

2026 February

 **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
2	3	4	5	6	7
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 Makan Together By Invitation 11:30AM - 1:00PM
Let's Do Batik Arts 10AM - 11AM	Let's Bake Together 2PM - 4:30PM	Let's Celebrate CNY Lunch (Only for Ballotted Seniors) 12noon	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Strategies with Kakis (Rummy O) 2:30PM - 5PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Let's Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
			Community Health Post (By Appointment) 9AM - 6PM		
9	10	11	12	13	14
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	
Batik Arts 10AM - 11AM	Let's Bake Together 2PM - 4:30PM	Let's Gen Together - Alora PreSchool 10:45am-11:45am	Let's Do Acrylic Arts 9.30AM - 11.30AM		
Leave Well Series - Legacy Planning Workshop (Mandarin) 2PM - 3.30PM	Let's KTV Together 2PM - 5PM	Let's Go GaiGai Oceanarium Outing (By Invite Only) 12:45pm-4.45pm	Let's Talk News 10:30AM - 11:30AM		
Strategies with Kakis (Rummy O) 3:30PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Makan Together 4:45PM - 5:30PM	Let's Learn To Make Coffee Together 11:30AM - 12:30PM	CLOSED AT 12PM NTUC AAC TOWNHALL	
		Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Steel Combat 1:30PM - 2:30PM		
			Movietime : Preview - Liang Po Po (By Invite Only) 7PM - 10PM		

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
16 Let's Chair Yoga - By Amanda 10AM - 11AM CLOSED AT 1PM CHINESE NEW YEAR EVE	17 PUBLIC HOLIDAY HAPPY CHINESE NEW YEAR! HENG ONG HUAT AH!!!	18	19 TCM 9AM - 11:30AM Let's Do Acrylic Arts (Interest Group) 9.30AM - 11.30AM Let's Talk News 10:30AM - 11:30AM Let's Steel Combat 1:30PM - 2:30PM Community Health Post (By Appointment) 9AM - 6PM	20 F4 - Let's Exercise - SportsSG 10AM - 10:45AM F4 - Let's Makan Together 11AM - 12PM Let's Lim Kopi (Male Exclusive) 3PM - 4PM Strategies with Kakis (Rummy O) 2PM - 5PM Community Health Post (By Appointment) 9AM - 6PM	21
23 Let's Chair Yoga - By Amanda 10AM - 11AM	24 Let's Aerobics 9:30AM - 10:30AM	25 Let's Chair Zumba 9:30AM - 10:30AM	26 TCM 9AM - 11:30AM	27 F4 - Let's Exercise - SportsSG 10AM - 10:45AM F4 - Let's Makan Together 11AM - 12PM Let's Go GaiGai - Changi Airport T5 Exhibition & Tea in Centre 12:30PM - 4PM	28
Project PRAISE by SPF 11am - 12.30 PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk About Evaluation of Information Online by IMDA 1PM - 2:30PM Let's Gen Together - My First School 3PM - 4PM	Let's Do Acrylic Arts 9.30AM - 11.30AM Let's Talk News 10:30AM - 11:30AM	Let's Celebrate Birthday! (By Invite Only) 3pm - 4PM Community Health Post (By Appointment) 9AM - 6PM	
Strategies with Kakis (Rummy O) 3:30PM - 5PM		Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Steel Combat 1:30PM - 2:30PM Community Health Post (By Appointment) 9AM - 6PM		

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