learn to Tech (NEW) 2:30pm - 3.30pm	Games & Makan Together with SP Students 2pm - 4:30pm	Let's Do Crochet 2.30pm to 3.30pm	Reminisce Games 2pm - 3pm	Sunday, 10 Nov Zone 6 RN: Clean and Green Day 9am - 1pm
Let's Learn to Tech (REPEAT) 3:30pm - 4:30pm	Current Affairs U & Me 3:30pm - 4:30pm			Movie Time 2:30pm - 5pm	

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
11	12	13	14	15	16
Let's Crossfit 1 9am - 9.45am	Let's Exercise with Razak (Zoom) Water Bottle 1 9am - 9.45am	Community Health Post 9am -12pm	HPB Let's Resistance Band (IL) 9.30am - 10.30am	CENTRE CLOSED FOR TOWNHALL MEETING	Diabetes Screening Jurong Medical Centre 9am - 10am
Let's Crossfit 2 10am - 10.45am	Let's Exercise with Razak (Zoom) Water Bottle 2 10am - 10.45am	HPB Let's Zumba Gold (IL) 9.30am - 10.30am	Seniors Friendship Circle 10.30am - 12pm		
Let's Do Calligraphy Art 11am - 11:45am	Let's Do Clay Art 11am to 12pm	Let's Pick Up English 11am - 12pm	Let's Do Crochet 2.30pm to 3.30pm		
Let's Pick Up Malay 2pm - 3pm	Let's Learn to Tech (NEW) 2:30pm - 3.30pm	Games & Makan Together with SP Students 2pm - 4:30pm	Let's KTV Together 2:30pm - 4:30pm		
Let's Learn to Tech (REPEAT) 3:30pm - 4:30pm	Fun with Tech 3.30pm - 4.30pm				
18	19	20	21	22	23
Let's Crossfit 1 9am - 9.45am	Let's Exercise with Razak (Zoom) Water Bottle 1 9am - 9.45am	Community Health Post 9am -12pm	HPB Let's Resistance Band (IL) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Stretch Band 1 9am - 9.45am	Zone 9 RN Functional Screening 9am - 10am
Let's Crossfit 2 10am - 10.45am	Let's Exercise with Razak (Zoom) Water Bottle 2 10am - 10.45am	HPB Let's Zumba Gold (IL) 9.30am - 10.30am	Let's Do Art & Music 10:30am - 1:30pm	Let's Exercise with Razak (Zoom) Stretch Band 2 10am - 10.45am	
Let's Do Calligraphy Art 11am - 11:45am	Let's Do Clay Art 11am to 12pm	Let's Pick Up English 11am - 12pm	Let's Do Crochet 2.30pm to 3.30pm	Little Footprints Preschool Grandparents' Day Performance 11am - 12pm	
Let's Pick Up Malay 2pm - 3pm	Let's Learn to Tech (NEW) 2:30pm - 3.30pm	Games & Makan Together with SP Students 2pm - 4:30pm	Let's KTV Together 2:30pm - 4:30pm	Reminisce Games 2pm - 3pm	
Let's Learn to Tech (REPEAT) 3:30pm - 4:30pm	Fun with Tech 3.30pm - 4.30pm			Movie Time 2:30pm - 5pm	

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Crossfit 1 9am - 9.45am	Let's Exercise with Razak (Zoom) Water Bottle 1 9am - 9.45am	Community Health Post 9am -12pm	HPB Let's Resistance Band (IL) 9.30am - 10.30am	Let's Exercise with Razak (Zoom) Stretch Band 1 9am - 9.45am	
Let's Crossfit 2 10am - 10.45am	Let's Exercise with Razak (Zoom) Water Bottle 2 10am - 10.45am	HPB Let's Zumba Gold (IL) 9.30am - 10.30am	Seniors Friendship Circle 10.30am - 12pm	Let's Exercise with Razak (Zoom) Stretch Band 2 10am - 10.45am	
Let's Do Calligraphy Art 11am - 11:45am	Let's Do Clay Art 11am to 12pm	Let's Pick Up English 11am - 12pm	Let's Do Crochet 2.30pm to 3.30pm	Reminisce Games 11am - 12pm	
Let's Pick Up Malay 2pm - 3pm	Let's Learn to Tech (NEW) 2:30pm - 3.30pm	Let's Lim Kopi (Male Exclusive) 2:30pm - 3:30pm	Let's KTV Together 2:30pm - 4:30pm	Movie Time 2:30pm - 5pm	
Let's Learn to Tech (REPEAT) 3:30pm - 4:30pm	Fun with Tech 3.30pm - 4.30pm	Let's Makan Together - Inhouse 3.30pm - 4.30pm			

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2024 十一月

*象征性应付费

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拉米 O、卡罗姆与游戏
(12pm - 2pm - Bay B)

