

2026 August

 **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
3	4	5	6	7	8
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 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 CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Taichi @ Bay B (Interest Group) 9:00am - 10:00am	Let's Learn to Repair (#14) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	F4 - Let's Makan Together @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00 am (Registration Required)	
Let's Adaptive Sports (Boccia) @ Bay A 10:00am - 11.30am	Let's Do Paper Quilling @ Bay A (Fee Required) 3:00pm - 4:30pm	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11:15 am (Registration Required)	
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	Let's Learn to Bake Cheesy Potato Pies & National Day Mini Donuts @ Bay A 3:00pm-4:30pm	Let's Learn About Pet Care (Cats) @ Bay A 1:30pm- 3:00pm	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Pick Up - Conversational Arabic (Beginner) @ Bay A (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Let's do Seated Exercise (Interest Group @ Bay A) 4:00pm-5:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Celebrate National Day @ Bay A 12:00pm - 1:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
		Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	
			Let's Learn to Play Chess @ Bay A (Beginner) 3:00pm - 4:30pm	Let's Pick Up - Conversational English @ Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

10	11	12	13	14	15
Centre Closure (National Day)	F4 (Let's Piloxing (Seated) @ Bay A (Fee Required) 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 CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
	Let's Celebrate (Birthday) @ Bay A 12:30pm - 1:30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Learn to Cook with Alice (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay B (Conducted in English) 1:30pm - 2:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's Pick Up - Conversational Arabic (Intermediate) @ Bay A (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
	Digital - IMDA Go-Digital - Workshop @ Bay A (Conducted in Mandarin) 1:30pm - 3:30pm (Registration Required)	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Centre Closure PM (Internal Event)	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm			Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	
				Let's Play Golf (Fee Required) 2:30pm - 4:00pm (Registered Participants Only)	

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 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 CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Taichi @ Bay B (Interest Group) 9:00am - 10:00am	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	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 Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 1:30pm - 2:30pm	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11:15am (Registration Required)	
Let's Adaptive Sports (Floorball & Ladder Toss) @ Bay A 10:00am - 11.30am	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 2:30pm - 3:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Gen Together - Kindergarten @ Bay A 9:00am - 10:00am	Let's pick up - Conversational Arabic (Intermediate) @ Bay A (Conducted in English & Malay) 11:15am - 12:15am (Registration Required)	
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	Let's do Seated Exercise (Interest Group) @ Bay A 4:00pm-5:00pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Jam with Ukulele @ Bay B (Interest Group) 10:00am - 12:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Leave Well Series - Legacy Planning Workshop @ Bay A 3:00pm - 5:30pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	
			Let's do Paper Quilling @ Bay A (Fee Required) 3:00pm - 5:00pm		
			Let's Learn to Play Chess @ Bay A (Beginner) 3:00pm - 4:30pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 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 CALM (Muscle and Mind) @ Bay A 9:00am - 10:00am (Registered Participants Only)	Leave Well Series - Legacy Planning Workshop 9:00am - 10:00am (Conducted in Malay)
Let's Taichi @ Bay B (Interest Group) 9:00am - 10:00am	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's Chair Zumba @ Blk 108 9:00am - 10:00am (Registration Required)	
Let's Adaptive Sports (Floorball & Ladder Toss) 10:00am - 11:30am	Digital - IMDA Go-Digital - Workshop @ Bay A (Conducted in Mandarin) 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 Stretch Band @ Blk 108 10:15am - 11.15am (Registration Required)	
Let's Walking Football @ Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Do Seated Exercise @ Bay B (Interest Group) 4:00pm - 5:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's pick up - Conversational Arabic (Intermediate) @ Bay A (Conducted in English & Malay) 11:15am - 12:15pm (Registration Required)	
Let's Do Zentangle @ Bay B (Instructor-Led) 2:00pm - 4:00pm		Let's Do Crochet @ Bay A (Interest Group) 2:00pm - 4:00pm	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm				Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)					
Let's Taichi @ Bay B (Interest Group) 9:00am - 10:00am					
Let's Walking Football @ Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)					
Let's Adaptive Sports (Floorball & Ladder Toss) @ Bay A 10:00am - 11.30am					
Let's Do Zentangle @ Bay B (Interest Group) 2:00pm - 4:00pm					
Let's Line Dance @ Bay A 3:00pm - 4:30pm					

