

2026 August

 **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
3	4	5	6	7	8
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's SwimSeniors 11/12 (Canberra Swimming Complex) 10:00am - 10.45am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Yoga 9:30am - 10:30am	Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Jam with Glockenspiel 4/6 10:30am - 12:00pm	Let's Ukulele 10:30am - 12:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Talk News 11:00am - 12:00pm	Let's Do Paper Quilling 2:00pm - 4.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Do Clay Art 2:00pm - 4.00pm	
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 2:00pm - 3.00pm	Let's Gen Together - PCF Sparkle Tots (Woodlands East) 3:00pm - 4:00pm	Let's Celebrate National Day 12:00pm - 2.00pm	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 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	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
10	11	12	13	14	15
National Day Off in Lieu Holiday Center Close	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
	Let's SwimSeniors 12/12 (Canberra Swimming Complex) 10:00am - 10.45am	Let's Go Gai Gai (Yakult Factory) 10:00am - 11:30am	Community Fall to Fit - 1/8 9:30am - 11:30am	Let's Gold Aerobic 9:00am - 10:00am	
	Let's Jam with Glockenspiel 5/6 10:30am - 12:00pm	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 10:15am - 11:15am	
	Happy Programme 2:00pm - 3:00pm	Let's Jam with Ukulele 10:30am - 12:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Crochet 2:00pm - 4:00pm	
	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Chair Yoga 10:45am - 11:30am	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	Quaterly AAC Townhall (Center Close from 12pm)	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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17	18	19	20	21	22
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Walking Football 9/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Community Fall to Fit - 2/8 9:30am - 11:30am	Let's Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Talk About "CPF Support Schemes (MRSS & MMSS) + Anti-scam (By CPF) (Mandarin) 10:00am - 12:30pm	Let's Jam with Ukulele 10:30am - 12:00pm	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's KTV Together* 2:00pm - 5:00pm	Let's Jam with Glockenspiel 6/6 10:30am - 12:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's do Gymnastic* 10:00am - 12:00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Gen Together - PCF Sparkle Tots (678B) 3:00pm - 4:00pm	Let's Chair Yoga 10:45am - 11:30am	IMDA Digital Club 2:30pm - 4:00pm	
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Happy Programme 2:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Gel Blaster 2:00pm - 3:00pm	Let's Do Clay Art 2:00pm - 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 Gel Blaster 3:00pm - 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 - 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

24	25	26	27	28	29
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl** 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Community Fall to Fit - 3/8 9:30am - 11:30am	Let's Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Riang Ria Sekampung* 10:00am - 11:00am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 1:00pm - 2.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Makan Together* 12:00pm - 1:00pm"	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Gen Together - PCF Sparkle Tots (678B) 3:00pm - 4:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Do Crochet 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	Let's Intergen Togetheer - Primary (Riverside Primary School) 2:30pm - 3:30pm	Let's Archery at City Sprout Bedok 10:00am - 12.00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
		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 - 4.00pm	
		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

WED

THU

FRI

SAT

31

Community Health Post
(by appointment only)
9:00am - 5:00pm

Let's Zumba Gold
9:30am - 10:30am

Let's Lim Kopi (Male Exclusive)*
(Kaki Stretching Exercise*)
10:00am - 11:00am

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

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MON	TUE	WED	THU	FRI	SAT
					1
3	4	5	6	7	8
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球** 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球 (男女) 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	乐龄游泳 11/12 (Canberra 游泳中心) 10:00am - 10:45am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起做瑜伽 9:30am - 10:30am	一起跟做运动 (站式) 10:15am - 11.15am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:00am	一起玩铁琴 4/6 10:30am - 12:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
一起聊新闻 11:00am - 12.00pm	一起做衍纸 2:00pm - 4:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起做粘土艺术 2:00pm - 4:00pm	
一起来K歌 2:00pm - 5:00pm	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	代际交流 PCF Sparkle Tots 幼儿园 (Woodlands East) 3:00pm - 4:00pm	一起庆祝国庆日 12:00pm - 2:00pm	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	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

10	11	12	13	14	15
国庆日 补休 中心关闭	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9:30am	一起来草地滚球 (男女) 9:30am - 11:30am	
	乐龄游泳 12/12 (Canberra 游泳中心) 10:00am - 10:45am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	Fall to Fit 运动 1/8 9:30am - 11:30am	一起跟做运动 (站式) 10:15am - 11:15am	
	一起玩铁琴 5/6 10:30am - 12:00pm	一起去 Gai Gai (养乐多工厂) 10:00am - 11:30am	一起做瑜伽 9:30am - 10:30am	一起跟做运动 (坐式) 10:15am - 11:15am	
	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起玩尤克里里琴 10:30am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起钩针编织 2:00pm - 4:00pm	
	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	一起做坐式瑜伽 10:45am - 11:30am	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	中心中午12点起关闭 员工培训	一起水培法 4:00pm - 5:00pm	
		一起水培法 4:00pm - 5:00pm			

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17	18	19	20	21	22
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9:30am	一起来草地滚球 (男女) 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来踢球 9/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起做 Fall to Fit 运动 2/8 9:30am - 11:30am	一起跟做运动 (站式) 10:15am - 11:15am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	公积金讲座 (华语) 公积金援助计划, 防范诈骗 10:00am - 12:30pm	一起玩尤克里里琴 10:30am - 12:00pm	一起做瑜伽 9:30am - 10:30am	一起跟做运动 (坐式) 10:15am - 11:15am	
一起来K歌 2:00pm - 5:00pm	一起玩铁琴 6/6 10:30am - 12:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起做体操* 10:00am - 12:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做衍纸 2:00pm - 4:00pm	代际交流 PCF Sparkle Tots 幼儿园 (678B) 3:00pm - 4:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起做粘土艺术 2:00pm - 4:00pm	
一起水培法 4:00pm - 5:00pm	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩凝胶弹枪 (1) 2:00pm - 3:00pm	IMDA 数码技能咨询服务 2:30pm - 4:00pm	
	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	一起玩凝胶弹枪 (2) 3:00pm - 4:00pm	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	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9:30am	一起来草地滚球 (男女) 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	一起维修轮椅工作坊 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	一起做 Fall to Fit 运动 3/8 9:30am - 11:30am	一起跟做运动 (站式) 10:15am - 11:15am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	一起来 Riang Ria (马来族专属) 10:00am - 11:00am	一起玩尤克里里琴 10:30am - 12:00pm	一起做瑜伽 9:30am - 10:30am	一起跟做运动 (坐式) 10:15am - 11:15am	
一起聊新闻 11:00am - 12:30pm	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起来 makan* 12:00pm - 1:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	代际交流 - 小学 (立德小学) 2:30pm - 4:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起钩针编织 2:00pm - 4:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	代际交流 PCF Sparkle Tots 幼儿园 (678B) 3:00pm - 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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31						
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm						
一起黄金尊巴舞 9:30am - 10:30am						
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am						
一起聊新闻 11:00am - 12.30pm						
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						

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