

2026 May

 Centre Name: AAC (Lengkok Bahru)
 Centre Address: Blk 57 & 59 Lengkok Bahru #01-491 S151057
 Centre Contact: 6473 3387 / 6473 3772 / 8163 2087




MON	TUE	WED	THU	FRI	SAT
				1	4
				PUBLIC HOLIDAY WISHING YOU A RESTFUL LABOUR DAY!	

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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ntuc Health

MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	CLOSED FOR NTUC AAC TOWNHALL	
Let's Gen Together (NTU) Calligraphy 11.30AM - 12.45PM	Let's KTV Together 2PM - 5PM	Let's KTV Together (Kampung) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM		
Happy Healthy Huemans (Eng language) 2PM - 3PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM		
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Steel Combat 1:45PM - 2:45PM		
Strategies with Kakis (Rummy O) 2PM - 5PM			Let's Gen Together (ACS Independent) 3PM - 4:45PM		
			Community Health Post (By Appointment) 9AM - 6PM		

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MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9
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	CLOSED FOR NTUC AAC TOWNHALL	
代际交流 (NTU) 书法 11.30AM - 12.45PM	一起卡拉OK吧 2PM - 5PM	一起卡拉OK吧 (Kampung) 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 11:30AM		
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		
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			钢铁拳击 1:45PM - 2:45PM		
拉米奥 2PM - 5PM			代际交流 (ACS Independent) 3PM - 4:45PM		
			社区医疗护士 (需预约) 9AM - 6PM		

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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	
Haircut Service BLK 59 10AM- 12PM	Let's KTV Together 2PM - 5PM	Let's Go Gai Gai - Hay Dairies Goat Farm (via registration) 8.15AM-11AM	Let's Walking Football 10AM-11:30AM	F4 Communal Dining 11AM - 12PM	
Let's Gen Together (NTU) Caligraphy 10.45AM - 12PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Celebrate Mother's Day! 2:30PM - 4:30PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's Gen Together (ACS International) 4PM-5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Table Soccer 3PM - 4PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3.30PM - 4.30PM			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Let's Gen Together (Crescent Girls') 2:30PM-4:30PM	Community Health Post (By Appointment) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
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	
理发服务 (BLK 59) 10AM- 12PM	一起卡拉OK吧 2PM - 5PM	出发吧！— 夏氏牧羊场 (需注册) 8.15AM-11AM	步行足球 10AM-11:30AM	F4 - 一起用餐 11AM - 12PM	
代际交流 (NTU) 书法 10.45AM - 12PM	拉米奥 2PM - 5PM	母亲节活动 2.30PM - 4.30PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
一起涂色吧(英文) 2PM - 3PM	代际交流 (ACS International) 4PM - 5PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	我们来玩桌上足球吧 3PM - 4PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3.30PM - 4.30PM			钢铁拳击 1:30PM - 2:30PM	社区医疗护士 (需预约) 9AM - 6PM	
拉米奥 2PM - 5PM			代际交流 (Crescent Girls') 2.30PM - 4.30PM		

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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 Block Party (BLK 59) 11AM - 2PM
Let's Learn to Bake (BLK 59) 11AM - 12.30PM	Let's KTV Together 2PM - 5PM	Let's Talk About DSL Digital Workshop (Personal Software Settings) 1PM - 2.30PM	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 Gen Together (My First School) Let's Celebrate May Birthday 2:30pm - 4:30PM	Let's Do Acrylic Arts 9.30AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3.30PM - 4.30PM		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 Talk About seniors in home for elder wellbeing by Seng Kang General Hospital, NUS and SMU 2:30PM - 3:30PM	Let's Gen Together (ACS Independent) 3PM - 4.45PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	

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MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
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	祖屋庆祝会 (BLK 59) 11AM - 2PM
烘焙课程 (BLK 59) 11AM - 12:30PM	一起卡拉OK吧 2PM - 5PM	DSL数字研讨会 1PM - 2.30PM	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	代际交流 (My First School) 让我们在庆祝五月生日 吧! 2:30PM - 4PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3.30PM - 4.30PM		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			身心健康 - Sengkang General Hospital 2:30PM - 3:30PM	代际交流 (ACS Independent) 3PM-4:45PM	
			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
25	26	27	28	29	
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	PUBLIC HOLIDAY SELAMAT HARI RAYA HAJI!	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Learn to Bake 11AM - 12.30PM	Let's Gen Together (Clementi Town Secondary School) 9AM - 2PM		Let's Gen Together (Guangyang Secondary School) 9:30AM - 11AM	F4 - Communal Dining 11AM - 12PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM		Let's Do Acrylic Arts (BLK 59) 9.30AM - 11.30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM		Let's Talk News 10:30AM - 11:30AM	Let's Table Soccer 3PM - 4PM	
			Let's Steel Combat 1:30PM - 2:30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Gen Together (ACS Independent) 3PM - 4:45PM	
			Community Health Post (By Appointment) 9AM - 6PM	Community Health Post (By Appointment) 9AM - 6PM	

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27	28	29	30			
椅子瑜伽 by Amanda 10AM - 11AM	HPB 有氧运动 9:30AM - 10:30AM	PUBLIC HOLIDAY SELAMAT HARI RAYA HAJI!	健康 - 传统中医约 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM		
烘焙课程 11AM - 12:30PM	出发吧！— Clementi Town Secondary School (需注册) 9AM - 2PM		代际交流 (Guangyang Secondary School) 9:30AM - 11AM	F4 - 一起用餐 11AM - 12PM		
一起涂色吧(英文) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM		来画丙烯画吧 (BLK 59) 9.30AM - 11.30AM	一起学英文 2PM - 3PM		
拉米奥 2PM - 5PM	拉米奥 2PM - 5PM		我们来聊聊新闻吧 10:30AM - 11:30AM	我们来玩桌上足球吧 3PM - 4PM		
			钢铁拳击 1:30PM - 2:30PM	拉米奥 2PM - 5PM	代际交流 (ACS Independent) 3PM-4:45PM	
			拉米奥 2PM - 5PM			
			社区医疗护士 (需预约) 9AM - 6PM		社区医疗护士 (需预约) 9AM - 6PM	

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