

2026 June

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



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Centre Closure (Vesak Day)	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 CALM (Muscle and Mind) @Bay A 9:00am - 10:00am (Registered Participants Only)	
	Let's Adaptive Sports (Boccia) @Bay B 9:00am - 10:00am	Let's Jam with Harmonica @ Bay B (\$10 per session) 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 - 10:00 am (Registered Participants Only)	
	Let's Learn to Repair (#5) @Bay A 10.30am - 12.30pm (Registration Required)	Let's Social Dance @Bay A 11:00am - 12:30pm	Senior National Games Heats @ Singapore Sports Hub 9:00am - 1:00pm (Registered Participants Only)	Let's Stretch Band @Blk 108 10:15am - 11:15 am (Registered Participants Only)	
	Let's Say No To Frailty (#8) @Bay B 1:30pm - 3:30pm (Registered Participants Only)	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 Pick Up - Conversational Arabic (Beginner) @Bay B (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
	Let's Adaptive Sports (Floorball & Ladder Toss) @Bay A 2:00pm - 3:00pm	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 Celebrate (Birthday) & (Father's Day) 11:30am - 1:30pm (Registration Required)	
	I'm Soul Inc @Bay A 3:30pm - 4:30pm (Registration Required)	Let's Pick Up - Conversational Malay (Intermediate) @Bay A (Conducted in English) 4:00pm - 5:00pm	Let's Learn to Tech (Tiktok Guide) @Bay A 4:00pm - 5:00pm (Registration Required)	Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	

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MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
中心关闭 (卫塞节)	一起拳击皮拉提 (坐式) (每节课\$5) @Bay A 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)	
	一起玩硬地滚球 @Bay B 9:00am - 10:00am	一起吹口琴 @Bay B (每节课\$10) 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)	
	一起学维修技能 (#5) @Bay A 10.30am - 12.30pm (需要报名)	一起跳社交舞 @Bay A 11:00am - 12:30pm	全国运动会高级组预赛 @ 新加坡体育中心 9:00am - 1:00pm (仅限已注册参与者)	一起做弹力带拉伸操 @Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
	Let's Say No To Frailty (#8) @Bay B 1:30pm - 3:30pm (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	一起玩乌克兰丽 @Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话 (初级) @Bay B (英语和马来语讲解) 11:15am - 12:15pm (仅限已注册参与者)	
	一起做运动 (地板球和梯子投掷) @Bay A 2:00pm - 3:00pm	一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报)	一起玩乌克兰丽 @Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	让我们一起庆祝 (生日)和(父亲节) 11:30am - 1:30pm (需要报)	
	I'm Soul Inc @Bay A 3:30pm - 4:30pm (需要报名)	一起学马来语 (中级) (英语讲解) 4:00pm - 5:00pm	一起学科技 (TikTok指南) @Bay A 4:00pm - 5:00pm (需要报名)	一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报)	

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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 CALM (Muscle and Mind) @Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @ Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#6) @Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (\$10 per session) 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 Pick Up - Conversational Mandarin (Beginner) @Bay A (Conducted in English) 1:00pm - 2:00pm	Let's Say No To Frailty (#9) @Bay B 1:30pm - 3:30pm (Registered Participants Only)	Let's Social Dance @Bay A 11:00am - 12:30pm	Let's Talk News @Bay A 9:30am - 10:30am	Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required)	
Let's Do Zentangle @Bay B (Interest group) 2:00pm - 4:00pm	Digital Club @ NTUC Health @Bay A (BSSKO: Detect Malicious Attempt to Mobile Device and Software) (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required)	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 Pick Up - Conversational Arabic (Beginner) (Conducted in English and Malay) 11:15am - 12:15pm (Registered Participants Only)	
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 Jam with Ukulele @Bay B (Intermediate Class) 2:00pm - 4:00pm (Registered Participants Only)	Stay Well Series : Health Talk by Ngee Ann Polytechnic (Managing stress and Sleep hygiene) 1:00pm - 4:30pm (Registration Required)	
			Let's Learn to Tech (Google Photos & Google Lens) @Bay A 4:00pm - 5:00pm (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
8	9	10	11	12	13
一起拳击皮拉提 @Bay A (每节课\$5) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 (坐式) @Bay A (每节课\$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	一起做防肌肉萎缩运动 (肌肉和精神) @Bay A 9:00am - 10:00am (需要报名)	
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)	一起学维修技能 (#6) @Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @Bay B (每节课\$10) 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 - 10:00am (需要报名)	
我们来学普通话吧 @Bay A (以英语进行) 1:00pm - 2:00pm	Let's Say No To Frailty (#9) @Bay B 1:30pm - 3:30pm (仅限已注册参与者)	一起跳社交舞 @Bay A 11:00am - 12:30pm	一起聊聊新闻 @Bay A 9:30am - 10:30am	一起做弹力带拉筋操 @Blk 108 10:15am - 11.15am (需要报名)	
一起做禅绕画 @Bay B (兴趣小组) 2:00pm - 4:00pm	数字俱乐部 @ NTUC Health @Bay A (BSSKO: 检测针对移动设备和软件的 恶意攻击) (中文讲解) 2:00pm - 4:00pm (需要报名)	一起做钩针编织 @Bay A (兴趣小组) 2:00pm - 4:00pm	一起玩乌克兰丽 @Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语会话 (初级) @Bay B (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		一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	一起玩乌克兰丽 @Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	义安理工学院健康讲座 (压力管理和睡眠卫生) 1:00pm - 4:30pm (Registration Required)	
			让我们一起学习科技 (谷歌相册和谷歌镜头) @Bay A 4:00pm - 5:00pm (Registration Required)	一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	
				一起学英语会话 @Bay A (中文讲解) 7.30pm - 8.30pm	

