2026 November

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) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am **(Registered Participants Only)**	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)**	
Centre Closure (PM) Internal Event	F4 (Let's Piloxing (Seated)) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Let's Social Dance @ Bay A 11:00am - 12:30pm	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 Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm **(Registered Participants Only)**	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 Level Up Arabic @ Bay A 10:30am - 12:00pm **(Registered Participants Only)**	
	Centre Closure (PM) (Internal Event)	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Celebrate Deepavali @ Bay A 12:00pm - 1:00pm **(Registered Participants Only)**	Let's KTV Together @ Bay B **(Fee Required)** 1:30pm - 5:30pm **(Registration Required)**	
		Let's Do Seated Exercises @ Bay A 3:00pm - 4:00pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm **(Registered Participants Only)**	Lets Bowl @ Tampines Safra **(Fee Required)** 2:00pm - 4:00pm **(Registration Required)**	
Aqua Fun Fit @ Heartbeat @ Bedok 4:00pm - 5:00pm **(Registered Participants Only)**			Let's Learn to Play Chess @ Bay A **(Beginner)** 3:30pm - 5:00pm	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
9	10	11	12	13	14
Centre Closure (Deepavali)	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am **(Registered Participants Only)**	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)**	
	F4 (Let's Piloxing (Seated)) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Let's Social Dance @ Bay A 11:00am - 12:30pm	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 Learn to Bake with Maisarah @ Bay A **(Fee Required)** 10:00am - 11:00am **(Registration Required)**	Let's KTV Together @ Bay B **(Fee Required)** 1:30pm - 5:30pm **(Registration Required)**	Current affairs U&Me @Bay A 9:30am - 10:30am	Let's Level Up Arabic @ Bay A 10:30am - 12:00pm **(Registered Participants Only)**	
	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm **(Registered Participants Only)**	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 Pick Up Conversational Mandarin @ Bay A 1:30pm - 2:30pm	Let's Do Seated Exercises @ Bay A 3:00pm - 4:00pm	Let's Jam with Ukulele @ Bay B (Intermediate Class) 1:30pm - 3:30pm **(Registered Participants Only)**	Lets Bowl @ Tampines Safra **(Fee Required)** 2:00pm - 4:00pm **(Registration Required)**	
	Digital - IMDA Go-Digital Workshop @ Bay B (Conducted in Mandarin) 1:30pm - 3:30pm	Let's do Paper Quilling @ Bay A **(Fee Required)** 3:30pm - 5:00pm	Let's Level Up Malay @ Bay A **(Intermediate)** 4:00pm - 5:00pm		
	Let's DragonBoat @ The Kallang 4:00pm - 6:00pm				

