2026 November

Centre Name: AAC (Lengkok Bahru)
Centre Address: Blk 59 Lengkok Bahru #01-539 S150059
Centre Contact: 6473 3387 / 6473 3772 / 8163 2087



All activities moved to Blk 59 (due to Renovation)

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 Dragonboat @ Kallang Basin 9AM - 11AM	Let's Do Acrylic Arts 10.30AM - 12.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Current affairs U&Me 10:30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Let's Talk About Prevention Frailty Together (Online) 2PM-3PM	Let's KTV Together 12.30PM - 3.30PM	Let's Gen Together with Alora Preschool 10.45AM-4PM	Let's Steel Combat 1:00PM - 2:00PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Let's Joget 2PM - 3PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM		Let's KTV Together (Kumpung) 2PM-4PM	Community Health Post (By Appointment) 9AM - 6PM	
Strategies with Kakis (Rummy O) 3PM - 5PM			Let's Gen Together **(RVPS)** 1:30PM - 3:30PM		
			Let's Gen Together **(NUS) (CC)** 3:30PM - 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。

2026 November

Centre Name: AAC (Lengkok Bahru)
Centre Address: Blk 59 Lengkok Bahru #01-539 S150059
Centre Contact: 6473 3387 / 6473 3772 / 8163 2087



所有活动已迁至第59座(因装修工程)

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
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	传统中医 9AM - 11.30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
一起划龙舟(加冷盆地)9AM - 11AM	一起画丙烯画 10.30AM - 12.30PM	拉米奥 2PM - 5PM	时事新闻你和我 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
健康讲座:共同预防衰弱(线上) 2PM - 3PM	一起卡拉OK吧 12.30PM - 3.30PM	Alora 学前班 10.45AM-4PM	钢铁拳击 1PM - 2PM	拉米奥 2PM - 5PM	
一起跳 Joget 舞 2PM - 3PM	拉米奥 3.30PM - 5PM		甘榜卡拉OK 2PM - 4PM	社区健康服务站 (须预约) 9AM - 6PM	
拉米奥 3PM - 5PM			跨代共融活动 **(RVPS)** 1.30PM - 3.30PM		
			跨跨代共融活动 **(NUS) (CC)** 3.30PM - 5PM		

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2026 November

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All activities moved to Blk 59 (due to Renovation)

MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Public Holiday Deepavali (Observed)	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 LB community Partner 3pm - 9pm
	Let's Do Acrylic Arts 10.30AM - 12.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Current affairs U&Me 10:30AM - 11:30AM	F4 Communal Dining 11AM - 12PM	
	Let's KTV Together 12.30PM - 3.30PM	Let's Go Gai Gai Journey to the East 10AM-2PM	Let's Steel Combat 1:00PM - 2:00PM	Let's Dragonboat - Race Day 2:30-6PM	
	Strategies with Kakis (Rummy O) 3.30PM - 5PM		Let's KTV Together 2PM-4PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Let's Gen Together **(NUS) (CC)** 3:30PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			ICCP - Let's Go Gai Gai - Yakult APAX. LB, RH, BMV, BMV daycare 1:45PM - 4PM		
			Let's Join NJC Cohort Wide Event 8:30AM - 11AM		

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2026 November

所有活动已迁至第59座(因装修工程)

Centre Name: AAC (Lengkok Bahru)
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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
公共假期:屠妖节(补假)	HPB 有氧运动 9:30AM - 10:30AM	椅子尊巴舞 9:30AM - 10:30AM	传统中医 9AM - 11.30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	LB社区伙伴活动 3PM - 9PM
	一起画丙烯画 10:30AM - 12:30PM	拉米奥 2PM - 5PM	时事新闻你和我 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
	一起卡拉OK吧 12:30PM - 3:30PM	出发吧！东方之旅 10AM-2PM	钢铁拳击 1PM - 2PM	龙舟比赛日 2:30PM - 6PM	
	拉米奥 3:30PM - 5PM		甘榜卡拉OK 2PM - 4PM	拉米奥 2PM - 5PM	
			跨代共融活动 **(NUS) (CC)** 3:30PM - 5PM	社区健康服务站 (须预约) 9AM - 6PM	
			ICCP 益多 1:45PM - 4PM		
			NJC 年级集体活动 8:30AM - 11AM		

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2026 November

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Centre Contact: 6473 3387 / 6473 3772 / 8163 2087



All activities moved to Blk 59 (due to Renovation)

