

2025 October

 **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	2	3	4
		Let's Chair Zumba 9:30AM - 10:30AM	Wellness - Traditional Chinese Medicine Session 9AM - 11:30AM	Let's Exercise - SportsSG 10AM - 10:45AM	
		AAC Day (Temasek Polytechnic) 9AM-2PM			
		Mid-Autumn Festival Celebration (Blk 57) 3PM - 4:30PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM	
		Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Gen Together - Singapore Polytechnic 2:45PM - 3:45PM	Let's Play Chinese Chess (Male Exclusive) 3PM- 4PM	
		Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
				Strategies with Kakis (Rummy O) (Blk59) 2PM - 5PM	
6	7	8	9	10	11
Let's Chair Yoga (IL) - 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	
	Current affair U&Me 10:30AM - 11:30AM		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 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Pick Up Conversational English 2PM- 3PM	
Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 57) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Exergame Nintendo Switch (Blk 59) 2PM - 5PM	Let's Play Chinese Chess (Male Exclusive) 3PM- 4PM	
				Community Health Post (By Appointment) 9AM - 6PM	
				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	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Chair Yoga (IL) - By Amanda 10AM - 11AM (Cancelled)	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 Let's Makan Together F4 (Blk 57) 11AM - 12PM	Health Screening @ Tiong Bahru CC 9AM - 1PM (Seniors Only) Organized by Community Centre
Let's Gen Together - EJC (Blk 57) 2PM - 4PM	Let's Karaoke (Blk 59) 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	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess (Male Exclusive) 3PM- 4PM	
Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM			Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	
20	21	22	23	24	25
PUBLIC HOLIDAY DEEPAVALI	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	
	Let's Karaoke (Blk 57) 2PM - 5PM Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	IMDA Digital Talk "Transact Online: Learn" 1PM - 2:30PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM Let's Play Chinese Chess (Male Exclusive) 3PM- 4PM	
		Let's Makan Together (Deepavali) 3PM - 4PM	Wellness - Happy Health Huemanes 3PM - 4:30PM	Community Health Post (By Appointment) 9AM - 6PM	
		Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Let's Go Gai Gai (Gardens by the bay) 2PM-5PM (RSVP Only) Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Chair Yoga (IL) - 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		Let's Adaptive Sports 3PM - 4PM	SNP Haircut 9AM - 11AM	Let's Makan Together F4 (Blk57) 11AM-12PM	
Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Karaoke (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Steel Combat 1:30PM - 2:30PM	Let's Pick Up Conversational English 2PM- 3PM	
Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Rummy O (Blk 59) 2PM - 5PM	Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	Let's Play Chinese Chess (Male Exclusive) 3PM- 4PM	
			Exergame (Nintendo Switch) (Blk 59) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
				Strategies with Kakis (Rummy O) (Blk 59) 2PM - 5PM	

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