

# 2026 March

 **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 (Sunday)
					Let's Learn Lion Dance Senior Performance at Queenstown CNY Carnival 4.30PM - 7.30PM
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	Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Do Batik Arts (Last Class) 10AM - 12PM	Let's Makan Together CNY Lunch @ Centre 12PM - 2PM	Eh How Ah - Card Game 2PM - 4PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Let's Go GaiGai - Oceanarium Outing (By Invite Only) 12:45pm-4.45pm	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Table Soccer 3PM - 4PM	
Let's Makan Together (By Invite Only) 4:45PM - 5:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
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	
Silver Homes (Home Visit by Invitation) 3PM - 5PM			Let's Makan Together - BLK 55 Temple (By Invite Only) 7PM - 9:30PM		

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
9	10	11	12	13	14
Let's Chair Yoga - By Amanda 10AM - 11AM	CLOSED - STAFF TRAINING	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 Let's Exercise - SportsSG 10AM - 10:45AM	
Haircut services 10AM- 12PM		Let's Go GaiGai - DBS Hari Raya (By Invitation) 2pm-4.30PM	Let's Talk News 10:30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM		Strategies with Kakis (Rummy O) 2PM - 5PM	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 Table Soccer 3PM - 4PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Let's Gen Together (NUS) 2pm - 5PM	Community Health Post <b>(By Appointment)</b> 9AM - 6PM	
			Community Health Post <b>(By Appointment)</b> 9AM - 6PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
16	17	18	19	20	21
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	
Legacy Planning Workshop LPA (By Invite Only - Mandarin) 2PM - 3.30PM	Let's Gen Together (NUS) 2pm - 5PM	Let's Go GaiGai DBS Hari Raya (By Invitation) 2pm-4.30PM	Let's Talk News 10:30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Let's Gen Together - My First School 3PM - 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	Strategies with Kakis (Rummy O) 2PM - 5PM	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 Gen Together (NUS) 2pm - 5PM	Community Health Post <b>(By Appointment)</b> 9AM - 6PM	
			Community Health Post <b>(By Appointment)</b> 9AM - 6PM		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
HARI RAYA PUBLIC HOLIDAY	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 KTV Together 2PM - 5PM	IMDA Talk Mobile Apps Download 1PM - 2:30PM	Let's Talk News 10:30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Gen Together ( <b>Hwa Chong</b> ) 9am - 12PM	Let's Pick Up Conversational English 2PM - 3PM	
			Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Table Soccer 3PM - 4PM	
			Let's Steel Combat 1:30PM - 2:30PM	Community Health Post <b>(By Appointment)</b> 9AM - 6PM	
			Let's Gen Together ( <b>NUS</b> ) 2pm - 5PM		
			Community Health Post <b>(By Appointment)</b> 9AM - 6PM		
30	31				
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM				
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's Celebrate Birthday! (By Invite Only) 12pm - 1PM				
Silver Home) (Home Visit by Invitation) 3PM - 5PM	Let's KTV Together 2PM - 5PM				
Exergame (Nintendo Switch) Drums 3.30PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM				
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