

2026 October

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





All activities will be carried out at Blk 59 (due to Renovation)

MON	TUE	WED	THU	FRI	SAT
			1	2	3
				F4 - Let's Exercise - SportsSG 10AM - 10:45AM	
				F4 - Communal Dining 11AM - 12PM	
				Let's Pick Up Conversational English 2PM - 3PM	
				Let's Table Soccer 3PM - 4PM	
			Let's Go Gai Gai - AAC Day 2026 10AM - 2PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Let's Gen Together (NUS) 2:45PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM		

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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	TUE	WED	THU	FRI	SAT
			1	2	3
				F4 一起运动 - SportsSG 10AM - 10:45AM	
				F4 - 一起用餐 11AM - 12PM	
				一起学英文 2PM - 3PM	
				我们来玩桌上足球吧 3PM - 4PM	
			AAC日 10AM - 2PM	拉米奥 2PM - 5PM	
			代际交流 (NUS) 2:45PM - 5PM	社区医疗护士 (需预约) 9AM - 6PM	
			拉米奥 2PM - 5PM		

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
Let's Chair Yoga (By Amanda) 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM BLK 59 9AM - 11:30AM	F4 - Let's Exercise - SportsSG (BLK 52) 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 Go Gai Gai - Ubin & Kelong (Outing-SG Culture Pass & Robust <u>ONLY</u>) 9AM-1PM	Let's Talk News 10:30AM - 11:30AM	F4 - Communal Dining @ BLK 59 11AM - 12PM	
Let's Joget 3PM - 5PM	Let's KTV Together 12.30PM - 3.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Steel Combat BLK 59 1:00PM - 2:00PM	Lets Walking Football Championship (Final) 9AM-12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM		Kampung Karaoke 2PM-4PM	Let's Table Soccer 3PM - 4PM	
Strategies with Kakis (Rummy O) Void Deck 3PM - 5PM			Strategies with Kakis (Rummy O) 4PM - 5.30PM	Strategies with Kakis (Rummy O) 3PM - 5PM	
Let's Healthtalk 2PM-3PM			Let's Gen Together (NUS) (Final) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 BLK 52 10AM - 10:45AM	
园艺(闭环循环) 11AM - 12:30PM	来画丙烯画吧 10.30AM - 12.30PM	出发吧！乌敏岛 奎笼 (新加坡文化通行证 及 强 壮 (Robust) 组别) 9AM-1PM	我们来聊聊新闻吧 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
马来舞 (Let's Joget) 2PM-3PM	一起卡拉OK吧 12.30PM - 3.30PM	拉米奥 2PM - 5PM	钢铁拳击 1PM - 2PM	健步足球锦标赛 9AM-12PM	
拉米奥 3PM - 5PM	拉米奥 3.30PM - 5PM		代际交流 (NUS) 2PM - 5PM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			拉米奥 4PM - 5.30PM	拉米奥 2PM - 5PM	
让我们聊聊健康 2PM-3PM			马来卡拉OK (2PM-5PM)	社区医疗护士 (需预约) 9AM - 6PM	
				我们来玩桌上足球吧 3PM - 4PM	

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MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
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 BLK 52 10AM - 10:45AM	
Circular Sustainability Workshop Horticulture (Learning Journey SBG Seed Bank) 9:30AM - 12.15PM	Let's Do Acrylic Arts 10.30AM - 12.30PM	Let's Gen Together with Hwa Chong - Chinese Dance 10:30AM-11:30PM	Let's Talk News 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 Birthday 11:30AM-12:30PM	Let's Steel Combat 1:00PM - 2:00PM	Let's Gen Together with ASRJC - Volleyball 12.45PM-3.30PM	
Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM	Let's Go Gai Gai Journey West 10am-2pm	Kampung Karaoke 2PM-4PM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM		CEO Town Hall (Centre Close)	Let's Gen Together (NUS) (CC) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Strategies with Kakis (Rummy O) 4PM - 5.30PM	Let's Table Soccer 3PM - 4PM	
				Community Health Post (By Appointment) 9AM - 6PM	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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 BLK 52 10AM - 10:45AM	
园艺(闭环循环) 9AM - 12:30PM	来画丙烯画吧 10.30AM - 12.30PM	我们聚一聚吧 (中国舞) 11:30AM-12:30PM	我们来聊聊新闻吧 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
马来舞 (Let's Joget) 2PM-3PM	一起卡拉OK吧 12.30PM - 3.30PM	我们去逛逛 (西游记) 10AM-2PM	钢铁拳击 1:00PM - 2:00PM	ASRJC 排球 12.45PM-3.30PM	
拉米奥 2PM - 5PM	拉米奥 3.30PM - 5PM	让我们庆祝生日 上午 10:30AM-11:30AM	代际交流 (NUS) (麟记 民众俱乐部) 2PM - 5PM	一起学英文 2PM - 3PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM		CEO 员工大会 (中心关闭)	马来卡拉OK (2PM-5PM)	拉米奥 2PM - 5PM	
			拉米奥 4PM - 5:30PM	社区医疗护士 (需预约) 9AM - 6PM	
				我们来玩桌上足球吧 3PM - 4PM	

