

# 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 <b>(Male Exclusive)</b> 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 <b>(By Appointment)</b> 9AM - 6PM	
			Community Health Post <b>(By Appointment)</b> 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	<b>CLOSED AT 12PM NTUC AAC TOWNHALL</b>	
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		
		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。

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