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	
Let's Piloxing (Standing) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Centre Closure (Internal Event)	Let's Taichi (IL) @Blk 108 **(Paid Monthly)** 8:00am - 9:00am **(Registration Required)**	Let's Brisk Walk with the Traffic Police & PCF Kindergarten Children 7:30am - 8:30am **(Registration Required)**	Let's Chair Zumba @ Blk 108 9:00am - 10:00am **(Registration Required)**	
Steady Lah @ Bay A 10:30am - 11:30am **(Registered Participants Only)**		Let's Social Dance @ Bay A 11:00am - 12:30pm	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 Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm		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 Level Up Arabic @ Bay A 10:30am - 12:00pm **(Registered Participants Only)**	
Rolling Good Times @ Bay A 2:00pm - 3:00pm **(Registered Participants Only)**		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)**	Let's KTV Together @ Bay B **(Fee Required)** 1:30pm - 5:30pm **(Registration Required)**	
Let's Line Dance @ Bay A 3:00pm - 4:30pm		Let's Do Seated Exercises @ Bay A 3:00pm - 4:00pm	Let's Learn to Play Chess @ Bay A **(Beginner)** 3:30pm - 5:00pm	Lets Bowl @ Tampines Safra **(Fee Required)** 2:00pm - 4:00pm **(Registration Required)**	
Aqua Fun Fit @ Heartbeat @ Bedok 4:00pm - 5:00pm **(Registered Participants Only)**				Let's Join PCF Children's Carnival 3:00pm - 6:00pm **(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
23	**24**	**25**	**26**	**27**	**28**
Let's Piloxing (Standing) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Let's Taichi @ Blk 108 (Interest Group) 8:00am - 9:00am **(Registered Participants Only)**	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 Do Zentangle @ Bay B (Instructor-Led) 1:30pm - 3:30pm	F4 (Let's Piloxing (Seated)) @ Bay A **(Fee Required)** 9:00am - 10:00am **(Registration Required)**	Let's Social Dance @ Bay A 11:00am - 12:30pm	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 Line Dance @ Bay A 3:00pm - 4:30pm	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm **(Registered Participants Only)**	Let's KTV Together @ Bay B **(Fee Required)** 1:30pm - 5:30pm **(Registration Required)**	Current affairs U&Me @Bay A 9:30am - 10:30am	Let's Level Up Arabic @ Bay A 10:30am - 12:00pm **(Registered Participants Only)**	
Aqua Fun Fit @ Heartbeat @ Bedok 4:00pm - 5:00pm **(Registered Participants Only)**	Let's Pick Up Conversational Mandarin @ Bay B 1:30pm - 2:30pm	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)**	
	Digital - IMDA Go-Digital Workshop @ Bay B (Conducted in English) 1:30pm - 3:30pm	Let's Do Seated Exercises @ Bay A 3:00pm - 4:00pm	Movement Against Dementia @ Bay A 2:00pm - 4:00pm	Lets Bowl @ Tampines Safra **(Fee Required)** 2:00pm - 4:00pm **(Registration Required)**	
	Rolling Good Times @ Bay A 2:00pm - 3:30pm		Let's Level Up Malay @ Bay B **(Intermediate)** 4:00pm - 5:00pm		
	Let's Do Paper Quilling @ Bay A (Interest Group) 3:30pm - 5:00pm				

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MON	TUE	WED	THU	FRI	SAT
30					31
Centre Closure (Internal Event)					

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2026 十一月

Centre Name: AAC (Kampung Kembangan)
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MON	TUE	WED	THU	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
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 @ Blk 108 (兴趣小组) 8:00am - 9:00am **(仅限已注册参与者)**	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 - 10:00 am **(仅限已注册参与者)**	
中心暂时休业 (PM)	F4 (一起拳击皮拉提 Lite) @ Bay A **(需要付费)** 9:00am - 10:00am **(需要报名)**	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am **(仅限已注册参与者)**	
	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm **(仅限已注册参与者)**	一起来K歌 @ Bay B **(需要付费)** 1:30pm - 5:30pm **(需要报名)**	一起玩乌克丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm **(仅限已注册参与者)**	
	中心暂时休业 (PM)	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起来庆祝屠妖节@ Bay A 12:00pm - 1:00pm **(仅限已注册参与者)**	一起来K歌 @ Bay B **(需要付费)** 1:30pm - 5:30pm **(需要报名)**	
		一起做运动 (坐式) @ Bay A 3:00pm - 4:00pm	一起玩乌克丽丽 @ Bay B (中级) 1:30pm - 3:30pm **(仅限已注册参与者)**	一起打保龄球 @ SAFRA淡滨尼俱乐部 **(需要付费)** 2:00pm - 4:00pm **(需要报名)**	
水中健身运动 @ Heartbeat@Bedok 4:00pm - 5:00pm **(仅限已注册参与者)**			一起学国际象棋 **(初级)** @ Bay A 3.30pm - 5:00pm	一起学英语会话 - 初级 @ Bay A **(中文讲解)** 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心暂时休业 (屠妖节)	一起打太极 @ Blk 108 (兴趣小组) 8:00am - 9:00am **(仅限已注册参与者)**	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 - 10:00 am **(仅限已注册参与者)**	
	F4 (一起拳击皮拉提 Lite) @ Bay A **(需要付费)** 9:00am - 10:00am **(需要报名)**	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am **(仅限已注册参与者)**	
	和Cik Sarah学烘培 @ Bay A **(需要付费)** 10:00am - 11:00am **(需要报名)**	一起来K歌 @ Bay B **(需要付费)** 1:30pm - 5:30pm **(需要报名)**	时事新闻你和我 @Bay A 9:30am - 10:30am	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm **(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 **(仅限已注册参与**	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 (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)**	
	一起学中文会话 - 初级 @ Bay A **(以英语进行)** 1:30pm - 2:30pm	一起做运动 (坐式) @ Bay A 3:00pm - 4:00pm	一起玩乌克丽丽 @ Bay B (中级) 1:30pm - 3:30pm **(仅限已注册参与者)**	一起打保龄球 @ SAFRA淡滨尼俱乐部 **(需要付费)** 2:00pm - 4:00pm **(需要报名)**	
	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay B **(中文讲解)** 1:30pm - 3:30pm **(需要报名)**	一起做衍纸 @ Bay A **(需要付费)** 3:30pm - 5:00pm **(需要报名)**	一起学马来语会话-中级 @ Bay A **(以英语进行)** 4:00pm - 5:00pm		
	一起划龙舟 @ The Kallang 4:00pm - 6:00pm				

