




2026 April

 **Centre Name:** AAC (Kampung Kembangan)
 **Centre Address:** Blk 102 #01-389 Lengkong Tiga S410102
 **Centre Contact:** 6715 6758 / 8031 2807 (WhatsApp Only)



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Taichi (IL) @Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Centre Closure (Good Friday)	
		Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Makan Together - F4 @Bay A 8:30am - 9:30am		
		Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm	Let's Do DIY Woodcraft @Bay A (Male-exclusive) 9:30am - 11:30am (Registration Required)		
		Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	Let's Jam with Ukulele @Bay B (Interest Group) 10:00am - 12:00pm		
			Let's Jam with Ukulele @Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)		

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6	7	8	9	10	11
Let's Piloxing (Standing) @Bay A (\$5 per session) 9:00am - 10:00am	F4 (Let's Piloxing (Seated)) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's Chair Zumba @Blk 108 9:00am - 10:00am (Registration Required)	
Let's Walking Football @Tampines Hub (Group A) (#1) 10:00am - 11.30am (Registered Participants Only)	Let's Makan Together - F4 @Bay A 10:00am - 11:00am	Let's Jam with Ukulele Bay B (Beginner Course (#1)) 11:00am - 12:00pm (Registration Required)	Let's Makan Together - F4 @Bay A 8:30am - 9:30am	Let's CALM (Assessment) @Heartbeat Bedok 9:00am - 1:00pm (Registered Participants Only)	
Let's Celebrate (Birthday) & (Centre Anniversary) @Bay A 12:00pm - 2:00pm	Let's pick up - Conversational Malay Intermediate Level @Bay A (Conducted in English) 2:00pm - 3:00pm	Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @Bay B (Interest Group) 10:00am - 12:00pm	Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required)	
Let's Line Dance @Bay A 3:00pm - 4:30pm	Digital Club @ NTUC Health (Berurusan Secara Dalam Talian) (Conducted in Malay) @Bay B 2:00pm - 4:00pm (Registration Required) (Pendaftaran diperlukan)	Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	
	I'm Soul Inc @Bay A 3:15pm - 4:15pm (Registration Required)	Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)		Let's Pick Up - Conversational English @Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Piloxing (Standing) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	Let's Jam with Ukulele Bay B (Beginner Course (#2)) 11:00am - 12:00pm (Registration Required)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 8:30am	Let's Chair Zumba @Blk 108 9:00am - 10:00am (Registration Required)	
Let's Walking Football @Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Let's Makan Together - F4 @Bay A 一起来makan - F4 10:00am - 11:00am	Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Makan Together - F4 @Bay A 9:00am - 10:00am	Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required)	
Let's CALM (Instructor-Led) (#1) @Bay A 10:30am - 11:30am (Registered Participants Only)	Digital Club @ NTUC Health @Bay A (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required)	Let's Gen Together - Tertiary (Singapore Poly) @Bay A 1:30pm - 3:00pm (Registration Required)	Let's Jam with Ukulele @Bay B (Interest Group) 10:00am - 12:00pm	Current affair U&Me @Bay A 11:30am - 12:30pm	
Let's Say No To Frailty (#1) @Bay B 10:30am - 12:30pm (Registered Participants Only)		Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Centre Closure (PM)	
Let's Line Dance @Bay A 3:00pm - 4:30pm		Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	Let's Gen Together - Tertiary (Singapore Poly) @Bay A 2:30pm - 4:00pm (Registration Required)		

