

2026 September

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



MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S YUM CHA TOGETHER 一起饮茶 12.00PM - 1.00PM	LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM	LET'S PICKLE BALL @ PLAY! PICKLE 一起打匹克球 10.00AM - 12.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	LET'S TALK NEWS 一起聊新闻 2:00PM - 3:00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	FUN WITH KAKIS: CAROM TOGETHER 游戏时间 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 10.00AM - 11.00AM	
	LET'S LEARN TECH : DIGITAL CONCIERGE 一起学科技 3.30PM - 5.00PM		LET'S YUM CHA TOGETHER 一起饮茶 11.00AM - 12.00PM	HCI AND NKF TALK ON KIDNEY HEALTH 健康讲座 11.00AM - 12.30PM	
				STRATEGISE WITH KAKIS: CARD GAMES 游戏时间 1.00PM - 3.00PM	
14	15	16	17	18	19
LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S YUM CHA TOGETHER 一起饮茶 12.00PM - 1.00PM	LET'S YUM CHA TOGETHER - MOONCAKE POT LUCK 一起饮茶, 吃月饼 12.00PM - 1.00PM	CENTRE CLOSED	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	LET'S LEARN TECH : DIGITAL CONCIERGE 一起学科技 3.30PM - 5.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM		
			FUN WITH KAKIS: CAROM TOGETHER 游戏时间 3.00PM - 4.00PM		

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。

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
STAY ZEN - LAUGHTER YOGA 心灵系列 - 大笑瑜伽 10:30AM - 11:30AM	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S YUM CHA TOGETHER 一起饮茶 12.00PM - 1.00PM	LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM	LET'S PICKLE BALL @ PLAY! PICKLE 一起打匹克球 10.00AM - 12.00PM	
LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM	LET'S TALK NEWS 一起聊新闻 2:00PM - 3:00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	FUN WITH KAKIS: CAROM TOGETHER 游戏时间 3.00PM - 4.00PM	LET'S YUM CHA TOGETHER 一起饮茶 12.00PM - 1.00PM	
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	LET'S LEARN TECH : DIGITAL CONCIERGE 一起学科技 3.30PM - 5.00PM			MID-AUTUMN FESTIVAL CELEBRATION WITH DBS @ JLN BT MERAH 一起庆中秋节 (红山) 1.00PM - 5.00PM	
				STRATEGISE WITH KAKIS: CARD GAMES 游戏时间 1.00PM - 3.00PM	
28	29	30			
LET'S KTV TOGETHER 一起来K歌 1.00PM - 3.00PM	LET'S BRISK WALK 一起快步走 9.00AM - 10.00AM	LET'S YUM CHA TOGETHER 一起饮茶 12.00PM - 1.00PM			
STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM	LET'S LEARN TECH : DIGITAL CONCIERGE 一起学科技 3.30PM - 5.00PM	STRATEGISE WITH KAKIS: MAHJONG & RUMMY-O 游戏时间 1.00PM - 3.00PM			

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