

# 2026 February

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



ntuc Health

MON TUE WED THU FRI SAT

2

CHP Services (by appointment only)  
9:00am - 5:00pm

Let's Glockenspiel  
9:00am - 10:30am

4

Let's Chair Zumba  
9:00am - 10:00am

5

Let's Dance through the Eras (15/20)\*\*  
9:30am - 10:30am

6

Let's Exercise with Razak (Seated)  
Exclusively for Selected Seniors  
9:30am - 10:30am

7

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

Stay Well Series - Nutrition Talk Grp 3  
(4/4)  
(Republic Polytechnics)  
9:30am - 12:00pm

Let's Do Clay Art  
2:00pm - 4.00pm

Let's Kopi Kaki Stretching Exercise\*  
9:30am - 10:00am

Stay Well Series - Nutrition Talk Grp 1  
(4/4)  
(Republic Polytechnics)  
9:30am - 12:00pm

Stay Well Series - Nutrition Talk Grp 2  
(4/4)  
(Republic Polytechnics)  
9:30am - 12:00pm

Let's Steel Tonic (Lite)  
(Kampung Admiralty Event Plaza)  
10:00am - 11:00am

Let's Strategise with Kakis (Rummy-O)  
2:00pm - 4.00pm

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

CALM Instructor Led - 7/7  
9:30am - 10:30am

Let's Ukulele  
(Advanced Techniques)  
10:30am - 12:00pm

CALM - AAC Led - 7/7  
2:00pm - 3:00pm

Let's Stay Green Together  
(Gardening/ Hydroponics)  
4:00pm - 5:00pm

Let's Talk News  
11:00am - 12:00pm

Let's Strategise with Kakis (Rummy-O)  
2:00pm - 5.00pm

Let's Do Recycle Art  
2:00pm - 4:00pm

Let's Learn to play Rummy-O  
(Beginner Session)  
2:00pm - 4.00pm

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

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
9 CHP Services (by appointment only) 9:00am - 5:00pm	10 Let's Glockenspiel 9:00am - 10:30am	11 Let's Chair Zumba 9:00am - 10:00am	12 Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	13	14
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 Riang Ria Sekampung 11:00am - 12:00pm	Let's Exercise with Razak (Seated) Exclusively for Selected Seniors 9:30am - 10:30am	
Let's Kopi Kaki Stretching Exercise* 9:30am - 10:00am	Combat Age-related Loss of Muscle (CALM) (Post Assesment) Active Health Lab Bukit Canberra 9:30am - 11.30am	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Do Crochet 2:00pm - 4.00pm		
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Learn to play Rummy-O (Beginner Session) 2:00pm - 4.00pm		
Let's Gen Together - Secondary 10:30am - 11:30am	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	Quarterly TownHall Center Close from 12pm	
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					
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm					

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16	17	18	19	20	21
CHP Services (by appointment only) 9:00am - 5:00pm			Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Chinese New Year (Center Close)	Chinese New Year (Center Close)	Let's Learn to play Rummy-O (Beginner Session) 2:00pm - 4:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Chinese New Year Eve Center Close From 1 pm			Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Digital - IMDA Go-Digital Session 2:30pm - 4:00pm	
23	24	25	26	27	28
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (16/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	CALM Maintenance Programme 1/12 (Muscle & Mind) 9:30am - 10:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Haircut Services (Selected Seniors Only) 10:30am - 12:30pm	
Let's Kopi Kaki Stretching Exercise* 9:30am - 10:00am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Ukulele (Jamming) * 10:00am - 11:30am	"Let's Makan Together* 12:00pm - 1:00pm"	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Wheelchair Servicing Workshop 9:30am - 11:30am	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4:30pm	
Let's KTV Together* 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 Learn to play Rummy-O (Beginner Session) 2:00pm - 4:00pm	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	
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MON	TUE	WED	THU	FRI	SAT
2 服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	3 一起玩钟琴 9:00am - 10:30am	4 一起跳椅子尊巴 9:00am - 10:00am	5 舞蹈工作坊 17/20 9:30am - 10:30am	6 一起跟 Razak 运动 9:30am - 10:30am	7
一起黄金尊巴舞 9:30am - 10:30am	一起来草地滚球** 9:30am - 11:30am	健康生活系列 营养讲座第二组 (4/4) 9:30am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起做粘土艺术 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	健康生活系列 营养讲座第一组 (4/4) 9:30am - 12:00pm	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	年龄相关性肌肉流失 (CALM) 运动 (中心练习) 7/7 2:00am - 3.00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	年龄相关性肌肉流失 (CALM) 运动 (教练) 7/7 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 (初级班) Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	
一起聊新闻 11:00am - 12.00pm	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		
一起来K歌 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			
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		一起水培法 4:00pm - 5:00pm			
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9	10	11	12	13	14
<b>服务 - 健康检查 (护士和健康教练) 预约</b> 9:00am - 5:00pm	<b>一起玩钟琴</b> 9:00am - 10:30am	<b>一起跳椅子尊巴</b> 9:00am - 10:00am	<b>舞蹈工作坊 18/20</b> 9:30am - 10:30am	<b>一起跟 Razak 运动</b> 9:30am - 10.30am	
<b>一起黄金尊巴舞</b> 9:30am - 10:30am	<b>一起来草地滚球**</b> 9:30am - 11:30am	<b>一起普拉提 轻度训练 (海军部一楼活动广场)</b> 10:00am - 11:00am	<b>一起做 Steel Tonic Lite (海军部一楼活动广场)</b> 10:00am - 11:00am	<b>一起来 makan*</b> 12:00pm - 1:00pm	
<b>咖啡kaki 一起拉筋运动*</b> 9:30am - 10:00am	<b>年龄相关性肌肉流失 (CALM) (运动后评估)</b> Active Health Lab Bukit Canberra 9.30am - 11.30am	<b>一起玩尤克里里琴 (技巧)</b> 11:30am - 1:00pm	<b>一起钩针编织</b> 2:00pm - 4:00pm	<b>一起玩游戏时间 Rummy-O</b> 2:00pm - 5:00pm	
<b>一起喝咖啡* (只限男性)</b> 10:00am - 11:00am	<b>一起来游戏时间 Rummy-O</b> 2:00pm - 5:00pm	<b>一起做再循环工艺</b> 2:00pm - 4:00pm	<b>一起学习如何玩 Rummy-O 游戏 (初学者)</b> 2:00pm - 4:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	
<b>一起来K歌</b> 2:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	<b>一起来游戏时间 Rummy-O</b> 2:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm		
<b>一起来游戏时间 Rummy-O</b> 2:00pm - 5:00pm		<b>一起水培法</b> 4:00pm - 5:00pm		<b>员工培训 中心休业</b>	
<b>一起来水培法</b> 4:00pm - 5:00pm					

