

2025 November

 **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
3	4	5	6	7	8
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	Let's Exercise - SportsSG 10AM - 10:45AM	
Brain Power! Mental Fitness 2PM - 4PM	Current affair U&Me 10:30AM - 11:30AM	Chinese Knotting 2PM - 3:30PM	Let's Steel Combat 1:30PM - 2:30PM	F4 Communal Dining (Blk 57) 11AM - 12PM	
Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess 3PM- 4PM	
Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
10	11	12	13	14	15
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	Let's Exercise - SportsSG 10AM - 10:45AM	
Singing With Dave 1:30PM - 3:30PM			Let's Steel Combat 1:30PM - 2:30PM	F4 Communal Dining (Blk 57) 11AM - 12PM	
Brain Power! Mental Fitness 2PM - 4PM	Let's Karaoke (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess 3PM- 4PM	
Strategies with Kakis (Rummy O) (Blk 59) 3:30PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
Exergame (Nintendo Switch) (Blk 59) 3:30PM - 5PM				Strategies with Kakis (Rummy O) (Blk 59) 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 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
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	Let's Exercise - SportsSG 10AM - 10:45AM	
Services - Haircut Service 10AM - 12PM			Batik Arts 9:45AM - 11:45AM	F4 Communal Dining (Blk 57) 11AM - 12PM	
Brain Power! Mental Fitness 2PM - 4PM	Wellness - Happy Healthy Huemans 3PM - 4PM	Let's Gen Together - My First Skool 2:30PM - 3:30PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess 3PM- 4PM Let's Gen Together- BG 3:30PM - 4:30PM	
Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	
Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM		
24	25	26	27	28	29
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	Let's Exercise - SportsSG 10AM - 10:45AM	
Brain Power! Mental Fitness 2PM - 4PM	CENTRE CLOSURE 12:30PM	IMDA Digital Talk 1PM - 2:30PM	Batik Arts 9:45AM - 11:45AM	F4 Communal Dining (Blk 57) 11AM - 12PM	
Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM		Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess 3PM- 4PM	
Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM		Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Exergame (Nintendo Switch) (Blk 57) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	

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