


2026 May

 **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 |
| | | | | Centre Closure (Labour Day) | |
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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 |
|---|---|--|---|----------------|-----|
| 4 | 5 | 6 | 7 | 8 | 9 |
| 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 | Centre Closure | |
| Let's Walking Football @Tampines Hub (Group A) 10:00am - 11:30am (Registered Participants Only) | Let's Learn to Repair (#1) @Bay A 10.00am - 12.00pm (Registration Required) | Let's Jam with Ukulele Bay B (Beginner Course (#4)) 11:00am - 12:00pm (Registration Participants Only) | Let's Makan Together - F4 @Bay A 8:30am - 9:30am | | |
| Let's CALM (Instructor-Led) (#4) @Bay A 10:30am - 11:30am (Registered Participants Only) | Let's Say No To Frailty (#4) @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 Adaptive Sports (Boccia) @Bay B 1:30pm - 3:00pm | I'm Soul Inc @Bay A 3:30pm - 4:30pm (Registration Required) | Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm | Let's Celebrate (Birthday) & (Mother's Day) 11.30am to 1:30pm | | |
| Let's Line Dance @Bay A 3:00pm - 4:30pm | Let's pick up - Conversational Malay Intermediate Level @Bay B (Conducted in English) 4:00pm - 5:00pm | 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 CALM (Supervised Session) (#4) 4:00pm to 5:00pm (Registered Participants Only) | | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|--|--|---|--|-----|
| 11 | 12 | 13 | 14 | 15 | 16 |
| 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 Studets (PCF) 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 Learn to Repair (#2) @Bay A 10.00am - 12.00pm (Registered Participants Only) | Let's Jam with Ukulele Bay B (Beginner Course (#5)) 11:00am - 12:00pm (Registered Participants Only) | Let's Makan Together - F4 @Bay A 8:30am - 9:30am | Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required) | |
| Let's CALM (Instructor-Led) (#5) @Bay A 10:30am - 11:30am (Registered Participants Only) | Let's Adaptive Sports (Boccia) @Bay B 10:00am - 11.30am | 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 (Begginer) @Bay B (Conducted in English & Malay) 11:15am - 12:15am (Registration Required) | |
| Let's Line Dance @Bay A 3:00pm - 4:30pm | Let's Say No To Frailty (#5) @Bay B (Registered Participants Only) | Let's Do Crochet @Bay A (Interest group) 2:00pm - 4:00pm | Let's Talk about Podiatry by Dr Yeo @Bay A 10:30am - 11:30am (Registration Required) | Let's Adaptive Sports (Floorball & Ladder Toss) @Bay A 2:30pm - 4:00pm | |
| Let's Do Zentangle 3:00pm - 4:30pm @Bay B (Interest Group) | Digital Club @ NTUC Health @Bay A (Set up and Use Smart Devices - Wireless@SGx) (Conducted in Mandarin) 2:00pm - 4:00pm (Registration Required) | Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required) | Current affair U&Me @Bay A 11:30am - 12:30pm | Let's KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required) | |
| | | Let's CALM (Supervised Session) (#5) 4:00pm to 5:00pm (Registered Participants Only) | 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 | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|-----|
| 18 | 19 | 20 | 21 | 22 | 23 |
| 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 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 Learn to Repair (#3) @Bay A 10.00am - 12.00pm (Registered Participants Only) | Let's Jam with Ukulele Bay B (Beginner Course (#6)) 11:00am - 12:00pm (Registration Required) | Let's Makan Together - F4 @Bay A 8:30am - 9:30am | Let's Stretch Band @Blk 108 10:15am - 11.15am (Registration Required) | |
| Let's CALM (Instructor-Led) (#6) @Bay A 10:30am - 11:30am (Registered Participants Only) | Let's Say No To Frailty (#6) @Bay B 1:30pm - 3:30pm (Registered Participants Only) | Let's Social Dance @Bay A 11:00am - 12:30pm | | Let's pick up - Conversational Arabic (Begginer) @Bay B (Conducted in English & Malay) 11:15am - 12:15am (Registered Participants Only) | |
| Let's Adaptive Sports (Boccia) @Bay B 1:30pm - 3:00pm | Let's Gen Together - Kindergarten PCF @Bay A (Registration Required) 3:00pm - 4:00pm | 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 Adaptive Sports (Floorball & Ladder Toss) @Bay A 2:30pm - 4:00pm | |
| Let's Line Dance @Bay A 3:00pm - 4:30pm | Let's pick up - Conversational Malay Intermediate Level @Bay A (Conducted in English) 4:00pm - 5:00pm | 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 KTV Together @Bay B (\$2 per session) 2:00pm - 5:00pm (Registration Required) | |
| | | Let's CALM (Supervised Session) (#6) 4:00pm to 5:00pm (Registered Participants Only) | | | |

