

2026 January

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
				F4 - Let's Exercise (SportsSG) 10AM - 10:45AM	3
				F4 - Communal Dining 11AM - 12PM	
				Let's Pick Up Conversational English 2PM - 3PM	
				Community Health Post (By Appointment) 9AM - 6PM	
				Strategies with Kakis (Rummy O) 2PM - 5PM	
5	6	7	8	9	10
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	Current affair U&Me 10:30AM - 11:30AM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9:30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Happy, Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM		Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 3:30PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Strategies with Kakis (Rummy O) 2:30PM - 5PM	Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
Let's Learn Lion Dance 3.30PM - 4.30PM				Community Health Post (By Appointment) 9AM - 6PM	
				Strategies with Kakis (Rummy O) 2PM - 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
12	13	14	15	16	17
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 F4 - Communal Dining 11AM - 12PM	
Services - Haircut Service 10AM- 12PM	Let's KTV Together 2PM - 5PM	Let's Gen Together (NJC) 9AM - 12PM	Let's Gen Together (NJC) 9AM - 12PM	Let's Gen Together (NJC) 9AM - 12PM	
Happy, Healthy Huemans (Eng language) 2PM - 3PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis: Eh How Ah Card Game 2PM - 4PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Let's Learn Lion Dance 3.30PM - 4.30PM			Let's Steel Combat 1:30PM - 2:30PM	Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2.30PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
19	20	21	22	23	24
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 F4 - Communal Dining 11AM - 12PM	
Let's Do Batik Arts 10AM - 11AM	Let's Karaoke 2PM - 5PM	Let's Talk About Communication Online by IMDA 1PM - 2:30PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM Let's Lim Kopi (Male Exclusive) 3PM - 4PM	
Happy, Healthy Huemans (Eng language) 2PM - 3PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Chinese Lanterns 2.30PM - 4pm	Let's Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
Let's Learn Lion Dance 3.30PM - 4.30PM			Strategies with Kakis (Rummy O) 2.30PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	F4 - Communal Dining 11AM - 12PM	
Happy, Healthy Huemans (Eng language) 2PM - 3PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Celebrate Birthday! (By Invite Only) 3PM - 4PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM - 3PM	
Let's Talk About Financial Talk (Money Not Enough) by SingHealth 2PM - 3PM			Strategies with Kakis (Rummy O) 2:30PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
Let's Learn Lion Dance 3.30PM - 4.30PM				Strategies with Kakis (Rummy O) 2PM - 5PM	

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