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MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
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 @ BLK 52 10AM - 10:45AM	
Circular Sustainability Workshop Horticulture (Paint w Plant-Based inks) 11AM - 12:30PM	Let's Do Acrylic Arts 10.30AM - 12.30PM	Let's Gen Together with Bt Merah Sec School 12:45PM - 2PM	Let's Talk News 10:30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Let's Joget 2PM - 3PM	Let's KTV Together 12.30PM - 3.30PM	My First School 3PM - 4PM	Let's Steel Combat 1:00PM - 2:00PM	Let's Talk About Road Safety East Coast (NTUC Health AAC - Redhill & Lengkok Bahru) 9:30AM - 11:30AM	
Strategies with Kakis (Rummy O) 3PM - 5PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM		Kampung Karaoke 2PM-4PM	Let's Pick Up Conversational English 2PM - 3PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Gen Together (NUS) (CC) 2PM - 5PM	Let's Table Soccer 3PM - 4PM	
			Strategies with Kakis (Rummy O) 4PM - 5.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
				Community Health Post (By Appointment) 9AM - 6PM	

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19	20	21	22	23	24
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 BLK 52 10AM - 10:45AM	
一起涂色吧(英文) 2PM - 3PM	来画丙烯画吧 10.30AM - 12.30PM	红山中学交流 12:45PM - 2PM	我们来聊聊新闻吧 10:30AM - 11:30AM	F4 - 一起用餐 11AM - 12PM	
园艺(闭环循环) 9AM - 12:30PM	一起卡拉OK吧 12.30PM - 3.30PM	我的第一所学校 3PM - 4PM	钢铁拳击 1:00PM - 2:00PM	LB & RH 东海岸道路安全 9:30AM - 11:30AM	
马来舞 (Let's Joget) 2PM-3PM	拉米奥 3.30PM - 5PM		拉米奥 2PM - 5PM	一起学英文 2PM - 3PM	
拉米奥 3PM - 5PM			代际交流 (NUS) (麟记 民众俱乐部) 2PM - 5PM	拉米奥 2PM - 5PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM		业务会议 3PM-6PM	马来卡拉OK (2PM-5PM)	社区医疗护士 (需预约) 9AM - 6PM	
				我们来玩桌上足球吧 3PM - 4PM	

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM	TCM Cancelled 9AM - 11:30AM	F4 - Let's Exercise - SportsSG BLK52 10AM - 10:45AM	
Circular Sustainability Workshop Horticulture (Make Chutneyw Tropical Fruit) 11AM - 12:30PM	Let's Do Acrylic Arts 10.30AM - 12.30PM	Let's Talk About DSL Digital Workshop (Online and Digital Banking) 10:30AM - 11:30AM	Haircut Services @ BLK 59 9AM - 11AM	F4 - Communal Dining 11AM - 12PM	
Let's Joget 2PM - 3PM	Let's KTV Together 12.30PM - 3.30PM	Center Close for Design Thinking Workshop	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 3PM - 5PM	Strategies with Kakis (Rummy O) 3.30PM - 5PM		Let's Steel Combat 1:00PM - 2:00PM	Let's Table Soccer 3PM - 4PM	
Leave Well Series - Legacy Planning Workshop - Advanced Care Planning			Kampung Karaoke 2PM-4PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM			Let's Gen Together (NUS) (CC) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Strategies with Kakis (Rummy O) 4PM - 5.30PM		

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MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31
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 (取消) 9AM - 11:30AM	F4 一起运动 - SportsSG BLK 52 10AM - 10:45AM	
园艺(闭环循环) 11AM - 12:30PM	来画丙烯画吧 10.30AM - 12.30PM	DSL数字研讨会 1PM - 2.30PM	理发服务 (BLK 59) 9AM - 11AM	F4 - 一起用餐 11AM - 12PM	
马来舞 (Let's Joget) 2PM-3PM	一起卡拉OK吧 12.30PM - 3.30PM	设计思维工作 坊结营 (中心关闭)	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
世界阿尔茨海默病日	拉米奥 3.30PM - 5PM		钢铁拳击 1:00PM - 2:00PM	我们来玩桌上足球吧 3PM - 4PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM			拉米奥 1PM - 5PM	拉米奥 2PM - 5PM	
拉米奥 3PM - 5PM			马来卡拉OK (2PM-5PM)	社区医疗护士 (需预约) 9AM - 6PM	

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