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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 CALM (Muscle and Mind) @Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#7) @Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (\$10 per session) 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 Pick Up - Conversational Mandarin (Beginner) @Bay A (Conducted in English) 1:00pm - 2:00pm	Let's Say No To Frailty (#10) @Bay B 1:30pm - 3:30pm (Registered Participants Only)	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 Do Zentangle @Bay B (Instructor Led) 2:00pm - 4:00pm	Let's Pick Up - Conversational Malay (Intermediate) (Conducted in English) 4:00pm - 5:00pm	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 pick up - Conversational Arabic (Beginner) @Bay B (Conducted in English & Malay) 11:15am - 12:15am (Registration Required)	
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 Learn to Tech (Google Maps & MyTransport) @Bay A 4:00pm - 5:00pm (Registration Required)	Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起拳击皮拉提 @Bay A (每节课\$5) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 (坐式) @Bay A (每节课\$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)	
一起来踢球 @ 淡濱尼體育場 (A组) 10:00am - 11:30am (仅限已注册参与者)	一起学维修技能 (#7) @Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @Bay B (每节课\$10) 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 - 10:00am (需要报名)	
我们来学普通话吧 @Bay A (以英语进行) 1:00pm - 2:00pm	Let's Say No To Frailty (#10) @Bay B 1:30pm - 3:30pm (仅限已注册参与者)	一起跳社交舞 @Bay A 11:00am - 12:30pm	一起玩乌克兰丽 @Bay B (兴趣小组) 10:00am - 12:00pm	一起做弹力带拉伸操 @Blk 108 10:15am - 11:15am (需要报名)	
一起做禅绕画 @Bay B (导师带领) 2:00pm - 4:00pm	一起学马来语 @ Bay B (中级) (英语讲解) 4:00pm - 5:00pm	一起做钩针编织 @Bay A (兴趣小组) 2:00pm - 4:00pm	一起玩乌克兰丽 @Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起学阿拉伯语会话 (初级) @Bay B (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		一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	让我们一起学习科技 (谷歌地图和MyTransport) @Bay A 4:00pm - 5:00pm (Registration Required)	一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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) with Kindergarten Students (PCF) 7:30am - 8:30am	Let's CALM (Muscle and Mind) @Bay A 9:00am - 10:00am (Registered Participants Only)	
Let's Walking Football @Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#8) @Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Jam with Harmonica @ Bay B (\$10 per session) 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 Pick Up - Conversational Mandarin (Beginner) @Bay A (Conducted in English) 1:00pm - 2:00pm	Let's Say No To Frailty (#11) @Bay B 1:30pm - 3:30pm (Registered Participants Only)	Filos Health Carnival 10:00am - 1:00pm (Registration Required)	Let's Talk News @Bay A 9:30am - 10:30am	Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required)	
Let's Do Zentangle @Bay B (Interest Group) 2:00pm - 4:00pm	Digital Club @ NTUC Health @Bay A (BSSKO: Detect Malicious Attempt to Mobile Device and Software) (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 pick up - Conversational Arabic (Beginner) @Bay B (Conducted in English & Malay) 11:15am - 12:15pm (Registration Required)	
Let's Line Dance @Bay A 3:00pm - 4:30pm		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)	
		Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required)	Let's Learn to Tech (ChatGpt & AI Tools) @Bay A 4:00pm - 5:00pm (Registration Required)	Leave Well Series : Legacy Planning Workshop - Lasting Power of Attorney / Advance Care Planning 7:00pm - 8:30pm (Registration Required)	
				Let's Pick Up - Conversational English @Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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一起拳击皮拉提 @Bay A (每节课\$5) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 (坐式) @Bay A (每节课\$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 一起和幼儿园小朋友们 (PCF) 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)	一起学维修技能 (#8) @Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起吹口琴 @Bay B (每节课\$10) 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 - 10:00am (需要报名)	
我们来学普通话吧 @Bay A (以英语进行) 1:00pm - 2:00pm	Let's Say No To Frailty (#11) @Bay B 1:30pm - 3:30pm (仅限已注册参与者)	菲洛斯健康嘉年华 10:00am - 1:00pm (需要报名)	一起聊聊新闻 @Bay A 9:30am - 10:30am	一起做弹力带拉筋操 @Blk 108 10:15am - 11.15am (需要报名)	
一起做禅绕画 @Bay B (兴趣小组) 2:00pm - 4:00pm	数字俱乐部 @NTUC Health @Bay A (BSSKO: 检测针对移动设备和软件的恶意攻击) (英语讲解) 2:00pm - 4:00pm (Registration Required)	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	一起学阿拉伯语会话 (初级) @Bay B (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		一起做钩针编织 @Bay A (兴趣小组) 2:00pm - 4:00pm	一起玩乌克兰丽丽 @Bay B (中级) 2:00pm - 4:00pm (仅限已注册参与者)	一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	
		一起来K歌 @Bay B (每节课\$2) 2:00pm - 5:00pm (需要报名)	让我们一起学习科技 (ChatGpt 和 AI 工具) 4:00pm - 5:00pm (Registration Required)	遗产规划研讨会 - 持久授权书/预先护理计划 7:00pm - 8:30pm (需要报名)	
				一起学英语会话 @Bay A (中文讲解) 7.30pm - 8.30pm	