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MON		TUE		WED		THU		FRI		SAT	
								1		2	
								起跟Razak线上做运动 (Zoom) 弹力带 1 9am - 9.45am		三轮车卡基斯骑行活动 裕廊坊 5.30pm - 6.30pm	
								起跟Razak线上做运动 (Zoom) 弹力带 2 10am - 10.45am		Sunday) 11月3日星期日 8区 RN 功能筛查 上午9点至上午10点	
								回忆游戏 2pm - 3pm			
								电影时间 2:30pm - 5pm			
4		5		6		7		8		9	
一起做CrossFit 1 9am - 9.45am	一起做CrossFit 2 10am - 10.45am	一起跟Razak线上做运动 (Zoom) 水瓶 1 9am - 9.45am	一起跟Razak线上做运动 (Zoom) 水瓶 2 10am - 10.45am	服务 - 社区保健站 9am - 12pm	HPB 一起做弹力带拉筋操 (IL) 9.30am - 10.30am	HPB 一起做弹力带拉筋操 (IL) 9.30am - 10.30am	一起来踢球 裕廊中央广场AAC Jurong Central Plaza AAC 10am - 11.30am	一起跟Razak线上做运动 (Zoom) 弹力带 1 9am - 9.45am	一起跟Razak线上做运动 (Zoom) 弹力带 2 10am - 10.45am	WSQ食品卫生课 117 Bukit Merah View 9am to 12pm	
一起写书法 11am - 11:45am	一起学 (Malay - 马来语) - 初级 2pm - 3pm	一起做粘土艺术 11am to 12pm	Let's Learn to Tech (NEW) 2:30pm - 3.30pm	一起学 (English - 英语) - 初级 11am - 12pm	一起喝咖啡 与 SP 学生一起享受 2pm - 4pm	一起来听曲作画 10:30am - 1:30pm	一起做钩针编织 2.30pm to 3.30pm	游戏时间 (VL) 11am - 12pm	回忆游戏 2pm - 3pm	Deepavali Celebrations 屠妖节庆祝活动 Frontier CC 6.30pm - 9.30pm	
一起学科技 (REPEAT) 3:30pm - 4:30pm		时事新闻你和我 3:30pm - 4:30pm				一起来K歌与 SP 学生一起享受 2:30pm - 4:30pm		电影时间 2:30pm - 5pm		11月10日 6区 RN (Sunday) Clean and Green Day 清洁绿化 9am - 1pm	

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11	12	13	14	15	16
一起做CrossFit 1 9am - 9.45am	一起跟Razak线上做运动 (Zoom) 水瓶 1 9am - 9.45am	服务 - 社区保健站 9am -12pm	HPB 一起做弹力带拉筋操 (IL) 9.30am - 10.30am	中心关闭 Centre Closed 为了 市政厅 会议 For Townhall Meeting	糖尿病筛查 裕廊医疗中心 9am - 10am
一起做CrossFit 2 10am - 10.45am	起跟Razak线上做运动 (Zoom) 水瓶 2 10am - 10.45am	HPB 一起跳尊巴(乐龄版) (IL) 9.30am - 10.30am	乐龄友谊圈 10.30am - 12pm		
一起写书法 11am - 11:45am	一起做粘土艺术 11am - 12 pm	一起学(English - 英语)-初级 11am - 12pm	一起做钩针编织 2.30pm to 3.30pm		
一起学(Malay - 马来语)-初级 2pm - 3pm	一起学科技 (NEW) 2:30pm - 3:30pm	一起喝咖啡 与 SP 学生一起享受 2pm - 4pm	一起来K歌 2:30pm - 4:30pm		
一起学科技 (REPEAT) 3:30pm - 4:30pm	时事新闻你和我 3:30pm - 4:30pm				
18	19	20	21	22	23
一起做CrossFit 1 9am - 9.45am	一起跟Razak线上做运动 (Zoom) 水瓶 1 9am - 9.45am	服务 - 社区保健站 9am -12pm	HPB 一起做弹力带拉筋操 (IL) 9.30am - 10.30am	起跟Razak线上做运动 (Zoom) 弹力带 1 9am - 9.45am	9区RN 健康检查 9am - 10am
一起做CrossFit 2 10am - 10.45am	起跟Razak线上做运动 (Zoom) 水瓶 2 10am - 10.45am	HPB 一起跳尊巴(乐龄版) (IL) 9.30am - 10.30am	一起学艺术 10:30am - 1:30pm	起跟Razak线上做运动 (Zoom) 弹力带 2 10am - 10.45am	
一起写书法 11am - 11:45am	一起做粘土艺术 11am - 12 pm	一起学(English - 英语)-初级 11am - 12pm	一起做钩针编织 2.30pm to 3.30pm	小脚印幼儿园 祖父母节表演 11am - 12pm	
起学(Malay - 马来语)-初级 2pm - 3pm	一起学科技 (NEW) 2:30pm - 3:30pm	一起喝咖啡 与 SP 学生一起享受 2pm - 4pm	一起来K歌 2:30pm - 4:30pm	回忆游戏 2pm - 3pm	
一起学科技 (REPEAT) 3:30pm - 4:30pm	时事新闻你和我 3:30pm - 4:30pm			电影时间 2:30pm - 5pm	

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一起做CrossFit 2 10am - 10.45am	一起跟Razak线上做运动 (Zoom) 水瓶 2 10am - 10.45am	HPB 一起跳尊巴(乐龄版) (IL) 9.30am - 10.30am	乐龄友谊圈 10.30am - 12pm	一起跟Razak线上做运动 (Zoom) 弹力带 2 10am - 10.45am	
一起写书法 11am - 11:45am	一起做粘土 艺术 11am - 12 pm	一起学(English - 英语)-初级 11am - 12pm	一起做钩针编织 2.30pm to 3.30pm	回忆游戏 11am - 12pm	
起学(Malay - 马来语)-初级 2pm - 3pm	时事新闻你和我 3:30pm - 4:30pm	起喝咖啡(只限男性) 2:30pm - 430pm	一起来K歌 2:30pm - 4:30pm	电影时间 2:30pm - 5pm	
一起学科技 (REPEAT) 3:30pm - 4:30pm					

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