

2026 September

 **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	5
	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 - 10:00 am (Registration Required)	
	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Digital- Fun! LEGGO with 乖孙 (grandkids) @ Bay A 10:00am - 4:00pm (Registration Required)	
	Let's Learn to Repair (IL) @ Bay A 10.30am - 12.30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am	Let's Stretch Band @ Blk 108 10:15am - 11:15 am (Registration Required)	
	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay A (Conducted in English) 1:30pm - 2:30pm	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 KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
	Let's Do Paper Quilling @ Bay B (Fee Required) 1:30pm - 3:30pm (Registration Required)	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 Adaptive Sports (Boccia/Ladder Toss) @ Bay A 1:30pm - 3:00pm	
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm-5:00pm	Let's Golf @ GreenBox @ Downtown East 2:00pm - 4:00pm	Let's Learn to Play Chess @ Bay A (Beginner) 3:00pm - 4:30pm	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
7	8	9	10	11	12
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 Adaptive Sports (Floorball & Ladder Toss) 10:00am - 11:30am	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am	Let's CALM (Muscle and Mind) @ Heartbeat @ Bedok 9:30am - 12:30pm (Registered Participants Only)	
Let's Walking Football @ Tampines Hub (Group B) 10:00am - 11:30am (Registered Participants Only)	Let's Learn to Repair @ Bay A (Interest Group) 10:30am - 12:30pm (Registered Participants Only)	Let's Talk About Healthier Minds for Healthier Lives @ Bay B (Conducted in English) 10:00am - 11:30am	Let's Learn to Cook with Alice (Fee Required) 9:00am - 10:00am (Registered Participants Only)	Let's Stretch Band @ Blk 108 10:15am - 11:15am (Registration Required)	
Let's Do Zentangle (IL) @ Bay B 1:30pm - 3:30pm	Digital - IMDA Go-Digital - Workshop: Facebook @ Bay B (Conducted in Mandarin) 1:30pm - 3:30pm	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 KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Strategise with Kakis - Rummi O League @ Bay A 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 (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's Adaptive Sports (Boccia/Ladder Toss) @ Bay A 1:30pm - 3:00pm	
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Level Up Malay @ Bay A (Intermediate) 4:00pm - 5:00pm		

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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	Centre Closure	
Let's Walking Football @ Tampines Hub (Group A&B) 10:00am - 11:30am (Registered Participants Only)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)	Let's Makan Together - F4 @ Bay A 8:30am - 9:30am		
Let's CALM @ Bay A 10:30am - 11:30am (Registered Participants Only)	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm	Let's Talk News @ Bay A 8:30am - 9:30am		
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay B (Conducted in English) 1:30pm - 2:30pm	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 Line Dance @ Bay A 3:00pm - 4:30pm	Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	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 Gen Together - Kindergarten 3:00pm - 4:00pm		Let's Learn to Play Chess @ Bay A (Beginner) 3:00pm - 4:30pm		
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm		Let's Do Paper Quilling @ Bay A (Fee Required) 3:30pm - 5:00pm	Let's Pick Up - Conversational English @ Bay A (Conducted in Mandarin) 7.30pm - 8.30pm	

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2026 September

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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 Walking Football @ Tampines Hub (Group A&B) 10:00am - 11:30am (Registered Participants Only)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (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 @ Bay A 10:30am - 11:30am (Registered Participants Only)	Let's Learn to Repair @ Bay A (Interest Group) 10.30am - 12.30pm (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 KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)	
Let's Do Zentangle (IL) @ Bay B 1:30pm - 3:30pm	Digital - IMDA Go-Digital - Workshop: Facebook @ Bay B (Conducted in English) 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 (Intermediate Class) 1:30pm - 3:30pm (Registered Participants Only)	Let's Adaptive Sports (Boccia/Ladder Toss) @ Bay A 1:30pm - 3:00pm	
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm	Let's Pick Up - Conversational Malay (Intermediate) @ Bay A (Conducted in English) 4:00pm - 5:00pm		
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm	Let's Talk About Thriving After Burnout 7:00pm - 8:30pm			

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MON	TUE	WED	THU	FRI	SAT
28	29	30			
Let's Piloxing (Standing) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	F4 (Let's Piloxing (Seated)) @ Bay A (Fee Required) 9:00am - 10:00am (Registration Required)	Let's Taichi (IL) @ Blk 108 (Paid Monthly) 8:00am - 9:00am (Registration Required)			
Let's Walking Football @ Tampines Hub (Group A&B) 10:00am - 11:30am (Registered Participants Only)	Let's Taichi @ Blk 108 (Interest Group) 9:00am - 10:00am (Registered Participants Only)	Let's Jam with Harmonica @ Bay A (Fee Required) 9:30am - 10:30am (Registered Participants Only)			
Let's CALM @ Bay A 10:30am - 11:30am (Registered Participants Only)	Let's Learn to Repair @ Bay A (Instructor Led) 10.30am - 12.30pm (Registered Participants Only)	Let's Social Dance @ Bay A 11:00am - 12:30pm			
Let's Do Zentangle @ Bay B (Interest Group) 1:30pm - 3:30pm	Let's Pick Up - Conversational Mandarin (Beginner) @ Bay B (Conducted in English) 1:30pm - 2:30pm	Let's KTV Together @ Bay B (Fee Required) 1:30pm - 5:30pm (Registration Required)			
Let's Line Dance @ Bay A 3:00pm - 4:30pm	Strategise with Kakis - Rummi O League @ Bay A 1:30pm - 3:30pm	Let's Do Crochet @ Bay A (Interest Group) 1:30pm - 3:30pm			
	Let's Do Seated Exercise @ Bay A (Interest Group) 4:00pm - 5:00pm				

