



2025 December

 **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	5	6
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	F4 Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Talk About "Say Yes to Waste Less" - NEA 2PM-3PM	Current affair U&Me 10:30AM - 11:30AM		Let's Steel Combat 1:30PM - 2:30PM	F4 Communal Dining 11AM - 12PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Let's KTV Together 2PM - 5PM	Anti-Scam Engagement by Bamboo Builders 2:30PM - 5PM	Strategies with Kakis (Rummy O) 2:30PM - 5PM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Exergame (Nintendo Switch) 2:30PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
8	9	10	11	12	13
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	Centre closed for Company Team Building	
Let's Celebrate Birthday! (By Invite Only) 3PM - 4PM	Let's KTV Together 2PM - 5PM	Let's Do Chinese Knots 2PM - 3:30PM	Let's Steel Combat 1:30PM - 2:30PM		
Strategies with Kakis (Rummy O) 3:30PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk About "Home Fire Safety" - SCDF 3.30PM - 5.00PM		
Exergame (Nintendo Switch) 3:30PM - 5PM		Exergame (Nintendo Switch) 2PM - 5PM	Strategies with Kakis (Rummy O) 2:30PM - 5PM		

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
15	16	17	18	19	20
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	F4 Let's Exercise - SportsSG 10AM - 10:45AM	
			Baking Workshop - Xmas Gingerbread Man Cookie 9.30AM - 11AM	F4 Communal Dining 11AM - 12PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Services- Haircut Service 9AM- 11AM		
Exergame (Nintendo Switch) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Exergame (Nintendo Switch) 2PM - 5PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM - 3PM Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
			Let's Gen Together - (NP) 2PM - 4PM		
			Strategies with Kakis (Rummy O) 4PM - 5.30PM	Community Health Post (By Appointment) 9AM - 6PM	
22	23	24	25	26	27
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	CENTRE CLOSED: PUBLIC HOLIDAY MERRY X'MAS TO EVERYONE! HAPPY HOLIDAYS!	F4 Let's Exercise - SportsSG 10AM - 10:45AM	
	Let's Celebrate X'mas! (Secret Santa Edition) 12PM - 2PM			Let's Pick Up Conversational English 2PM - 3PM Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
Strategies with Kakis (Rummy O) 4PM - 5:30PM	Let's Karaoke 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Community Health Post (By Appointment) 9AM - 6PM	
Exergame (Nintendo Switch) 4PM - 5:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Exergame (Nintendo Switch) 2PM - 5PM		Strategies with Kakis (Rummy O) 2PM - 5PM	

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MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	CENTRE CLOSED: PUBLIC HOLIDAY	F4 Let's Exercise - SportsSG 10AM - 10:45AM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Karaoke 2PM - 5PM	Strategies with Kakis (Rummy O) 4PM - 5:30PM		F4 Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Exergame (Nintendo Switch) 4PM - 5:30PM		Let's Pick Up Conversational English 2PM - 3PM Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
				Community Health Post (By Appointment) 9AM - 6PM	
				Strategies with Kakis (Rummy O) 2PM - 5PM	

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