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| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|---|-----|
| 25 | 26 | 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) | Centre Closure (Hari Raya Haji) | F4 (Let's Brisk Walk) 7:30am - 8:30am | Let's CALM (Assessment) @Heartbeat Bedok 9:00am - 12:00pm (Registered Participants Only) | |
| Let's Walking Football @Tampines Hub (Group B) 10:00am - 11.30am (Registered Participants Only) | Let's Learn to Repair (#4) @Bay A 10.00am - 12.00pm (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) | |
| Digital Club @ NTUC Health @Bay B (Conducted in Malay) 2:00pm - 4:00pm (Registration Required) | Let's Say No To Frailty (#7) @Bay B 1:30pm - 3:30pm (Registered Participants Only) | | 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 @Bay A (Set up and Use Smart Devices - Wireless@SGx) (Conducted in English) 2:00pm - 4:00pm (Registration Required) | | Current affair U&Me @Bay A 11:30am - 12:30pm | Let's Preserve Our Culture - Cooking Class (Conducted in Cantonese) 10:30am - 12:30pm (Registration Required) | |
| Let's Do Zentangle @Bay B (Interest Group) 3:00pm - 4:30pm | | | Stroke Talk @Bay B (Conducted in Malay) 2:00pm - 3:00pm | Let's pick up - Conversational Arabic (Begginer) @Bay B (Conducted in English & Malay) 11:15am - 12:15am (Registered Participants Only) | |
| | | | Let's Adaptive Sports (Floorball & Ladder Toss) @Bay A 3:00pm - 4:30pm | 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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2026 五月

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| MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|---------------|-----|
| | | | | 1 | 2 |
| | | | | 中心关闭 (劳动节) | |
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| MON | TUE | WED | THU | FRI | SAT |
|--|--|--|--|------|-----|
| 4 | 5 | 6 | 7 | 8 | 9 |
| 一起拳击皮拉提 (Bay A) (每节课 5 美元) 9:00am - 10:00am | 一起拳击皮拉提 (坐式) (每次\$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 | 中心关闭 | |
| 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 (#1) (Bay A) 10:00am - 12:00pm (需要报名) | 一起玩乌克兰丽丽 @Bay B (入门课程 (#4)) 11:00am - 12:00pm (仅限已注册参与者) | 一起来makan - F4 8:30am - 9:30am | | |
| 一起做防肌肉萎缩运动 (讲师指导) (#4) (Bay A) 10:30am - 11:30am (仅限已注册参与者) | Let's Say No To Frailty (#4) (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 | 一起玩乌克兰丽丽 (兴趣小组) (Bay B) 10:00am - 12:00pm | | |
| L一起做运动 (硬地滚球) (Bay B) 1:30pm - 3:00pm | I'm Soul Inc (Bay A) 3:30pm - 4:30pm (需要报名) | 一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm | 让我们一起庆祝(生日)和(母亲节)上午 11:30am to 1:30pm (需要报名) | | |
| 一起跳排舞 (Bay A) 3:00pm - 4:30pm | (英语讲解) 一起学马来语 @ Bay B 4:00pm to 5:00pm (中级) | 一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名) | 一起玩乌克兰丽丽 (兴趣小组) 2:00pm - 4:00pm (仅限已注册参与者) | | |
| | | 一起做防肌肉萎缩运动 (督导课)(#4) (Bay A) 4:00pm to 5:00pm (仅限已注册参与者) | | | |

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|---|---|---|---|---|-----|
| 11 | 12 | 13 | 14 | 15 | 16 |
| 一起拳击皮拉提 (Bay A) (每节课 5 美元) 9:00am - 10:00am | 一起拳击皮拉提 (坐式) (每次\$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, 让我们和幼儿园小朋友们 一起快步走吧 (PCF) 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 @ 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 (#2) (Bay A) 10.00am - 12.00pm (仅限已注册参与者) | 一起玩乌克兰丽 @Bay B (入门课程 (#5)) 11:00am - 12:00pm (仅限已注册参与者) | 一起来makan - F4 8:30am - 9:30am | 一起做弹力带拉伸操 @Blk 108 10:15am - 11.15am (需要报名) | |
| 一起做防肌肉萎缩运动 (讲师指导) (#5) (Bay A) 10:30am - 11:30am (仅限已注册参与者) | L一起做运动 (硬地滚球) (Bay B) 1:30pm - 3:00pm | 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 | 让我们开始吧——阿拉伯语会话 (初级) @Bay B (英语和马来语授课) 11:15am - 12:15am (需要报名) | |
| 一起跳排舞 (Bay A) 3:00pm - 4:30pm | Let's Say No To Frailty (#5) (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 | 让我们聊聊足病学 叶医生 (Bay A) 10:30am - 11:30am (需要报名) | L一起做运动 (地板球和梯子投掷) (Bay A) 2:30pm - 4:00pm | |
| 一起做禅绕画 (Bay B) (兴趣小组) 3:00pm - 4:30pm | 数码俱乐部 @ NTUC Health @Bay A (智能设备的设置和使用 - Wireless@SGx) (中文讲解) 2:00pm - 4:00pm (需要报名) | 一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名) | 时事新闻你和我 (Bay A) 11:30am - 12:30pm | 一起来K歌 (Bay B) (每次2新元) 2:00pm - 5:00pm (需要报名) | |
| | | 一起做防肌肉萎缩运动 (督导 课)(#5) (Bay A) 4:00pm to 5:00pm (仅限已注册参与者) | 一起玩乌克兰丽 (兴趣小组) 2:00pm - 4:00pm (仅限已注册参与者) | | |

