



2026 February

 **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
2	3	4	5	6	7
Let's Piloxing (Standing) 一起做皮拉提拳击 (站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Piloxing (Seated)) F4 (一起做皮拉提拳击 (坐式)) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Taichi (IL) @Blk 108 一起打太极 (IL) @Blk 108 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 8:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Makan Together - F4 一起来 makan - F4 10:00am - 11:00am	Let's Social Dance 让我们一起跳舞吧 11:00am - 12:30pm	Let's Makan Together - F4 一起来 makan - F4 9:00am - 10:00am	Current affair U&Me 时事新闻你和我 10:30am - 11:30am	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Pick Up - Conversational Malay Intermediate Level (Conducted in English) 一起学马来语 (中级) 1:00pm - 2:00pm	Let's Do Crochet (Interest group) 一起来学钩针编织吧 (兴趣小组) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克兰丽 (Interest Group) 10:00am - 12:00pm	Let's Celebrate (Birthday & Chinese New Year) 让我们一起庆祝 (生日和春节) 12:00pm - 2:00pm	
	Let's Learn to Repair (Repair Kopitiam) 一起学维修技能 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm			Stay Well Series - Health Talk by Brain Bank & Singapore National Stroke Association Talk (脑库 + 新加坡国家中风协会讲座) 2:30pm - 4pm	

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9	10	11	12	13	14
Let's Piloxing (Standing) 一起做皮拉提拳 击 (站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Piloxing (Seated)) F4 (一起做皮拉提拳 击 (坐式)) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Taichi (IL) @Blk 108 一起打太极 (IL) @Blk 108 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 8:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Makan Together - F4 一起来 makan - F4 10:00am - 11:00am	Digital Club @ NTUC Health Let's Talk About Online Shopping with learning tips for guarding against online e-commerce scams (Conducted in Malay) 10:00pm - 12:00pm (Registration Required) (需要报名)	Let's Makan Together - F4 一起来 makan - F4 9:00am - 10:00am	Centre Closure (1:00pm - 6:00pm)	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Digital Club @ NTUC Health Let's Learn Explore information online - Find and Evaluate Information Online (在线探索信息 - 在线查找和评估信息) (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Social Dance 让我们一起跳舞吧 11:00am - 12:30pm	Let's Jam with Ukulele 一起玩 乌克兰 (Interest Group) 10:00am - 12:00pm		
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Do Crochet (Interest group) 一起来学 钩针编织吧 (兴趣小组) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		
		Let's KTV Together 一起来 K 歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Piloxing (Standing) 一起做皮拉提拳 击 (站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要 报名)	Chinese New Year (Centre Closure)	Chinese New Year (Centre Closure)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 8:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要 报名)	
Chinese New Year's Eve (1:00pm - 6:00pm)			Let's Makan Together - F4 一起来 makan - F4 9:00am - 10:00am	Stay Well Series - Health Talk on Dementia 健康 讲座 11am - 1pm (Registration Required) (需要 报名)	
			Let's Jam with Ukulele 一起玩 乌克丽丽 (Interest Group) 10:00am - 12:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
			Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要 报名)	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Piloxing (Seated)) F4 (一起做皮拉提拳 击 (坐式)) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Taichi (IL) @Blk 108 一起打太极 (IL) @Blk 108 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 8:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Makan Together - F4 一起来 makan - F4 10:00am - 11:00am	Let's Social Dance 让我们一起跳舞吧 11:00am - 12:30pm	Let's Makan Together - F4 一起来 makan - F4 9:00am - 10:00am	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Digital Club @ NTUC Health (Explore information online - Find and Evaluate Information Online) (Conducted in English) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Do Crochet (Interest group) 一起来学钩针编织吧 (兴趣小组) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克丽丽 (Interest Group) 10:00am - 12:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	
	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Pick Up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7.30pm - 8.30pm	

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