

2026 October

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



MON	TUE	WED	THU	FRI	SAT
			1	2	3
			CENTRE CLOSED (中心休业) 9:00AM - 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 9:00AM - 12:30PM	
				STEADY LAH! ASSESSMENT (RSVP) Steady Lah! 保健操评估 (需预约) 9.30AM - 11.00AM	
				LET'S PICKLE BALL @ PLAY! PICKLE (FULLY BOOKED) 一起打匹克球 (榜鹅) (满额) 10.00AM - 12.00PM	
				LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
				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 2:00PM - 5:30PM	
			LET'S GO GAI GAI - AAC DAY @ TEMASEK POLYTECHNIC (FULLY BOOKED) 乐龄活动中心日 (满额) 10.00AM - 2.00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间 (任天堂开关) 2:30PM - 3:30PM	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 (RVSP) 一起拳击皮拉提(需预约) 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	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	LET'S TARGET TOGETHER 一起玩射击 1.00PM - 2.00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #1 (RSVP) Steady Lah! 保健操(需预约) 9.30AM - 11.00AM	
LET'S TALK NEWS 一起聊新闻 2:00PM - 3:00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:00PM - 3:00PM	LET'S KTV TOGETHER (Male Exclusive) 一起来K歌 仅限男性) 2:00PM - 4.00PM	FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S PICKLE BALL TRAINING (COMPETITION PLAYTERS) 一起打匹克球((仅限参赛选手) 10:00AM - 12:00PM	
FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
				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 2:00PM - 5:30PM	
				FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:30PM - 3:30PM	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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 (RSVP) 一起拳击皮拉提(需预约) 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	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	CENTRE CLOSED (AFTERNOON) (下午中心休业)	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #2 (RSVP) Steady Lah! 保健操(需预约) 9.30AM - 11.00AM	
FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	COMMUNITY HEALTH POST (CHP) 服务 - 社区保健站 2:00PM - 5:00PM		FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S PICKLE BALL TRAINING (COMPETITION PLAYERS ONLY) 一起打匹克球(仅限参赛选手) 10:00AM - 12:00PM	
	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:00PM - 3:00PM			LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
	FLET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			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 2:00PM - 5:30PM	
				FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:30PM - 3:30PM	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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	CENTRE CLOSED (中心休业)	LET'S PILOXING (RSVP) 一起拳击皮拉提(需预约) 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	LET'S GO GAI GAI - YATCH TO LAZARUS ISLAND (FULLY BOOKED) 一起去Gai Gai- 游艇去拉扎鲁斯岛(满额) 9.00AM - 1.00PM		LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	STEADY LAH! #3 (RSVP) Steady Lah! 保健操(需预约) 9.30AM - 11.00AM	
LET'S MAKAN TOGETHER - NONYA EXPERIENCE (VOLUNTEER ONLY) 一起来makan - 娘惹体验(仅限义工) 12:00PM - 1:00PM	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM		FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S PICKLE BALL TRAINING (COMPETITION PLAYTERS ONLY) 一起打匹克球((仅限参赛选手) 10:00AM - 12:00PM	
LET'S TALK NEWS 一起聊新闻 2:00PM - 3:00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:00PM - 3:00PM			LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM			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 2:00PM - 5:30PM	
				FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:30PM - 3:30PM	

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26	27	28	29	30	31
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	STAY WELL SERIES - KIDNEY HEALTH TALK (RSVP) 肾脏健康讲座(需预约) 10.00AM - 12.00PM	CENTRE CLOSED (中心休业)	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	LET'S KTV TOGETHER 一起来K歌 2.00PM - 4.00PM	LET'S QI'GONG (FULLY BOOKED) 一起练气功(满额) 10.00AM - 11.00AM		STEADY LAH! #4 (RSVP) Steady Lah! 保健操(需预约) 9.30AM - 11.00AM	
LET'S YUM CHA TOGETHER 一起饮茶 2:00PM - 3:00PM	COMMUNITY HEALTH POST (CHP) 服务 - 社区保健站 2:00PM - 5:00PM	LET'S KTV TOGETHER (MALE EXCLUSIVE) 一起来K歌(仅限男性) 2:00PM - 4.00PM		LET'S PICKLE BALL TRAINING (COMPETITION PLAYERS ONLY) 一起打匹克球(仅限参赛选手) 10:00AM - 12:00PM	
STAY ZEN - LAUGHTER YOGA 心灵系列 - 大笑瑜伽 2:00PM - 3:00PM	FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:00PM - 3:00PM	LET'S DO CALLIGRAPHY (RSVP) 一起写书法(需预约) 2.00PM - 4.00PM		LET'S YUM CHA TOGETHER 一起饮茶 1:30PM - 2:30PM	
FUN WITH KAKIS: MAHJONG, RUMMY-O, CAROM, CARD GAMES 游戏时间- 麻将, 拉米奥, 开伦台球, 纸牌 3.00PM - 5.00PM	LET'S LEARN TECH 一起学科技 4.00PM - 5.00PM	LET'S TARGET TOGETHER 一起玩射击 4.00PM - 5.00PM		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 2:00PM - 5:30PM	
				FUN WITH EXERGAME (NINTENDO SWITCH) 电子游戏时间(任天堂开关) 2:30PM - 3:30PM	

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