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<b>服务 - 健康检查</b> <b>(护士和健康教练) 预约</b> 9:00am - 5:00pm			<b>舞蹈工作坊 19/20</b> 9:30am - 10:30am	<b>一起跟 Razak 运动</b> 9:30am - 10:30am	
<b>一起黄金尊巴舞</b> 9:30am - 10:30am	<b>农历新年 中心休假</b>	<b>农历新年 中心休业</b>	<b>一起做 Steel Tonic Lite</b> <b>(海军部一楼活动广场)</b> 10:00am - 11:00am	<b>一起做粘土艺术</b> 2:00pm - 4:00pm	
<b>新年除夕</b>  <b>中心下午一点 休业</b>			<b>一起学习如何玩 Rummy-O 游戏</b> <b>(初学者)</b> 2:00pm - 4:00pm	<b>一起玩游戏时间</b> Rummy-O 2:00pm - 5:00pm	
<b>服务 - 健康检查</b> <b>(护士和健康教练) 预约</b> 9:00am - 5:00pm	<b>一起玩钟琴</b> 9:00am - 10:30am	<b>一起跳椅子尊巴</b> 9:00am - 10:00am	<b>舞蹈工作坊 16/20</b> 9:30am - 10:30am	<b>一起跟 Razak 运动</b> 9:30am - 10:30am	
<b>一起黄金尊巴舞</b> 9:30am - 10:30am	<b>CALM 身心保养计划 1/12</b> 9.30am - 10.30am	<b>一起普拉提轻度训练</b> <b>(海军部一楼活动广场)</b> 10:00am - 11:00am	<b>一起做 Steel Tonic Lite</b> <b>(海军部一楼活动广场)</b> 10:00am - 11:00am	<b>免费理发</b> <b>仅限选定乐龄 (693C)</b> 10:30am - 12.30pm	
<b>咖啡kaki 一起拉筋运动*</b> 9:30am - 10:00am	<b>一起来草地滚球**</b> 9:30am - 11:30am	<b>一起玩尤克里里琴 (技巧)</b> 11:30am - 1:00pm	<b>一起玩尤克里里琴 (即兴演奏班)</b> 10:00am - 11:30am	<b>一起来 makan*</b> 12:00pm - 1:00pm	
<b>一起喝咖啡*</b> <b>(只限男性)</b> 10:00am - 11:00am	<b>一起维修轮椅工作坊</b> 9:30am - 11:30am	<b>一起做再循环工艺</b> 2:00pm - 4:00pm	<b>一起钩针编织</b> 2:00pm - 4:00pm	<b>一起打保龄球</b> <b>(胡姬乡村俱乐部)</b> 2:30pm - 4:30pm	
<b>一起来K歌</b> 2:00pm - 5:00pm	<b>一起玩游戏时间</b> Rummy-O 2:00pm - 5:00pm	<b>一起玩游戏时间</b> Rummy-O 2:00pm - 5:00pm	<b>一起学习如何玩 Rummy-O 游戏</b> <b>(初学者)</b> 2:00pm - 4:00pm	<b>一起玩游戏时间</b> Rummy-O 2:00pm - 5:00pm	
<b>一起玩游戏时间</b> Rummy-O 2:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	<b>一起水培法</b> 4:00pm - 5:00pm	

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