2026 November

Centre Name: AAC (Bishan)
Centre Address: Blk 233 Bishan Street 22 #01-126 S570233
Centre Contact: 91186810 (WhatsApp)



MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
LET'S STEEL COMBAT **(Male Exclusive)** 一起做钢铁拳击(**仅限男性)** 10.00AM - 11.00AM	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S QI'GONG **(FULLY BOOKED)** 一起练气功 **(满额)** 10.00AM - 11.00AM	LET'S PILOXING **(FULLY BOOKED)** 一起拳击皮拉提 **(满额)** 10.30AM - 11.30AM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 9:00AM - 12:30PM	
LET'S TARGET TOGETHER 一起玩射击 11.00AM - 12.00PM	DIGITAL - FAB LAB SERIES - LASER CUTTING WORKSHOP **(RSVP)** 激光切割工作坊**(需预约)** 10:00AM - 1:00PM	LET'S DO CALLIGRAPHY **(FULLY BOOKED)** 一起写书法 **(满额)** 2.00PM - 4.00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #5 **(FULLY BOOKED)** Steady Lah! 保健操**(满额)** 9.30AM - 11.00AM	
FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	LET'S THINK, PLAY AND CONNECT 2:00PM - 3:00PM	FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
LET'S THINK, PLAY AND CONNECT 2:00PM - 3:00PM	STAY STRONG NUTRITION PROGRAMME-PART 1 **(RSVP)** 强壮起步计划 **(需预约)** 2.00PM - 3.30PM		LET'S DO COLOURING 一起来彩色 2:00PM - 3:00PM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 2:30PM - 5:30PM	
CURRENT AFFAIRS U&ME 时事新闻你和我 4:00PM - 5:00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 3:30PM - 4:30PM			FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 2:30PM - 3:30PM	
	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			STRATEGIC GAMES (CAROM, CHESS) 开伦台球, 下棋 2:00PM - 4:00PM	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
DEEPAVALI-OFF-IN-LIEU **公共假期** **9:00AM - 6:00PM**	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S QI'GONG **(FULLY BOOKED)** 一起练气功 **(满额)** 10.00AM - 11.00AM	DIGITAL - FAB LAB SERIES - 3D PRINTING WORKSHOP **(RSVP)** 3D 打印, 激光切割工作坊**(需预约)** 10:00AM - 4:00PM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 9:00AM - 12:30PM	
	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	LET'S KTV TOGETHER **(Male Exclusive)** 一起来K歌 **仅限男性)** 2:00PM - 4.00PM	LET'S PILOXING **(FULLY BOOKED)** 一起拳击皮拉提 **(满额)** 10.30AM - 11.30AM	STEADY LAH! #6 **(FULLY BOOKED)** Steady Lah! 保健操 **(满额)** 9.30AM - 11.00AM	
	STAY STRONG NUTRITION PROGRAMME - PART 2 **(RSVP)** 强壮起步计划**(需预约)** 2.00PM - 3.30PM	LET'S DO CALLIGRAPHY **(FULLY BOOKED)** 一起写书法 **((满额)** 2.00PM - 4.00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
	COMMUNITY HEALTH POST (CHP) **(RSVP)** 服务 - 社区保健站 **(需预约)** 2:00PM - 5:00PM		FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 2:30PM - 5:30PM	
	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 3:30PM - 4:30PM		LET'S DO COLOURING 一起来彩色 2:00PM - 3:00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 2:30PM - 3:30PM	
	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			STRATEGIC GAMES (CAROM, CHESS) 开伦台球, 下棋 2:00PM - 4:00PM	