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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)	
	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	Leggo! 与乖孙 @ Bay A 10:00am - 4:00pm (需要报名)	
	一起学维修技能 (IL) @ Bay A 10:30am - 12:30pm (仅限已注册参与者)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 9:30am - 10:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
	一起学会话中文 (初级) @ Bay A (以英语进行) 1:30pm - 2:30pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 @ 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)	
	一起做衍纸 @ Bay A (需要付费) 3:00pm - 4:30pm (需要报名)	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起玩乌克兰丽丽 @ Bay B (中级) 1:30pm - 3:30pm (仅限已注册参与者)	一起玩硬地滚球/梯式投球 @ Bay A 1:30pm - 3:00pm	
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起打高尔夫球 @ GreenBox @ Downtown East 2:00pm - 4:00pm	一起学国际象棋 (初级) 3.00pm - 4.30pm	一起学英语会话 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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)	
一起玩地板球和梯式投球 @ Bay A 10:00am - 11.30am	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做防肌肉萎缩运动 (肌肉和精神) @ Heartbeat @ Bedok 9:30am - 12:30pm (仅限已注册参与者)	
一起来踢球 @ 淡滨尼天地 (B组) 10:00am - 11.30am (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)	一起来谈健康心灵, 健康生活 (英语讲解) 10:00am - 11:30am	一起学烹饪 - 和Alice (需要付费) 9:00am - 10:00am (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)	
一起做禅绕画 (IL) @ Bay B 1:30pm - 3:30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程:设置和使用社交媒体应用 程序 (Facebook) @ Bay B (中文讲解) 1:30pm - 3:30pm (需要报名)	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	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽 @ Bay B (中级) 1:30pm - 3:30pm (仅限已注册参与者)	一起玩硬地滚球/梯式投球 @ Bay A 1:30pm - 3:00pm	
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起学马来语会话-中级 @ Bay A (以英语进行) 4:00pm - 5:00pm		

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14	15	16	17	18	19
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	中心暂时休业	
一起来踢球 @ 淡滨尼天地 (A&B组) 10:00am - 11:30am (仅限已注册参与者)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am		
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (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)	一起跳社交舞 @ Bay A 11:00am - 12:30pm	一起聊新闻 @ Bay A 9:30am - 10:30am		
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	一起学会话中文 (初级) @ Bay A (以英语进行) 1:30pm - 2:30pm	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 @ Bay B (兴趣小组) 10:00am - 12:00pm		
一起跳排舞 @ Bay A 3:00pm - 4:30pm	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起玩乌克兰丽丽 @ Bay B (中级) 1:30pm - 3:30pm (仅限已注册参与者)		
	代际交流 - 幼儿园 3:00pm - 4:00pm		一起学国际象棋 (初级) 3.00pm - 4.30pm		
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm		一起做衍纸 @ Bay A (需要付费) 3:30pm - 5:00pm	一起学英语会话 @ Bay A (中文讲解) 7.30pm - 8.30pm	

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MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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)	
一起来踢球 @ 淡滨尼天地 (A&B组) 10:00am - 11:30am (仅限已注册参与者)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)	一起来makan - F4 @ Bay A 8:30am - 9:30am	一起做弹力带拉筋操 @ Blk 108 10:15am - 11:15 am (仅限已注册参与者)	
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (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	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	
一起做禅绕画 (IL) @ Bay B 1:30pm - 3:30pm	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程: 设置和使用社交媒体应用程序 (Facebook) @ Bay B (英文讲解) 1:30pm - 3:30pm (需要报名)	一起来K歌 @ Bay B (需要付费) 1:30pm - 5:30pm (需要报名)	一起玩乌克兰丽丽 @ Bay B (中级) 1:30pm - 3:30pm (仅限已注册参与者)	一起玩硬地滚球/梯式投球 @ Bay A 1:30pm - 3:00pm	
一起跳排舞 @ Bay A 3:00pm - 4:30pm	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm	一起学马来语会话-中级 @ Bay A (以英语进行) 4:00pm - 5:00pm		
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm	一起来谈跨越倦怠 7:00pm - 8:30pm			

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2026 九月

📍 **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
28	29	30			
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) 9:00am - 10:00am (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)			
一起来踢球 @ 淡滨尼天地 (A&B组) 10:00am - 11:30am (仅限已注册参与者)	一起拳击皮拉提 Lite @ Bay A (需要付费) 9:00am - 10:00am (需要报名)	一起吹口琴 @ Bay B (需要付费) 9:30am - 10:30am (仅限已注册参与者)			
一起做防肌肉萎缩运动 (肌肉和精神) @ Bay A 10:30am - 11:30am (仅限已注册参与者)	一起学维修技能 (IL) @ Bay A 10.30am - 12.30pm (仅限已注册参与者)	一起跳社交舞 @ Bay A 11:00am - 12:30pm			
一起做禅绕画 @ Bay B (兴趣小组) 1:30pm - 3:30pm	一起学会话中文 (初级) @ Bay A (以英语进行) 1:30pm - 2:30pm	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	游戏时间 - 拉密-O @ Bay A 1:30pm - 3:30pm	一起做钩针编织 @ Bay A (兴趣小组) 1:30pm - 3:30pm			
	坐式运动 @ Bay A (兴趣小组) 4:00pm-5:00pm				

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