

2026 August

 **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
3	4	5	6	7	8
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) 2PM - 3PM	Let's Gen Together with Alora Preschool 10:45AM - 11:45AM	Let's Go Gai Gai - Duck Tour 12:30PM - 4PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Digital - Fab Lab Series - 3D Printing Workshop 9AM - 4:30PM	Let's KTV Together 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	Strategies with Kakis (Rummy O) 2PM - 5PM		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	
			Let's Celebrate National Day 3PM - 4:30PM	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.

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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) 2PM - 3PM	代际交流 (Alora Preschool) 10:45AM - 11:45AM	出发吧！— 鸭子观光车 12:30PM - 4PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
3D打印工作坊 9AM - 4:30PM	一起卡拉OK吧 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	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	拉米奥 2PM - 5PM	
			新加坡国庆日庆祝活动 3PM - 4:30PM	社区医疗护士 (需预约) 9AM - 6PM	

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10	11	12	13	14	15
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) 2PM - 3PM	Let's Go Gai Gai - MINDS Event 11:30AM - 1:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Let's KTV Together 2PM - 5PM		Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Let's Steel Combat 10AM - 11AM	Let's Table Soccer 3PM - 4PM	
			CLOSED FOR NTUC AAC TOWN HALL	Strategies with Kakis (Rummy O) 2PM - 5PM	
				Community Health Post (By Appointment) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
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) 2PM - 3PM	MINDS事件 11:30AM - 1:30PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	一起卡拉OK吧 2PM - 5PM		我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM	拉米奥 2PM - 5PM		钢铁拳击 10AM - 11AM	我们来玩桌上足球吧 3PM - 4PM	
			CLOSED FOR NTUC AAC TOWN HALL	拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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17	18	19	20	21	22
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) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Let's Gen Together with Hua Chong Institution (Chinese Dance Performance) 10:30AM - 12PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk About Health 2PM - 4PM	Let's Walking Football 10AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Mooncake making (Staff only) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
Let's Dragonboat at Kallang Basin 9AM - 11AM			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Let's Gen Together (NUS) 2PM - 5PM		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM	中国舞蹈表演(Hua Chong Inst.) 10:30AM - 12PM	来画丙烯画吧 9.30AM - 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	谈谈健康 2PM - 4PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM	月饼制作 2PM - 5PM	拉米奥 2PM - 5PM	步行足球 10AM - 11.30AM	我们来玩桌上足球吧 3PM - 4PM	
一起划龙舟(Kallang Basin) 9AM - 11AM			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	
			代际交流 (NUS) 2PM - 5PM		

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24	25	26	27	28	29
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) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Let's Talk About DSL Digital Workshop (Whatsapp) 1PM - 2:30PM	Haircut Services @ BLK 59 9AM - 10AM	F4 - Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Learn to Bake Mooncake 2:30PM - 4:30PM	Let's Celebrate Birthday - August!	Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
Let's Dragonboat at Kallang Basin 9AM - 11AM			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Let's Gen Together with NUS 2PM - 5PM		
			Haircut Services 9AM - 11AM		

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24	25	26	27	28	29
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) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM	DSL数字研讨会 1PM - 2.30PM	理发服务 (BLK 59) 9AM - 10AM	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	一起烘焙(月饼) 2:30PM - 4:30PM	八月生日	我们来聊聊新闻吧 10:30AM - 11:30AM	我们来玩桌上足球吧 3PM - 4PM	
一起划龙舟(Kallang Basin) 9AM - 11AM			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	
			代际交流 (NUS) 2PM - 5PM		

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MON	TUE	WED	THU	FRI	SAT
31					
Let's Chair Yoga (By Amanda) 10AM - 11AM					
Let's Dragonboat at Kallang Basin 9AM - 11AM					
Strategies with Kakis (Rummy O) 2PM - 5PM					
Exergame (Nintendo Switch) 2PM - 5PM					

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31					
椅子瑜伽 by Amanda 10AM - 11AM					
一起划龙舟(Kallang Basin) 9AM - 11AM					
拉米奥 2PM - 5PM					
打鼓电子游戏(Nintendo Switch) 2PM - 5PM					

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