


# 2026 April

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



| MON | TUE | WED   | THU   | FRI  | SAT |
|-----|-----|---|---|--|-----|
|     |     | 1   | 2   | 3  | 4   |
|     |     | Let's Chair Zumba<br>9:30AM - 10:30AM                           | TCM<br>9AM - 11:30AM  | PUBLIC HOLIDAY<br><br>WISHING YOU A<br>BLESSED<br>GOOD FRIDAY! |     |
|     |     | Let's Learn to Cook Together<br>with Thermomix<br>11am - 1:30PM | Let's Talk News<br>10:30AM - 11:30AM                          |  |     |
|     |     | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                 | Let's Do Acrylic Arts<br>9.30AM - 11.30AM                     |  |     |
|     |     |   | Let's Steel Combat<br>1:30PM - 2:30PM                         |  |     |
|     |     |   | Let's Gen Together ( <b>NUS</b> )<br>2pm - 5PM                |  |     |
|     |     |   | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |  |     |

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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| MON  | TUE   | WED  | THU   | FRI   | SAT  |
|--|---|--|---|---|--|
| 6  | 7   | 8  | 9   | 10  | 11   |
| Let's Chair Yoga - By Amanda<br>10AM - 11AM  | Let's Aerobics<br>9:30AM - 10:30AM                        | Let's Chair Zumba<br>9:30AM - 10:30AM                      | TCM<br>9AM - 11:30AM  | F4 - Let's Exercise - SportsSG<br>10AM - 10:45AM              |  |
| Let's Gen Together (NTU)<br><b>Calligraphy</b><br>10.45am - 12PM   | Let's Gen Together -<br>ACS International<br>10:45am-12pm | Let's Gen Together - Alora<br>PreSchool<br>10:45am-11:45am | Let's Talk News<br>NTU<br>10:30AM - 11:30AM                   |   | Let's Join Game Day<br>Together<br>(Jenn & Volunteers/AAC)<br>9:30AM - 12:30PM |
| Happy Healthy Huemans<br>(Eng language)<br>2PM - 3PM   | Let's KTV Together<br>2PM - 5PM                           |  | Let's Do Acrylic Arts<br>9.30AM - 11.30AM                     | Let's Pick Up Conversational<br>English<br>2PM - 3PM          |  |
| Let's Gen Together -<br>ACS International<br>Exergame (Nintendo Switch)<br>Drums-Lion Dance Drums<br>3.30PM - 4.30PM | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM           | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM            | Let's Celebrate Hari Raya!<br>11.30AM - 1.30PM                | Let's Table Soccer<br>3PM - 4PM                               |  |
| Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM  |   |  | Let's Steel Combat<br>1:45PM - 2:45PM                         | Let's Gen Together -<br>ACS International<br>4PM-5:30pm       |  |
|  |   |  | Let's Gen Together (NUS)<br>2pm - 5PM                         | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |  |
|  |   |  | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |   |  |

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| MON<br>13   | TUE<br>14  | WED<br>15   | THU<br>16                                 | FRI<br>17   | SAT<br>18 |
|---|--|---|---|---|-----------|
| Let's Chair Yoga - By Amanda<br>10AM - 11AM                             | Let's Aerobics<br>9:30AM - 10:30AM   | Let's Chair Zumba<br>9:30AM - 10:30AM   | TCM<br>9AM - 11:30AM                      | F4 - Let's Exercise - SportsSG<br>10AM - 10:45AM              |           |
| Let's Gen Together (NTU)<br><b>Caligraphy</b><br>10.45am - 12PM         | Let's Gen Together<br><b>(Crescent Girls)</b><br><b>Let's Celebrate April Birthday<br/>&amp; Bingo @ BLK 59</b><br>2:30pm - 4:30PM | Let's Gen Together -<br>My First School<br>3PM - 4PM  | Let's Talk News<br>10:30AM - 11:30AM      | Let's Pick Up Conversational<br>English<br>2PM - 3PM          |           |
| Happy Healthy Huemans<br>(Eng language)<br>2PM - 3PM                    | Let's KTV Together<br>2PM - 5PM  | Strategies with Kakis<br>(Rummy O)<br>2PM - 5PM   | Let's Do Acrylic Arts<br>9.30AM - 11.30AM | Let's Table Soccer<br>3PM - 4PM                               |           |
| Exergame (Nintendo Switch)<br>Drums-Lion Dance Drums<br>3.30PM - 4.30PM | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM  | Singapore Polytechnic (SP) as<br>part of their Freshman<br>Orientation Programme 2026<br>2.30PM - 4PM | Let's Steel Combat<br>1:30PM - 2:30PM     | Let's Gen Together (ACSI)<br>2pm - 4PM                        |           |
|   |  |   | Let's Gen Together (NUS)<br>2pm - 5PM     | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |           |
| Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                         |  |   |   |   |           |