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MON	TUE	WED	THU	FRI	SAT
16	**17**	**18**	**19**	**20**	
一起拳击皮拉提 @ Bay A **(需要付费)** 9:00am - 10:00am **(需要报名)**	中心暂时休业	一起打太极(IL) @ Blk 108 **(按月付费)** 8:00am - 9:00am **(需要报名)**	一起和交通警察和PCF幼儿园小孩快步走 7:30am - 8:30am **(需要报名)**	一起做坐式尊巴 @ Blk 108 9:00am - 10:00 am **(仅限已注册参与者)**	
Steady Lah! 保健操 10:30am - 11:30am **(仅限已注册参与者)**		一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am **(仅限已注册参与者)**	
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm		一起来K歌 @ Bay B **(需要付费)** 1:30pm - 5:30pm **(需要报名)**	一起玩乌克丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm **(仅限已注册参与者)**	
防跌课程Rolling Good Times @ Bay A 2:00pm - 3:00pm **(仅限已注册参与者)**		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)**	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		一起做运动 (坐式) @ Bay A 3:00pm - 4:00pm	一起学国际象棋 **(初级)** @ Bay A 3.30pm - 5:00pm	一起打保龄球 @ SAFRA淡滨尼俱乐部 **(需要付费)** 2:00pm - 4:00pm **(需要报名)**	
水中健身运动 @ Heartbeat@Bedok 4:00pm - 5:00pm **(仅限已注册参与者)**				一起参加 PCF Children's Carnival 3:00pm - 6:00pm **(Registration Required)**	
				一起学英语会话 - 初级 @ Bay A **(中文讲解)** 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
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 @ Blk 108 (兴趣小组) 8:00am - 9:00am **(仅限已注册参与者)**	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 - 10:00 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	F4 (一起拳击皮拉提 Lite) @ Bay A **(需要付费)** 9:00am - 10:00am **(需要报名)**	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am **(仅限已注册参与者)**	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	一起学维修技能 @ Bay A (兴趣小组) 10.30am - 12.30pm **(仅限已注册参与)**	一起来K歌 @ Bay B **(需要付费)** 1:30pm - 5:30pm **(需要报名)**	时事新闻你和我 @Bay A 9:30am - 10:30am	一起学阿拉伯语-中级 @ Bay A 10:30am - 12:00pm **(仅限已注册参与者)**	
水中健身运动 @ Heartbeat@Bedok 4:00pm - 5:00pm **(仅限已注册参与者)**	一起学中文会话 - 初级 @ Bay A **(以英语进行)** 1:30pm - 2:30pm	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 (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)**	
	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程 @ Bay B **(英文讲解)** 1:30pm - 3:30pm **(需要报名)**	一起做运动 (坐式) @ Bay A 3:00pm - 4:00pm	预防失智症活动 @ Bay A 2:00pm - 4:00pm	一起打保龄球 @ SAFRA淡滨尼俱乐部 **(需要付费)** 2:00pm - 4:00pm **(需要报名)**	
	防跌课程Rolling Good Times @ Bay A 2:00pm - 3:00pm **(仅限已注册参与者)**		一起学马来语会话-中级 @ Bay A **(以英语进行)** 4:00pm - 5:00pm		
	一起做衍纸 @ Bay A **(需要付费)** 3:30pm - 5:00pm **(需要报名)**				

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十一月

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MON	TUE	WED	THU	FRI	SAT
30					31
中心暂时休业					

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