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| MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|-----|
| 18 | 19 | 20 | 21 | 22 | 23 |
| 一起拳击皮拉提 (Bay A) (每节课 5 美元) 9:00am - 10:00am | 一起拳击皮拉提 (坐式) (每次\$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 | 一起做坐式尊巴 @Blk 108 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 (#3) (Bay A) 10:00am - 12:00pm (仅限已注册参与者) | 一起玩乌克兰丽 @Bay B (入门课程 (#6)) 11:00am - 12:00pm (仅限已注册参与者) | 一起来makan - F4 8:30am - 9:30am | 一起做弹力带拉伸操 @Blk 108 10:15am - 11:15am (需要报名) | |
| 一起做防肌肉萎缩运动 (讲师指导) (#6) (Bay A) 10:30am - 11:30am (仅限已注册参与者) | Let's Say No To Frailty (6) (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 (兴趣小组) (Bay B) 10:00am - 12:00pm | 让我们开始吧——阿拉伯语会话 (初级) @Bay B (英语和马来语授课) 11:15am - 12:15am (需要报名) | |
| L一起做运动 (硬地滚球) (Bay B) 1:30pm - 3:00pm | 代际交流 - 幼儿园 (PCF) @Bay A (Registration Required) 3:00pm - 4:00pm | 一起做钩针编织 (Bay A) (兴趣小组) 2:00pm - 4:00pm | 一起玩乌克兰丽 (兴趣小组) 2:00pm - 4:00pm (仅限已注册参与者) | L一起做运动 (地板球和梯子投掷) (Bay A) 2:30pm - 4:00pm | |
| 一起跳排舞 (Bay A) 3:00pm - 4:30pm | (英语讲解) 一起学马来语 @ Bay B 4:00pm - 5:00pm (中级) | 一起来K歌 (Bay B) 2:00pm - 5:00pm (需要报名) | | 一起来K歌 (Bay B) (每次2新元) 2:00pm - 5:00pm (需要报名) | |
| | | 一起做防肌肉萎缩运动 (督导课) (#6) (Bay A) 4:00pm to 5:00pm (仅限已注册参与者) | | | |

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|--|---|-----------------------|--|--|-----|
| 25 | 26 | 27 | 28 | 29 | 30 |
| 一起拳击皮拉提 (Bay A) (每节课 5 美元) 9:00am - 10:00am | 一起拳击皮拉提 (坐式) (每次\$5) (Bay A) 9:00am - 10:00am (需要报名) | 中心关闭 (哈芝节) | F4 一起快步走 7:30am - 8:30am | Let's CALM (Assessment) @Heartbeat Bedok 9:00am - 12:00pm (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 (#4) (Bay A) 10.00am - 12.00pm (仅限已注册参与者) | | 一起来makan - F4 8:30am - 9:30am | 一起做坐式尊巴 @Blk 108 9:00am - 10:00am (需要报名) | |
| 数码俱乐部 @ NTUC Health (Bay B) (以马来语进行) 2:00pm - 4:00pm (需要报名) | Let's Say No To Frailty (7) (Bay B) 1:30pm - 3:30pm (仅限已注册参与者) | | 一起玩乌克丽丽 (兴趣小组) (Bay B) 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 | 数码俱乐部 @ NTUC Health @Bay A (智能设备设置与使用 - Wireless@SGx) (英文讲解) 2:00pm - 4:00pm (需提前注册) | | 时事新闻你和我 (Bay A) 11:30am - 12:30pm | 一起保留南洋文化 - 烹饪班 (粤语授课) 上午 10:30 - 下午 12:30 (需提前报名) | |
| 一起做禅绕画 (Bay B) (兴趣小组) 3:00pm - 4:30pm | | | 中风讲座 @Bay B (马来语授课) 2:00pm - 3:00pm | 让我们开始吧——阿拉伯语会话 (初级)@Bay B (英语和马来语授课) 11:15am - 12:15am (需要报名) | |
| | | | L一起做运动 (地板球和梯子投掷) (Bay A) 3:00pm - 4:30pm | 一起来K歌 (Bay B) (每次2新元) 2:00pm - 5:00pm (需要报名) | |
| | | | | 一起学 英语 (Bay A) (中文讲解) 7.30pm - 8.30pm | |

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