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Chair Yoga - By Amanda 10AM - 11AM	Closed for AAC Townhall (Q4) 9AM - 6PM	Let's Chair Zumba 9:30AM - 10:30AM	TCM 9AM - 11:30AM	F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
Let's Dragonboat @ Kallang Basin 9AM - 11AM		Strategies with Kakis (Rummy O) 2PM - 5PM	Current affairs U&Me 10:30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Circular Sustainability Workshop Horticulture (Pickling rooted Fruited Vege) 11AM - 12:30PM			Let's Steel Combat 1:00PM - 2:00PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Let's Joget 2PM - 3PM			Let's KTV Together 2PM-4PM	Community Health Post (By Appointment) 9AM - 6PM	
Strategies with Kakis (Rummy O) 3PM - 5PM			Let's Gen Together **(NUS) (CC)** 3:30PM - 5PM	Annual Dinner & Dance (Staff only) 6PM-10pm	
Haircut Services 9am-11am			Strategies with Kakis (Rummy O) 2PM - 5PM		

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2026 November

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所有活动已迁至第59座（因装修工程）

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
椅子瑜伽 by Amanda 10AM - 11AM	关闭 AAC Townhall (Q4) 9AM - 6PM	椅子尊巴舞 9:30AM - 10:30AM	传统中医 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
一起划龙舟 (加冷盆地)9AM - 11AM		拉米奥 2PM - 5PM	时事新闻你和我 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
循环可持续发展工作坊（采摘根茎类果蔬）11AM - 12:30PM			钢铁拳击 1PM - 2PM	拉米奥 2PM - 5PM	
一起跳 Joget 舞 2PM - 3PM			甘榜卡拉OK 2PM - 4PM	社区医疗护士 （需预约） 9AM - 6PM	
拉米奥 3PM - 5PM			跨代共融活动 **(NUS) (CC)** 3:30PM - 5PM	年度晚宴与舞会 (仅限员工) 6PM - 10PM	
理发服务 9AM - 11AM			拉米奥 2PM - 5PM		

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All activities moved to Blk 59 (due to Renovation)

MON	TUE	WED	THU	FRI	SAT
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	
Circular Sustainability Workshop Horticulture (Pickling rooted Fruited Vege) 11AM - 12:30PM	Let's Do Acrylic Arts 10.30AM - 12.30PM	Let's Talk About DSL Digital Workshop (Public Transport) 1PM - 2:30PM	Current affairs U&Me 10:30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Let's Joget 2PM - 3PM	Let's KTV Together 12.30PM - 3.30PM	Let's Celebrate Birthdays Let's Gen Together My First Skool (LKCC) 3PM - 4PM	Let's Steel Combat 1:00PM - 2:00PM	Let's Celebrate Deepavali at BM ICCP BM BMS BMV LB (Public transport) 3PM - 5PM	
Strategies with Kakis (Rummy O) 3PM - 5PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM	Strategies with Kakis (Rummy O) 4PM - 5PM	Let's KTV Together 2PM-4PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
	Let's Gen Together with Alexandra Primary School (transport provided) 2PM - 5PM		Let's Gen Together **(NUS) (CC)** 3:30PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM		

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2026 November

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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	传统中医 9AM - 11:30AM	F4 一起运动 - SportsSG 10AM - 10:45AM	
循环可持续发展工作坊（采摘根茎类果蔬） 11AM - 12:30PM	一起画丙烯画 10:30AM - 12:30PM	DSI 数字工作坊 (公共交通) 1PM - 2:30PM	时事新闻你和我 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
一起跳 Joget 舞 2PM - 3PM	一起卡拉OK吧 12:30PM - 3:30PM	一起庆祝生日 : Let's Gen Together 与 First Skool (LKCC) 3PM - 4PM	钢铁拳击 1PM - 2PM	庆祝屠妖节活动 (BM ICCP、BM BMS、BMV LB) 公共交通 3PM - 5PM	
拉米奥 3PM - 5PM	拉米奥 3:30PM - 5PM	拉米奥 4PM - 5PM	甘榜卡拉OK 2PM - 4PM	拉米奥 2PM - 5PM	
	Alexandra 小学 2PM - 5PM		跨代共融活动 **(NUS) (CC)** 3:30PM - 5PM	社区医疗护士 （需预约） 9AM - 6PM	
			拉米奥 2PM - 5PM		

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All activities moved to Blk 59 (due to Renovation)

MON	TUE	WED	THU	FRI	SAT
30					
Let's Chair Yoga - By Amanda 10AM - 11AM					
Let's Dragonboat @ Kallang Basin 9AM - 11AM					
Circular Sustainability Workshop Horticulture (Pickling rooted Fruited Vege) 11AM - 12:30PM					
Let's Joget 2PM - 3PM					
Strategies with Kakis (Rummy O) 3PM - 5PM					

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2026 November

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所有活动已迁至第59座（因装修工程）

MON	TUE	WED	THU	FRI	SAT
30					
椅子瑜伽 by Amanda 10AM - 11AM					
一起划龙舟 (加冷盆地) 9AM - 11AM					
循环可持续发展工作坊（采摘根茎类果蔬）11AM - 12:30PM					
一起跳 Joget 舞 2PM - 3PM					
拉米奥 3PM - 5PM					

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