




# 2026 April

 **Centre Name:** AAC (Woodlands East)  
 **Centre Address:** Blk 691C Woodlands Drive 73 #01-43 S733691  
 **Centre Contact:** 6715 6755 / 6715 6754



MON

TUE

WED

THU

FRI




SAT

		1	2	3	4
		Let's Chair Zumba 9:00am - 10:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Good Friday (Center Closed)	
		Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Gen Together - NTU Volunteer 2:00pm - 5.00pm		
		Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		
		Let's Do Recycle Art 2:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		
		Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm			
		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm			

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Riang Ria Beraya Sekampung 12:00pm - 1.00pm	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	Let's CALM Maintenance Programme 6/12 (Muscle & Mind) 9:30am - 10:30am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	"Let's Makan Together* 12:00pm - 1:00pm"	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Walking Football (Woodlands Sports Center) 10:00am - 11.30am	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4.00pm	
Let's Talk News 11:00am - 12:00pm	Let's Jam with Ukulele 1/4 (Introductory Class) 11:00am - 12:30pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Gen Together - Tertiary (Singapore Polytechnics - SP Cares) <b>Group 2</b> 10:00am - 11.30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	Let's CALM Maintenance Programme 7/12 (Muscle & Mind) 9:30am - 10:30am	Let's Gen Together - Tertiary (Singapore Polytechnics - SP Cares) <b>Group 1</b> 10:00am - 11.30am	Let's Fun with Tech/ Exergame (Happy Feet) 2:00pm - 4.00pm	Let's Gen Together - Tertiary (Singapore Polytechnics - SP Cares) <b>Group 3</b> 10:00am - 11.30am	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Jam with Ukulele 2/4 (Introductory Class) 11:00am - 12:30pm	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Clay Art 2:00pm - 4.00pm	
Haircut Services for Seniors @ Block 693E Registration Required 10:30am - 12:30pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		IMDA Digital Club 2:30pm - 4:00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Let's Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Go Gai Gai (Bollywood Farm) 9:00am - 11:00am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	Let's CALM Maintenance Programme 8/12 (Muscle & Mind) 9:30am - 10:30am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Fun with Tech/ Exergame (Happy Feet) 2:00pm - 4:00pm	Let's Go Gai Gai (Tea with DBS at National Gallery) 1:00pm - 5:00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Walking Football (Woodlands Sports Center) 10:00am - 11:30am	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm	
Let's Talk News 11:00am - 12:00pm	Let's Jam with Ukulele 3/4 (Introductory Class) 11:00am - 12:30pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				
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MON

TUE

WED

THU

FRI



SAT

27	28	29	30	
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Play TatSim PVP at HomeTeam NS (Khatib)* 2:00pm - 4.00pm	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	Let's CALM Maintenance Programme 9/12 (Muscle & Mind) 9:30am - 10:30am	Let's Jam with Ukulele (Jamming) * 10:00am - 11:30am	Let's Archery at City Sprout Bedok 10:00am - 12.00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Jam with Ukulele 4/4 (Introductory Class) 11:00am - 12:30pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Fun with Tech/ Exergame (Happy Feet) 2:00pm - 4.00pm	
Centre Closed (PM) for Staff Training 1:00pm - 6:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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NTUC Health

MON

TUE

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THU

FRI


SAT

		1	2	3	4
		一起跳椅子尊巴 9:00am - 10:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	耶稣受难日  中心休假	
		一起普拉提轻度训练 (Woodlands Sport Pavillion) 10:00am - 11:00am	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm		
		一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	代际交流 - 大学 (南洋理工大学) 2:00pm - 5:00pm		
		一起做再循环工艺 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		
		一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		
		一起水培法 4:00pm - 5:00pm			

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6	7	8	9	10	11
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 9:00am - 10:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟运动 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来草地滚球** 9:30am - 11:30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起来 Riang Ria (马来族专属) 开斋节庆祝会 12:00am - 2:00pm	一起来草地滚球(男女) 9:30am - 11:30am	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 6/12 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起来 makan* 12:00pm - 1:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起来踢球 (兀兰体育中心) 10:00am - 11.30am	一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	一起钩针编织 2:00pm - 4:00pm	
一起聊新闻 11:00am - 12.00pm	一起玩尤克里里琴 1/4 (体验课) 11:00am - 12:30pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm				
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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 9:00am - 10:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟运动 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来草地滚球** 9:30am - 11:30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	代际交流 - 大专 (2) (新加坡理工学院) 10:00am - 11:30am	一起来草地滚球(男女) 9:30am - 11:30am	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 7/12 9.30am - 10.30am	代际交流 - 大专 (1) (新加坡理工学院) 10:00am - 11:30am	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm	代际交流 - 大专 (3) (新加坡理工学院) 10:00am - 11:30am	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起玩尤克里里琴 2/4 (体验课) 11:00am - 12:30pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	IMDA 数码技能咨询服务 2:30pm - 4:00pm	
一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
		一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	

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服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 9:00am - 10:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟运动 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来草地滚球** 9:30am - 11:30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起去Gai Gai (宝莱坞农场) 9:00am - 11:00am	一起来草地滚球(男女) 9:30am - 11:30am	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 8/12 9.30am - 10.30am	一起玩尤克里里琴 (即兴演奏班) 10:00am - 11:30am	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm	一起去Gai Gai with DBS (国家美术馆) 9:00am - 11:00am	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起来踢球 (兀兰体育中心) 10:00am - 11.30am	一起做再循环工艺 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起钩针编织 2:00pm - 4:00pm	
一起聊新闻 11:00am - 12.00pm	一起玩尤克里里琴 3/4 (体验课) 11:00am - 12:30pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm				
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27	28	29	30		
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 9:00am - 10:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am		
一起黄金尊巴舞 9:30am - 10:30am	一起来草地滚球** 9:30am - 11:30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起来玩战术模拟游戏 @ HomeTeam NS (Khatib)* 2:00pm - 4:00pm		
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 9/12 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起来玩射箭 @ City Sprout Bedok 10:00am - 12:00pm		
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起玩尤克里里琴 4/4 (体验课) 11:00am - 12:30pm	一起做再循环工艺 2:00pm - 4:00pm	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm		
员工培训 下午中心休业 1:00pm - 6:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		
	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		

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