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2026 June

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



MON	TUE	WED	THU	FRI	SAT
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 Walking Football @Tampines Hub (Group A) 10:00am - 11.30am (Registered Participants Only)	Let's Learn to Repair (#9) @Bay A 10.30am - 12.30pm (Registered Participants Only)				
Let's Pick Up - Conversational Mandarin (Beginner) @Bay A (Conducted in English) 1:00pm - 2:00pm	Let's Say No To Frailty (#12) @Bay B 1:30pm - 3:30pm (Registered Participants Only)				
Let's Do Zentangle @Bay B (Instructor Led) 2:00pm - 4:00pm	Digital Club @ NTUC Health @Bay A (Find and evaluate information online using mobile devices) (Conducted in Malay) 3.30pm - 5:00pm (Registration Required)				
Let's Line Dance @Bay A 3:00pm - 4:30pm					

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MON	TUE	WED	THU	FRI	SAT
29	30				
一起拳击皮拉提 @Bay A (每节课\$5) 9:00am - 10:00am (需要报名)	一起拳击皮拉提 (坐式) @Bay A (每节课\$5) 9:00am - 10:00am (需要报名)				
一起来踢球 @ 淡濱尼體育場 (A组) 10:00am - 11.30am (仅限已注册参与者)	一起学维修技能 (#9) @Bay A 10.00am - 12.00pm (仅限已注册参与者)				
我们来学普通话吧 @Bay A (以英语进行) 1:00pm - 2:00pm	Let's Say No To Frailty (#12) @Bay B 1:30pm - 3:30pm (仅限已注册参与者)				
一起做禅绕画 @Bay B (导师带领) 2:00pm - 4:00pm	数字俱乐部 @ NTUC Health @Bay A (使用移动设备在线查找和评估信息) (马来语讲解) 3.30pm - 5:00pm (需要报名)				
一起跳排舞 @Bay A 3:00pm - 4:30pm					

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