

2024 October

*Nominal fees payable

*Pre-registration needed

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



MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5
Let's Brisk Walk 10am - 11am	Let's Exercise with Razak (Zoom) Water Bottle 10am - 11am	Let's Exercise with Razak (Zoom) Boxing 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak (Zoom) Stretch Band 10am - 11am	Zone 7 Block Party 6pm - 9pm
Calligraphy Art 11am - 11:45am	Let's Do Nagomi 11am - 12pm	Let's Pick Up English 11am - 12pm	Let's Do Zentangle 11am - 12pm	Table Games 11am - 12pm	Children's Day 6pm - 9pm
Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	Let's Makan Together - Inhouse 12pm - 2pm	Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	
Let's Pick Up Malay 2:30pm - 3:30pm	Current Affairs U & Me 3:30pm - 4:30pm	Reminisce Games 3:30pm - 4:30pm	Let's KTV Together 2:30pm - 4:30pm	Movie Time 3:30pm - 4:30pm	
7	8	9	10	11	12
Let's Exercise - Online Video 10am - 11am	Let's Exercise with Razak (Zoom) Water Bottle 10am - 11am	Let's Exercise with Razak (Zoom) Boxing 10am - 11am	Let's Crossfit 10am-11am	Let's Exercise with Razak (Zoom) Stretch Band 10am - 11am	
Calligraphy Art 11am - 11:45am	Let's Do Nagomi 11am - 12 pm	Let's Pick Up English 11am - 12pm	Let's Do Zentangle 11am - 12pm	Table Games 11am - 12pm	
Strategize with Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm-2pm	Let's Celebrate (Oct Birthday) 12pm - 2pm	Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	
Let's Pick Up Malay 2:30pm - 3:30pm	Stay Well Series Talk RHS (Understanding Dementia) 2:30pm - 3:30pm	Reminisce Games 3:30pm - 4:30pm	Seniors Friendship Circle 12pm - 2pm	Movie Time 3:30pm - 4:30pm	
	Let's Learn to Tech 3:30pm - 4:30pm		Let's KTV Together 2:30pm - 4:30pm		

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
14	15	16	17	18	19
	Seniors Sports Challenge Jurong West Sport Hall 9am - 12pm				
Digital - Fun! Sew-Tech Learning Journey 10am - 1pm	Digital - Fun! Sew-Tech Learning Journey 10am - 1pm	Let's Exercise with Razak (Zoom) Boxing 10am - 11am	Let's Crossfit 10am - 11am	Let's Exercise with Razak (Zoom) Stretch Band 10am - 11am	
Let's Exercise - Online Video 10am - 11am	Let's Exercise with Razak (Zoom) Water Bottle 10am - 11am	Let's Pick Up English 11am - 12pm	Let's Do Zentangle 11am - 12pm	Table Games 11am - 12pm	
Calligraphy Art 11am - 11:45am	Let's Do Nagomi 11am - 12pm	Let's Makan Together - Inhouse 12pm - 2pm	Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	
Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	Reminisce Games 3:30pm - 4:30pm	Let's KTV Together 2:30pm - 4:30pm	Movie Time 3:30pm - 4:30pm	
Let's Pick Up Malay 2:30pm - 3:30pm	Current Affairs U & Me 3:30pm - 4:30pm				
21	22	23	24	25	26
Digital - Fun! Sew-Tech Learning Journey 10am - 1pm	Digital - Fun! Sew-Tech Learning Journey 10am - 1pm	Let's Exercise with Razak (Zoom) Boxing 10am - 11am	Let's Crossfit 10am-11am	Let's Exercise with Razak (Zoom) Stretch Band 10am - 11am	
Let's Exercise - Online Video 10am - 11am	Let's Exercise with Razak (Zoom) Water Bottle 10am - 11am	Let's Pick Up English 11am - 12pm	Let's Do Zentangle 11am - 12pm	Table Games 11am - 12pm	
Calligraphy Art 11am - 11:45am	Let's Do Nagomi 11am - 12 pm	Let's Celebrate (Oct Birthday) 12pm - 2pm	Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	
Strategize with Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm-2pm	Reminisce Games 3:30pm - 4:30pm	Seniors Friendship Circle 12pm - 2pm	Movie Time 3:30pm - 4:30pm	
Let's Pick Up Malay 2:30pm - 3:30pm	Let's Learn to Tech 3:30pm - 4:30pm		Let's KTV Together 2:30pm - 4:30pm		

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Exercise - Online Video 10am - 11am	Let's Exercise with Razak (Zoom) Water Bottle 10am - 11am	Let's Exercise with Razak (Zoom) Boxing 10am - 11am	DEEPAVALI Centre Closed		
Calligraphy Art 11am - 11:45am	Let's Do Nagomi 11am - 12pm	Let's Pick Up English 11am - 12pm			
Strategize w Kakis (Rummy O) 12pm - 2pm	Strategize w Kakis (Carrom) 12pm - 2pm	Let's Makan Together - Inhouse 12pm - 2pm			
Let's Pick Up Malay 2:30pm - 3:30pm	Let's Learn to Tech 3:30pm - 4:30pm	Reminisce Games 3:30pm - 4:30pm			

