

2026 September

 **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	5
	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 Go Gai Gai Sea Ragatha Dragon Boat 7:45am-1.30pm
	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Go Gai Gai City Sprout Microgreen (Visa) 2PM - 3:30PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
	Let's Go Gai Gai - AAC in 90 days - Passport Launch on 2 Sep 9AM - 6PM		Let's Steel Combat 1:30PM - 2:30PM	Let's Table Soccer 3PM - 4PM	
			Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
			Community Health Post (By Appointment) 9AM - 6PM	Community Health Post (By Appointment) 9AM - 6PM	
			Let's Gen Together (NUS) 2PM - 5PM		
			Strategic Games (Chess) 2PM - 5PM		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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	出发吧！ Sea Ragatha Dragon Boat 7:45am-1.30pm
	一起卡拉OK吧 2PM - 5PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
	拉米奥 2PM - 5PM	出发吧！ City Sprout Microgreen (Visa) 2PM - 3:30PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
	Cashew 出发吧！ 90 天 AAC 护照 发动 1 Sept- 9AM - 6PM		钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
			拉米奥 2PM - 5PM	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	
			代际交流 (NUS) 2pm - 5PM		

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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	
Happy Healthy Huemans (Eng language) PM - 3PM	Let's KTV Together 2PM - 5PM	Let's Gen Together with Hua Chong Institution (Chinese Dance) 10:30AM - 12:30PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM			Let's Steel Combat 1:30PM - 2:30PM	Let's Table Soccer 3PM - 4PM	
Let's Gen Together with SP (Hockey) 2PM - 5PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Circular Sustainability Workshop (Food waster composing) 11AM - 12:30PM			Let's Gen Together (NUS) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
Let's Dragon Boat @ Kallang Basin 9AM - 11AM			Kampong Karaoke 2PM - 5PM	Let's Gen Together with Alexandra Primary School 2PM - 5PM	

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7	8	9	10	11	12
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	
一起涂色吧(英文) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	拉米奥 2PM - 5PM		我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
园艺(闭环循环) 11AM - 12:30PM			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
一起划龙舟(Kallang Basin) 9AM - 11AM			代际交流 (NUS) 2pm - 5PM	社区医疗护士 (需预约) 9AM - 6PM	
				Alexandra 小学 2PM - 5PM	

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14	15	16	17	18	19
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	AAC Team Building Day 9AM - 6PM	
Happy Healthy Huemans (Eng language) 2PM - 3PM		Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Do Acrylic Arts 9.30AM - 11:30AM		
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's KTV Together 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM		
Strategies with Kakis (Rummy O) 2PM - 5PM	Functional Screening SGH BLK 57 (Special Project) 9AM - 5PM	My First School 3PM - 4PM	Let's Steel Combat 1:30PM - 2:30PM		
Circular Sustainability Workshop (Make Fruit Vinegar) 11AM - 12:30PM			Strategies with Kakis (Rummy O) 2PM - 5PM		
Let's Dragonboat @ Kallang Basin 9AM - 11AM			Let's Gen Together (NUS) 2PM - 5PM		
			Kampong Karaoke 2PM - 5PM		

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14	15	16	17	18	19
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	
一起涂色吧(英文) 2PM - 3PM		拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	拉米奥 2PM - 5PM	一起卡拉OK吧 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM	PSS 特别项目 10:30AM - 5PM		钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
园艺(闭环循环) 11AM - 12:30PM			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
一起划龙舟(Kallang Basin) 9AM - 11AM			代际交流 (NUS) 2pm - 5PM	社区医疗护士 (需预约) 9AM - 6PM	
				AAC 团队建设日 9AM - 6PM	

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21	22	23	24	25	26
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 Gai Gai - RN Charity Lunch Mount Faber SAFRA 10:45AM - 2:30PM
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Let's Talk About DSL Digital Workshop (Singpass) 1PM - 2:30PM	Let's Do Acrylic Arts 9.30AM - 11:30AM	F4 - Communal Dining 11AM - 12PM	
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	Let's Talk News 10:30AM - 11:30AM	Let's Pick Up Conversational English 2PM - 3PM	
Strategies with Kakis (Rummy O) 2PM - 5PM		Let's Gen Together with Alora Preschool 10:45AM - 11:45AM	Let's Steel Combat 1:30PM - 2:30PM	Let's Table Soccer 3PM - 4PM	
Circular Sustainability Workshop (Learning Journey sustainable practices) 9AM - 12:30PM			Strategies with Kakis (Rummy O) 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM	
Let's Dragon Boat @ Kallang Basin 9AM - 11AM			Let's Gen Together (NUS) 2PM - 5PM	Community Health Post (By Appointment) 9AM - 6PM	
			Let's KTV Together 2PM - 5PM	Let's Talk About Dengue Prevention Sharing by NEA 3:30PM - 4:30PM	

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21	22	23	24	25	26
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	出发吧！花芭山 SAFRA(战备军人协会)居民委员会慈善 午餐 10:45AM - 2:30PM
一起涂色吧(英文) 2PM - 3PM	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	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
园艺(闭环循环) 9AM - 12:30PM			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
一起划龙舟(Kallang Basin) 9AM - 11AM			代际交流 (NUS) 2pm - 5PM	社区医疗护士 (需预约) 9AM - 6PM	
				登革热预防知识分享 (NEA) 3:30PM - 4:30PM	

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28	29	30			
Let's Chair Yoga - By Amanda 10AM - 11AM	Let's Aerobics 9:30AM - 10:30AM	Let's Chair Zumba 9:30AM - 10:30AM			
Happy Healthy Huemans (Eng language) 2PM - 3PM	Let's KTV Together 2PM - 5PM	Strategies with Kakis (Rummy O) 2PM - 5PM			
Exergame (Nintendo Switch) Drums-Lion Dance Drums 3PM - 4.30PM	Strategies with Kakis (Rummy O) 2PM - 5PM				
Strategies with Kakis (Rummy O) 2PM - 5PM					
Circular Sustainability Workshop (Growing Herbs) 11AM - 12:30PM					
Let's Dragon Boat @ Kallang Basin 9AM - 11AM					

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28	29	30			
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	
一起涂色吧(英文) 2PM - 3PM	一起卡拉OK吧 2PM - 5PM	拉米奥 2PM - 5PM	来画丙烯画吧 9.30AM - 11.30AM	F4 - 一起用餐 11AM - 12PM	
打鼓电子游戏(Nintendo Switch) 鼓-舞狮鼓 3PM - 4.30PM	拉米奥 2PM - 5PM		我们来聊聊新闻吧 10:30AM - 11:30AM	一起学英文 2PM - 3PM	
拉米奥 2PM - 5PM			钢铁拳击 1:30PM - 2:30PM	我们来玩桌上足球吧 3PM - 4PM	
园艺(闭环循环) 11AM - 12:30PM			拉米奥 2PM - 5PM	拉米奥 2PM - 5PM	
一起划龙舟(Kallang Basin) 9AM - 11AM				社区医疗护士 (需预约) 9AM - 6PM	

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