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2026 八月

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 Centre Address: Blk 102 #01-389 Lengkok Tiga S410102
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ntuc Health

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 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	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
一起打太极 @ Bay B (兴趣小组) 9:00am - 10:00am	一起学维修技能 (#14) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起玩硬地滚球 @ Bay A 10:00am - 11.30am	一起做衍纸 @ Bay A (需要付费) 3:00pm - 4:30pm	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 9:30am - 10:30am	一起做弹力带拉伸操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	一起学烘焙芝士土豆派和国庆节迷你甜甜圈 @ Bay A 3:00pm-4:30pm	一起学宠物护理(猫) @ Bay A 1:30pm- 3:00pm	一起玩乌克丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话 (初级) @ Bay A (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起来庆祝国庆日 @ Bay A 12:00pm - 1:30pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
		一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起玩乌克丽丽 @ Bay B (中级) 1:30pm - 3:30pm (仅限已注册参与者)	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	
			一起学国际象棋 (初级) 3.00pm - 4.30pm	一起学英语会话 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
中心暂时休业 (国庆日)	一起拳击皮拉提 Lite @ Bay A (需要付费) 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	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来 makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
	一起来庆生 @ Bay A 12:30pm - 1:30pm (仅限已注册参与者)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起学烹饪 - 和Alice (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
	一起学华语会话 @ Bay B (以英语进行) 1:30pm - 2:30pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话 (中级) @ Bay A (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay A (中文讲解) 1:30pm - 3:30pm (需要报名)	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	中心暂时休业 (PM) (内部活动)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm			游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	
				一起打高尔夫球 (需要付费) 2:30 pm - 4:00 pm (需要报名)	

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17	18	19	20	21	22
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 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	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	
一起打太极 @ Bay B (兴趣小组) 9:00am - 10:00am	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来 makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起来踢球 @ 淡濱尼體育場 (B组) 10:00am - 11.30am (仅限已注册参与者)	一起学华语会话 @ Bay B (以英语进行) 1:30pm - 2:30pm	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 9:30am - 10:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起玩地板球和梯式投球 @ Bay A 10:00am - 11.30am	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	代际交流 - 幼儿园 @ Bay A 9:00am - 10:00am	一起学阿拉伯语会话 (中级) @ Bay A (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm		一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起玩乌克兰丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm		走得自在系列 - 遗产与遗嘱规划 @ Bay A 3:00pm - 5:30pm	一起玩乌克兰丽 (中级) @ Bay B 1:30pm - 3:30pm (仅限已注册参与者)	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	
			一起做衍纸 @ Bay A (需要付费) 3:00pm - 5:00pm		
			一起学国际象棋 (初级) 3.00pm - 4.30pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 Lite @ Bay A (需要付费) 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	一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 9:00am - 10:00am (仅限已注册参与者)	走得自在系列 - 遗产与遗嘱规划 @ Bay A 9:00am - 10:00am (马来语讲解)
一起打太极 @ Bay B (兴趣小组) 9:00am - 10:00am	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am (仅限已注册参与者)	
一起玩地板球和梯式投球 @ Bay A 10:00am - 11.30am	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay A (中文讲解) 1:30pm - 3:30pm (需要报名)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起来踢球 @ 淡滨尼体育场 (A组) 10:00am - 11.30am (仅限已注册参与者)	坐式运动 @ Bay A (兴趣小组) 4:00pm - 5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 (中级) @ Bay B 1:30pm - 3:30pm (仅限已注册参与者)	一起学阿拉伯语会话 (中级) @ Bay A (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
一起做禅绕画 @ Bay B (老师指导) 1:30pm - 3:30pm		一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起学马来语会话-中级 @ Bay A (以英语进行) 4:00pm - 5:00pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起跳排舞 @ Bay A 3:00pm - 4:30pm				游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	

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2026 八月

📍 **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
31					
一起拳击皮拉提 @ Bay A (需要付费) 9:00am - 10:00am (需要报名)					
一起打太极 @ Bay B (兴趣小组) 9:00am - 10:00am					
一起来踢球 @ 淡濱尼體育場 (B组) 10:00am - 11.30am (仅限已注册参与者)					
一起玩地板球和梯式投球 @ Bay A 10:00am - 11.30am					
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm					
一起跳排舞 @ Bay A 3:00pm - 4:30pm					

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