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Piloxing (Standing) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	Let's Jam with Ukulele Bay B (Beginner Course (#3)) 11:00am - 12:00pm (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am	Let's Chair Zumba @Blk 108 9:00am - 10:00am (Registration Required)	
Let's Walking Football @Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Makan Together - F4 @Bay A 10:00am - 11:00am	Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Makan Together - F4 @Bay A 9:00am - 10:00am	Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required)	
Let's CALM (Instructor-Led) (#2) @Bay A 10:30am - 11:30am (Registered Participants Only)	Let's pick up - Conversational Malay Intermediate Level @Bay B (Conducted in English) 2:00pm - 3:00pm	Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B (Interest Group) 10:00am - 12:00pm	Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	
Let's Say No To Frailty (#2) @Bay B 10:30am - 12:30pm (Registered Participants Only)		Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	Let's Jam with Ukulele @Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Let's Pick Up - Conversational English @Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	
Let's Line Dance @Bay A 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30		
Let's Piloxing (Standing) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @Bay A (\$5 per session) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)	F4 (Let's Brisk Walk) 7:30am - 8:30am		
Let's Go Gai Gai to Hay Dairies Goat Farm 9:30am - 12:00pm (Registration Required)	Let's Makan Together - F4 @Bay A 10:00am - 11:00am	Let's Jam with Ukulele Bay B (Beginner Course (#4)) 11:00am - 12:00pm (Registration Required)	Let's Makan Together - F4 @Bay A 9:00am - 10:00am		
Let's Walking Football @Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Digital Club @ NTUC Health (Transact Online: Health - Set up and use Health App) (Conducted in English) 2:00pm - 4:00pm (Registration Required)	Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Jam with Ukulele @Bay B (Interest Group) 10:00am - 12:00pm		
Let's CALM (Instructor-Led) (#3) @Bay A 10:30am - 11:30am (Registered Participants Only)		Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm	Current affair U&Me @Bay A 10:30am - 11:30am		
Let's Say No To Frailty (#3) @Bay B 10:30am - 12:30pm (Registered Participants Only)		Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)			
Let's Line Dance @Bay A 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		一起打太极 (IL) @ 大牌 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	中心关闭 (耶稣受难日)	
		一起跳社交舞 (Bay A) 11:00am - 12:30pm	一起来 makan - F4 8:30am - 9:30am		
		一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm	一起做木工 (仅限男性) 9:30am - 11:30am (需要报名)		
		一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名)	一起玩乌克兰丽 (Bay B) (兴趣小组) 10:00am - 12:00pm		
			一起玩乌克兰丽 (Bay B) (中级班) 2:00pm - 4:00pm (仅限已注册参与者)		

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一起拳击皮拉提 (站立) (每次\$5) 9:00am - 10:00am (需要报名)	F4 一起拳击皮拉提 (坐式) (每次\$5) 9:00am - 10:00am (需要报名)	一起打太极 (IL) @Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做坐式尊巴 @Blk 108 9:00am - 10:00am (需要报名)	
一起来踢球 (A组) 10:00am - 11:30am (仅限已注册参与者)	一起来 makan - F4 @Bay A 10:00am - 11:00am	一起玩乌克兰丽 @Bay B (入门课程 (#1)) 11:00am - 12:00pm (需要报名)	一起来 makan - F4 8:30am - 9:30am	一起做防肌肉萎缩运动 (评估) @Heartbeat Bedok 9:00am - 1:00pm (仅限已注册参与者)	
一起来庆生 (中心周年纪念) 12:00pm - 2:00pm (需要报名)	一起学马来语 @ Bay A (中级) 2:00pm - 3:00pm	一起跳社交舞 (Bay A) 11:00am - 12:30pm	一起玩乌克兰丽 (利益集团) 10:00am - 12:00pm	一起做弹力带拉筋操 @Blk 108 10:15am - 11:15am (需要报名)	
一起跳排舞 @Bay A 3:00pm - 4:30pm	Digital Club @ NTUC Health (Berurusan Secara Dalam Talian) (Conducted in Malay) @Bay B 2:00pm - 4:00pm (Registration Required) (Pendaftaran diperlukan)	一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm	一起玩乌克兰丽 (中级班) 2:00pm - 4:00pm (仅限已注册参与者)	一起来K歌 @Bay B (\$2 per session) 2:00pm - 5:00pm (需要报名)	
	I'm Soul Inc @Bay A 3:15pm - 4:15pm (需要报名)	一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名)		一起学英语 (初级) 7.30pm - 8.30pm	

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13	14	15	16	17	18
一起拳击皮拉提 (站立) (每次\$5) 9:00am - 10:00am (需要报名)	F4 一起拳击皮拉提 (坐式) (每次\$5) 9:00am - 10:00am (需要报名)	一起玩乌克兰丽 @Bay B (入门课程 (#2)) 11:00am - 12:00pm (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做坐式尊巴 @Blk 108 9:00am - 10:00am (需要报名)	
一起来踢球 (B组) 10:00am - 11:30am (仅限已注册参与者)	Let's Makan Together - F4 @Bay A 一起来 makan - F4 10:00am - 11:00am	一起跳社交舞 (Bay A) 11:00am - 12:30pm	一起来 makan - F4 8:30am - 9:30am	一起做防肌肉萎缩运动 (评估) @Heartbeat Bedok 9:00am - 1:00pm (仅限已注册参与者)	
Let's CALM (Instructor-Led) (#1) @Bay A 一起做防肌肉萎缩运动 (讲师指导) (#1) 10:30am - 11:30am (Registered Participants Only) (仅限已注册参与者)	Digital Club @ NTUC Health @Bay A (健康 - 设置和使用健康 应用程序) (中文讲解) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Gen Together - Tertiary (Singapore Poly) @Bay A 代际交流 - 大专学府 (新加坡理工学院) 1:30pm - 3:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele @Bay B 一起玩乌克兰丽 (Interest Group) 10:00am - 12:00pm	一起做弹力带拉筋操 @Blk 108 10:15am - 11:15am (需要报名)	
Let's Say No To Frailty (#1) @Bay B 10:30am - 12:30pm (Registered Participants Only) (仅限已注册参与者)		一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B 一起玩乌克兰丽 (Interest Group) 2:00pm - 4:00pm (Registered Participants Only) (仅限已注册参与者)	Centre Closure (PM)	
一起跳排舞 @Bay A 3:00pm - 4:30pm		一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名)	Let's Gen Together - Tertiary (Singapore Poly) @Bay A 代际交流 - 大专学府 (新加坡理工学院) 2:30pm - 4:00pm (Registration Required) (需要报名)		