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| MON<br>20   | TUE<br>21   | WED<br>22  | THU<br>23   | FRI<br>24   | SAT<br>25 |
|---|---|--|---|---|-----------|
| Let's Chair Yoga - By Amanda<br>10AM - 11AM                             | Let's Aerobics<br>9:30AM - 10:30AM                              | Let's Chair Zumba<br>9:30AM - 10:30AM  | TCM<br>9AM - 11:30AM  | F4 Let's Exercise - SportsSG<br>10AM - 10:45AM                |           |
| Let's Gen Together (NTU)<br><b>Caligraphy</b><br>10.45am - 12PM         | Let's Gen Together -<br>Clementi Town Secondary<br>4pm - 5.30pm | Let's Go Gai Gai - Bollywood<br>Farm Outing<br>(via registration)<br>11am-2:30pm | Let's Talk News<br>10:30AM - 11:30AM                          | F4 Communal Dining<br>11AM - 12PM                             |           |
| Happy Healthy Huemans<br>(Eng language)<br>2PM - 3PM                    | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                 | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                                  | Let's Do Acrylic Arts<br>9.30AM - 11.30AM                     | Let's Pick Up Conversational<br>English<br>2PM - 3PM          |           |
| Exergame (Nintendo Switch)<br>Drums-Lion Dance Drums<br>3.30PM - 4.30PM |   |  | Let's Steel Combat<br>1:30PM - 2:30PM                         | Let's Table Soccer<br>3PM - 4PM                               |           |
| Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                         |   |  | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM               | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |           |
|   |   |  | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM | Let's Gen Together -<br>ACS International<br>4PM-5:30pm       |           |

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| MON   | TUE   | WED   | THU   | FRI   | SAT |
|---|---|---|---|---|-----|
| 27  | 28  | 29  | 30  |   |     |
| Let's Chair Yoga - By Amanda<br>10AM - 11AM                                       | Let's Aerobics<br>9:30AM - 10:30AM                          | Let's Chair Zumba<br>9:30AM - 10:30AM                       | TCM<br>9AM - 11:30AM  | F4 - Let's Exercise - SportsSG<br>10AM - 10:45AM              |     |
| Let's Gen Together (NTU)<br><b>Calligraphy</b><br>10.45am - 12PM                  | Let's KTV Together<br>2PM - 5PM                             | Let's Learn To Make Coffee<br>Together<br>11:30AM - 12:30PM | Let's Talk News<br>10:30AM - 11:30AM                          | F4 - Communal Dining<br>11AM - 12PM                           |     |
| Happy Healthy Huemans<br>(Eng language)<br>2PM - 3PM                              | Let's Learn To Make Coffee<br>Together<br>11:30AM - 12:30PM | Let's Makan Together<br>1.30PM - 3PM                        | Haircut Service<br>BLK 59<br>10AM- 12PM                       | Let's Pick Up Conversational<br>English<br>2PM - 3PM          |     |
| Stay Well Series - Health Talk<br>with SingHealth<br>(Sleep Hygiene)<br>2PM - 3PM | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM             | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM             | Let's Do Acrylic Arts<br>9.30AM - 11.30AM                     | Let's Table Soccer<br>3PM - 4PM                               |     |
| Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM                                   |   |   | Let's Steel Combat<br>1:30PM - 2:30PM                         |   |     |
|   |   |   | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM               | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM |     |
|   |   |   | Community Health Post<br><b>(By Appointment)</b><br>9AM - 6PM | Strategies with Kakis (Rummy<br>O)<br>2PM - 5PM               |     |

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