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	**21**
LET'S STEEL COMBAT **(Male Exclusive)** 一起做钢铁拳击 **(仅限男性)** 10.00AM - 11.00AM	**CENTRE CLOSED** **中心休业** **9:00AM - 6:00PM**	LET'S QI'GONG **(FULLY BOOKED)** 一起练气功 **(满额)** 10.00AM - 11.00AM	LET'S PILOXING **(FULLY BOOKED)** 一起拳击皮拉提 **(满额)** 10.30AM - 11.30AM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 9:00AM - 12:30PM	
LET'S TARGET TOGETHER 一起玩射击 11.00AM - 12.00PM		STAY ZEN - LAUGHTER YOGA **(RSVP)** 心灵系列 - 大笑瑜伽 **(需预约)** 2:00PM - 3:00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #7 **(FULLY BOOKED)** Steady Lah! 保健操 **(满额)** 9.30AM - 11.00AM	
FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM		LET'S DO CALLIGRAPHY **(FULLY BOOKED)** 一起写书法 **(满额)** 2.00PM - 4.00PM	FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
LET'S THINK, PLAY AND CONNECT 2:00PM - 3:00PM			LET'S DO COLOURING 一起来彩色 2:00PM - 3:00PM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 2:30PM - 5:30PM	
CURRENT AFFAIRS U & ME 时事新闻你和我 2:00PM - 3:00PM				FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 2:30PM - 3:30PM	
				STRATEGIC GAMES (CAROM, CHESS) 开伦台球, 下棋 2:00PM - 4:00PM	

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
LET'S STEEL COMBAT **(Male Exclusive)** 一起做钢铁拳击 **(仅限男性)** 10.00AM - 11.00AM	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S QI'GONG **(FULLY BOOKED)** 一起练气功 **(满额)** 10.00AM - 11.00AM	LET'S PILOXING **(FULLY BOOKED)** 一起拳击皮拉提 **(满额)** 10.30AM - 11.30AM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 9:00AM - 12:30PM	
DIGITAL - FAB LAB SERIES - DIGITAL EMBROIDERY WORKSHOP **(RSVP)** 数码刺绣工作坊 **(需预约)** 10:00AM - 1:00PM	LET'S GEN WITH SJI-RI - SPORTS & GAMES 圣若瑟国际书院, 莱佛士书院青年活动-体育与游戏 2:00PM - 4:00PM	LET'S KTV TOGETHER **(Male Exclusive)** 一起来K歌 **(仅限男性)** 2:00PM - 4.00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #8 **(FULLY BOOKED)** Steady Lah! 保健操 **(满额)** 9.30AM - 11.00AM	
LET'S TARGET TOGETHER 一起玩射击 11.00AM - 12.00PM	COMMUNITY HEALTH POST (CHP) **(RSVP)** 服务 - 社区保健站 **(需预约)** 2:00PM - 5:00PM	LET'S DO CALLIGRAPHY **(FULLY BOOKED)** 一起写书法 **(满额)** 2.00PM - 4.00PM	FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM	LET'S TALK ABOUT ANTI-SCAM BY CHECKMATE SG **(RSVP)** **(MANDARIN)** 防诈骗华语讲座 **(需预约)** 3.00PM - 4.00PM		LET'S DO COLOURING 一起来彩色 2:00PM - 3:00PM	LET'S GEN WITH YOUTH CORP- NTU CARE, SERVE, LEARN 南洋理工大学青年团- 关怀服务学习 2:30PM - 5:30PM	
LET'S THINK, PLAY AND CONNECT 2:00PM - 3:00PM	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 2:30PM - 3:30PM	
				STRATEGIC GAMES (CAROM, CHESS) 开伦台球, 下棋 2:00PM - 4:00PM	

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MON	TUE	WED	THU	FRI	SAT
30					
LET'S STEEL COMBAT **(Male Exclusive)** 一起做钢铁拳击(**仅限男性)** 10.00AM - 11.00AM					
LET'S TARGET TOGETHER 一起玩射击 11.00AM - 12.00PM					
FUN WITH KAKIS: MAHJONG, RUMMY-O 游戏时间- 麻将, 拉米奥 2.00PM - 4.00PM					
LET'S THINK, PLAY AND CONNECT 2:00PM - 3:00PM					

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