

2026 June

 **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
PUBLIC HOLIDAY HAVE A BLESSED VESAK DAY!	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 Go Gai Gai - Jurong Frog Farm 3PM - 4PM	Let's Makan Together 1.30pm- 2.30PM	Let's Talk News 10:30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2.30PM - 5PM	Let's Walking Football 10AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
	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	Let's Join Silver Home (invite only) 3PM - 5PM	
				Strategies with Kakis (Rummy O) 2PM - 5PM	
				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
1	2	3	4	5	6
PUBLIC HOLIDAY HAVE A BLESSED VESAK DAY!	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	
	出发吧！— 裕廊青蛙农场 3PM - 4PM	边喝边聊(确保) 1.30PM - 3PM	我们来聊聊新闻吧 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
	一起卡拉OK吧 2PM - 5PM	拉米奥 2PM - 5PM	步行足球 10.00AM - 11.30AM	一起学英文 2PM - 3PM	
	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	乐龄居所 (通过邀请) 3PM - 5PM	
				拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
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	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	Let's Join SportsCares Singapore Zoo Family Day 7.15AM - 2PM
Happy Healthy Huemans (Eng language) 2PM - 3PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk about anti scam (by CPF & My Healthcare) 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	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Piece of Mine (English) (BLK 59) 2PM - 4PM			Let's Talk about Mental Health (Ngee Ann Poly) 1PM - 4PM	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	
				Community Health Post (By Appointment) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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	SportsCares 动物园 家庭日 7.15AM - 2PM
一起涂色吧(英文) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM	CPF 讲座 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 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	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			健康讲座(心理健康) Ngee Ann Poly 1PM - 4PM	我们来玩桌上足球吧 3PM - 4PM	
			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
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 Gen Together (Alora Preschool) 11AM - 12PM	Let's KTV Together 2PM - 5PM	Let's Celebrate June Birthday! Let's Gen Together (My First School) 2:30PM - 4PM	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	Strategies with Kakis (Rummy O) 2PM - 5PM	Walking Football 10.00AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	<i>I Care Screening</i> 9AM - 6PM	<i>I Care Screening</i> 9AM - 6PM	Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
Piece of Mine (English) (BLK 59) 2PM - 4PM			Let's Steel Combat 1:30PM - 2:30PM	Community Health Post (By Appointment) 9AM - 6PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Let's Celebrate Fathers' Day 3PM - 5PM		
<i>I Care Screening</i> 9AM - 6PM					

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15	16	17	18	19	20
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	
代际交流 (Alora Preschool) 11AM - 12PM	一起卡拉OK吧 2PM - 5PM	一起庆祝六月生日吧! 代际交流 (My First School) 2:30PM - 4PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
一起涂色吧(英文) 2PM - 3PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	步行足球 10.00AM - 11.30AM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			我们来聊聊新闻吧 10:30AM - 11:30AM	我们来玩桌上足球吧 3PM - 4PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	拉米奥 2PM - 5PM	
			我们一起庆祝父亲节吧	社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
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	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Go Gai Gai - Appreciation Outing (invite only) 1PM - 5PM	Let's KTV Together 2PM - 5PM	Let's Talk About DSL Digital Workshop 1PM - 2:30PM (Wifi/Cellular Network)	Haircut Service BLK 59 9AM - 10AM	F4 Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM	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	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	<i>I Care Screening</i> 9AM - 6PM	<i>I Care Screening</i> 9AM - 6PM	Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
Piece of Mine (English) (BLK 59) 2PM - 4PM			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	

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22	23	24	25	26	27
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	
? (通过邀请) 1PM - 5PM	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	
一起涂色吧(英文) 2PM - 3PM	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	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			我们来聊聊新闻吧 10:30AM - 11:30AM	我们来玩桌上足球吧 3PM - 4PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	拉米奥 2PM - 5PM	
				社区医疗护士 (需预约) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
29	30				
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM				
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM				
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM				
Piece of Mine (English) (BLK 59) 2PM - 4PM					
Strategies with Kakis (Rummy O) 2PM - 5PM					

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29	30				
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM				
一起涂色吧(英文) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM				
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					

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