

# 2025 October

 **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
		1	2	3	4
		F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 8) 一起玩乌克兰丽 (#8) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
		Let's Go Gai Gai 一起去Gai Gai AAC DAY @ Temasek Polytechnic 9:00 am - 2:00pm <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>	Let's Do Batik Art 一起做Batik艺术 2:00pm - 4:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	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 Jam with Ukulele (session 9) 一起玩乌克兰丽 (#9) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>	Let's Celebrate (Birthday) 一起来庆生 2:30pm - 4:30pm	
		Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Jukebox Friday Night 周五晚上点唱机 7:00pm - 8:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am <b>(Register via H365)</b>	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele (session 9) 一起玩乌克兰丽(#9) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	
Let's celebrate Mid Autumn festival 一起来庆祝中秋节 11:30am - 1:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's pick up - Conversational Malay (Conducted in English) 一起学(马来语) 2:00pm - 3:00pm	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Jam with Ukulele (session 10) 一起玩乌克兰丽(#10) 2:00pm - 4:00pm <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>		
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 celebrate Mid Autumn festival 一起来庆祝中秋节(下半场) 5:30pm - 8:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	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	Let's pick up - Conversational English (Conducted in Mandarin) 一起学(英语) 7:30pm - 8:30pm				

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am <b>(Register via H365)</b>	Let's Jam with Ukulele (session 10) 一起玩乌克丽丽 (#10) 9:30am - 11:30am <b>(REGISTRATION CLOSED)</b> <b>(报名已结束)</b>	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Talk About 'Say Yes to Waste Less' by NEA 9:30am - 10:30am <b>(Registration Required)</b> <b>(需要报名)</b>	Anti-Scam Talk by SGScamWISE 反诈骗讲座 9:30am - 2:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	
Community Health Post 社区保健站 9:30am - 12:00pm <b>(By appointment and walking-in depends on nurses availability)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Celebrate Deepavali 一起来庆祝屠妖节 2:00pm - 4:00pm	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	Digital Club @ NTUC Health (Set Strong Password and Enable 2FA, Chinese session) (设置强密码并启用 2FA, 中文会话) 2:00pm - 4:00pm <b>(Registration Required)</b> <b>(需要报名)</b>		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					

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Deepavali	Let's Piloxing (Seated) 一起做皮拉提拳击 (坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am <b>(Register via H365)</b>	F4 (Let's Brisk Walk) F4 (一起快步走) 9:00am - 11:00am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Talk News Festival @ One Tampines Hub (Day 1) 时事新闻你和我在淡滨尼 (Day 1) 1:00pm (TBC) <b>(Registration Required)</b> <b>(需要报名)</b>
	Let's pick up - Conversational Malay (Conducted in English) 一起学 (马来语) 2:00pm - 3:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	CALM 1.0 Orientation & Assessment (Instructor-Led) @ Heartbeat Bedok 10:45am - 1:15pm <b>(Full)</b> <b>(满)</b>	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 (\$2 per session) 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Health talk by The National Kidney Foundation -What Will Damage Your Kidneys (什么会损害你的肾脏) 2:30pm - 3:30pm <b>(Registration Required)</b> <b>(需要报名)</b>		
	Let's pick up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7:30pm - 8:30pm		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	Let's Yum Cha Together 一起饮茶 9:00am - 10:00am	F4 (Let's Tai Chi (IL)) @Blk 108 F4 (一起打太极(IL)) @Blk 108 9:00am - 11:00am <b>(Register via H365)</b>	Let's Go Gai Gai @ Rainforest Wild Asia Trail (\$10) 一起去Gai Gai @ 亚洲雨林探险园 (\$10) 9:00am - 1:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am <b>(Registration Required)</b> <b>(需要报名)</b>	
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 10:00am - 11:00am <b>(Registration Required)</b> <b>(需要报名)</b>	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's CALM (Session 1) Resistance Band & Move Better Sharing (Instructor-Led) 一起做防肌肉萎缩运动(#1) 2:00pm - 3:00pm <b>(Full)</b> <b>(满)</b>	Rummy-Con @ One Tamp Hub 9:00 am - 12:30pm <b>(Registration Required)</b> <b>(需要报名)</b>	
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 (\$2 per session) 一起来K歌 2:00pm - 5:00pm <b>(Registration Required)</b> <b>(需要报名)</b>	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 Line Dance 一起跳排舞 3:00pm - 4:30pm	Digital Club @ NTUC Health (Set Strong Password and Enable 2FA, English session) (设置强密码并启用 2FA, 英语会话) 2:00pm - 4:00pm <b>(Registration Required)</b> <b>(需要报名)</b>				

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