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20	21	22	23	24	25
一起拳击皮拉提 (站立) (每次\$5) 9:00am - 10:00am (需要报名)	F4 一起拳击皮拉提 (坐式) (每次\$5) 9:00am - 10:00am (需要报名)	一起玩乌克兰丽 @Bay B (入门课程(#3)) 11:00am - 12:00pm (需要报名)	F4 一起快步走 7:30am - 8:30am	一起做坐式尊巴 @Blk 108 9:00am - 10:00am (需要报名)	
一起来踢球 (A组) 10:00am - 11:30am (仅限已注册参与者)	Let's Makan Together - F4 @Bay A 一起来 makan - F4 10:00am - 11:00am	一起跳社交舞 (Bay A) 11:00am - 12:30pm	一起来 makan - F4 8:30am - 9:30am	一起做弹力带拉筋操 @Blk 108 10:15am - 11:15am (需要报名)	
Let's CALM (Instructor-Led) (#2) @Bay A 一起做防肌肉萎缩运动 (讲师指导) (#2) 10:30am - 11:30am (Registered Participants Only) (仅限已注册参与者)	Let's pick up - Conversational Malay Intermediate Level @Bay B (Conducted in English) 一起学马来语 @ Bay B (中级) 2:00pm - 3:00pm	一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B 一起玩乌克兰丽 (Interest Group) 10:00am - 12:00pm	一起做防肌肉萎缩运动 (评估) @Heartbeat Bedok 9:00am - 1:00pm (仅限已注册参与者)	
Let's Say No To Frailty (#2) @Bay B 10:30am - 12:30pm (Registered Participants Only) (仅限已注册参与者)		一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名)	Let's Jam with Ukulele @Bay B 一起玩乌克兰丽 (Interest Group) 2:00pm - 4:00pm (Registered Participants Only) (仅限已注册参与者)	Let's KTV Together @Bay B 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	
一起跳排舞 @Bay A 3:00pm - 4:30pm				Let's Pick Up - Conversational English @Bay A (Conducted in Mandarin) 一起学 (英语) 7.30pm - 8.30pm	

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27	28	29	30		
一起拳击皮拉提 (站立) (每次\$5) 9:00am - 10:00am (需要报名)	F4 一起拳击皮拉提 (坐式) (每次\$5) 9:00am - 10:00am (需要报名)	一起打太极 (IL) @Blk 108 (按月付费) 8:00am - 9:00am (需要报名)	F4 一起快步走 7:30am - 8:30am		
一起去 Gai Gai 前往山羊农场 9:30am - 12:00pm (需要报名)	Let's Makan Together - F4 @Bay A 一起来 makan - F4 10:00am - 11:00am	一起跳社交舞 (Bay A) 11:00am - 12:30pm	一起来 makan - F4 8:30am - 9:30am		
一起来踢球 (B组) 10:00am - 11:30am (仅限已注册参与者)	Digital Club @ NTUC Health (Transact Online: Health - Set up and use Health App) (Conducted in English) 2:00pm - 4:00pm (Registration Required) (需要报名)	一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm	Let's Jam with Ukulele @Bay B 一起玩乌克兰丽 (Interest Group) 10:00am - 12:00pm		
Let's CALM (Instructor-Led) (#3) @Bay A 一起做防肌肉萎缩运动 (讲师指导) (#3) 10:30am - 11:30am (仅限已注册参与者)		一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名)	Current affair U&Me @Bay A 时事新闻你和我 10:30am - 11:30am		
Let's Say No To Frailty (#3) @Bay B 10:30am - 12:30pm (Registered Participants Only) (仅限已注册参与者)					
一起跳排舞 @Bay A 3:00pm - 4:30pm					

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