


2026 July

 **Centre Name:** AAC (Lengkok Bahru)
 **Centre Address:** Blk 57 & 59 Lengkok Bahru #01-491 S151057
 **Centre Contact:** 6473 3387 / 6473 3772 / 8163 2087



ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
		Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Walking Football 10AM - 11.30AM	F4 Communal Dining 11AM - 12PM	
			Let's Do Acrylic Arts 9.30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
			Let's Steel Combat 1:45PM - 2:45PM	Let's Table Soccer 3PM - 4PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Join Silver Homes (invite only) 3PM - 5PM	
			Let's Makan Together (Kampung Get Together) 2:30PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
				Community Health Post (By Appointment) 9AM - 6PM	

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
		1	2	3	4
		椅子尊巴舞 9:30AM - 10:30AM	健康 -传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
		拉米奥 2PM - 5PM	步行足球 10AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
			来画丙烯画吧 9.30AM - 11.30AM	一起学英文 2PM - 3PM	
			钢铁拳击 1:45PM - 2:45PM	我们来玩桌上足球吧 3PM - 4PM	
			拉米奥 2PM - 5PM	乐龄居所 (通过邀请) 3PM - 5PM	
				拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Happy Healthy Huemans (Eng language) (Blk 59) 1PM - 2PM	Let's KTV Together 2PM - 5PM	Let's Go Gai Gai - Long Kuan Hung Crocodile Farm 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Let's Talk About Stroke Awareness Talk by SNSA (Chinese) 11AM - 12PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Piece of Mine (English) 2PM - 4PM	<i>I Care Screening</i> 9AM - 6PM	<i>I Care Screening</i> 9AM - 6PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Table Soccer 3PM - 4PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Talk About Stroke Awareness Talk by SNSA (Malay) 3PM - 4PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Strategies with Kakis (Kampung Board Games) 2pm-5pm		

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Health

MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
一起涂色吧(英文) 1PM - 2PM	一起卡拉OK吧 2PM - 5PM	出发吧! - 农光行鳄鱼场 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
中风意识讲座(中文) 11AM - 12PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
拉米奥 2PM - 5PM			中风意识讲座(马来文) 3PM - 4PM	拉米奥 2PM - 5PM	
			拉米奥 2PM - 5PM	社区医疗护士 (需预约) 9AM - 6PM	

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MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Haircut Services BLK 59 10AM- 12PM	Let's KTV Together 2PM - 5PM	Let's Do Fan Making 2PM - 4PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) (BLK 59) 1PM - 2PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Walking Football 10AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Piece of Mine (English) 2PM - 4PM			Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Let's KTV Together (Kampung Get Together) 2PM-5PM		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 -传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
理发服务 (BLK 59) 10AM- 12PM	一起卡拉OK吧 2PM - 5PM	扇子制作课程 2PM - 4PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
一起涂色吧(英文) 1PM - 2PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	步行足球 10AM - 11.30AM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			我们来聊聊新闻吧 10:30AM - 11:30AM	我们来玩桌上足球吧 3PM - 4PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	拉米奥 2PM - 5PM	
			拉米奥 2PM - 5PM	社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Join NIE Student-Teacher Engagement 10.30AM - 12PM	Let's KTV Together 2PM - 5PM	Let's Talk About DSL Digital Workshop (Connect to Wireless@SGx) 1PM - 2:30PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) (BLK 59) 1PM - 2PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Get Moving Neighbourhood Walk with DBS 8:30AM,-11:30AM	
Piece of Mine (English) 2PM - 4PM			Let's Celebrate July Birthday! 11.30AM - 12.30PM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Steel Combat 1:30PM - 2:30PM	Let's Gen Together (Ngee Ann Poly) Drone Flying Workshop 3PM - 4:30PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Strategies with Kakis (Kampung Board Games) 2PM-5PM	Community Health Post (By Appointment) 9AM - 6PM	

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20	21	22	23	24	25
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
NIE学生-教师互动 10.30AM - 12PM	一起卡拉OK吧 2PM - 5PM	DSL数字研讨会 1PM - 2.30PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
一起涂色吧(英文) 1PM - 2PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 11:30AM	动起来! 与星展银行 一起邻里漫步 8:30AM,-11:30AM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			一起庆祝七月生日吧! 11.30AM - 12.30PM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	代际交流 (义安理工学院) 无人机飞行工作坊 3PM - 4PM	
			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Happy Healthy Huemans (Eng language) 1PM - 2PM	Let's KTV Together 2PM - 5PM	Let's Talk About Say Yes to Less Waste (Bilingual) 11AM - 12PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Piece of Mine (English) (BLK 59) 1.30PM - 4PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Steel Combat 1:30PM - 2:30PM	Let's Table Soccer 3PM - 4PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
				Community Health Post (By Appointment) 9AM - 6PM	

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27	28	29	30	31	
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	健康 - 传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
一起涂色吧(英文) 1PM - 2PM	一起卡拉OK吧 2PM - 5PM	减少浪费, 拥抱环保 (双语) 11AM - 12PM	我们来聊聊新闻吧 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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