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2024 十月

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MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5
一起快步走 10am - 11am	一起跟Razak线上做运动 水瓶 10am - 11am	一起跟Razak线上做运动 拳击 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 弹力带 10am - 11am	Zone 7 - Block Party 7区 - 街区派对 6pm - 9pm
一起写书法 11am - 11:45am	一起做日本和谐粉彩 11am - 12pm	起学(语言)英语基本 11am - 12pm	一起做禅绕画 11am - 12pm	桌上游戏 11am - 12pm	Children's Day 儿童节 6pm - 9pm
游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	一起来 makan - 中心内 12pm - 2pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	
一起学马来语-基本 2:30pm - 3:30pm	时事新闻你和我 3:30pm - 4:30pm	游戏时间 Reminiscence Games 3:30pm - 4:30pm	一起来K歌 2:30pm - 4:30pm	电影时间 3:30pm - 4:30pm	
7	8	9	10	11	12
一起做线上做运动 (online) 10am - 11am	一起跟Razak线上做运动 水瓶 10am - 11am	一起跟Razak线上做运动 拳击 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 弹力带 10am - 11am	
一起写书法 11am - 11:45am	一起做日本和谐粉彩 11am - 12pm	一起学(语言)英语基本 11am - 12pm	一起做禅绕画 11am - 12pm	桌上游戏 11am - 12pm	
游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm-2pm	一起来庆生 (Oct Birthday, 十月) 12pm - 2pm	游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	
一起学马来语-基本 2:30pm - 3:30pm	保健系列 - 健康讲座 (了解痴呆症) 2:30pm - 3:30pm	游戏时间 Reminiscence Games 3:30pm - 4:30pm	朋友圈 12pm - 2pm	电影时间 3:30pm - 4:30pm	
	Let's Learn to Tech 一起学科技 3:30pm - 4:30pm		一起来K歌 2:30pm - 4:30pm		

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2024 十月

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
	老年人运动挑战赛 裕廊西体育馆 9am - 12pm				
缝纫与科技之旅 10am - 1pm	缝纫与科技之旅 10am - 1pm	一起跟Razak线上做运动 拳击 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 弹力带 10am - 11am	
缝纫与科技之旅 10am - 1pm	一起跟Razak线上做运动 水瓶 10am - 11am	起学(语言)英语基本 11am - 12pm	一起做禅绕画 11am - 12pm	桌上游戏 11am - 12pm	
一起写书法 11am - 11:45am	一起做日本和谐粉彩 11am - 12pm	一起来 makan - 中心内 12pm - 2pm	游戏时间 (Rummy O) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	
游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	游戏时间 Reminiscence Games 3:30pm - 4:30pm	一起来K歌 2:30pm - 4:30pm	电影时间 3:30pm - 4:30pm	
一起学马来语-基本 2:30pm - 3:30pm	时事新闻你和我 3:30pm - 4:30pm				
21	22	23	24	25	26
缝纫与科技之旅 10am - 1pm	缝纫与科技之旅 10am - 1pm	一起跟Razak线上做运动 拳击 10am - 11am	一起做CrossFit 10am - 11am	一起跟Razak线上做运动 弹力带 10am - 11am	
一起做线上做运动 (online) 10am - 11am	一起跟Razak线上做运动 水瓶 10am - 11am	起学(语言)英语基本 11am - 12pm	一起做禅绕画 11am - 12pm	桌上游戏 11am - 12pm	
一起写书法 11am - 11:45am	一起做日本和谐粉彩 11am - 12pm	一起来庆生 (Oct Birthday, 十月) 12pm - 2pm	游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm - 2pm	
游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm-2pm	游戏时间 Reminiscence Games 3:30pm - 4:30pm	朋友圈 12pm - 2pm	电影时间 3:30pm - 4:30pm	
一起学马来语-基本 2:30pm - 3:30pm	Let's Learn to Tech 一起学科技 3:30pm - 4:30pm		一起来K歌 2:30pm - 4:30pm		

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2
一起做线上做运动 (online) 10am - 11am	一起跟Razak线上做运动 水瓶 10am - 11am	一起跟Razak线上做运动 拳击 10am - 11am	DEEPAVALI 中心关闭 Centre Closed		
一起写书法 11am - 11:45am	一起做日本和谐粉彩 11am - 12pm	一起学(语言) 英语初级 11am - 12pm			
游戏时间 (Rummy O 拉米奥) 12pm - 2pm	游戏时间 (Carrom 卡罗姆) 12pm-2pm	一起来 makan 中心内 12pm - 2pm			
一起学马来语-基本 2:30pm - 3:30pm	Let's Learn to Tech 一起学科技 3:30pm - 4:30pm	游戏时间 Reminiscence Games 3:30pm - 4:30pm			

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