

# 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	3	4	5	6	7
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 (15/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) Exclusively for Selected Seniors 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	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	10	11	12	13	14
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 Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Exercise with Razak (Seated) Exclusively for Selected Seniors 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 Riang Ria Sekampung 11:00am - 12:00pm		
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	Chinese New Year (Center Close)	Chinese New Year (Center Close)	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			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	
				Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
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	3	4	5	6	7
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	舞蹈工作坊 17/20 9:30am - 10:30am	一起跟Razak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	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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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	舞蹈工作坊 18/20 9:30am - 10:30am	一起跟Razak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	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	年龄相关性肌肉流失 (CALM) (运动后评估) Active Health Lab Bukit Canberra 9.30am - 11.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起钩针编织 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	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	一起学习如何玩 Rummy-O 游戏 (初学者) 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	一起水培法 4:00pm - 5:00pm	员工培训 中心休业	
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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16	17	18	19	20	21
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	农历新年 中心休假	农历新年 中心休业	舞蹈工作坊 19/20 9:30am - 10:30am	一起跟Razak运动 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am			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	
新年除夕			一起学习如何玩 Rummy-O 游戏 (初学者) 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
中心下午一点 休业			一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	
23	24	25	26	27	28
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	舞蹈工作坊 16/20 9:30am - 10:30am	一起跟Razak运动 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	CALM 身心保养计划 1/12 9.30am - 10.30am	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 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	免费理发 仅限选定乐龄 (693C) 10:30am - 12.30pm	
咖啡kaki 一起拉筋运动*	一起来草地滚球** 9:30am - 11:30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起玩尤克里里琴 (即兴演奏班) 10:00am - 11:30am	一起来 makan* 12:00pm - 1:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起维修轮椅工作坊 9:30am - 11:30am	一起做再循环工艺 2:00pm - 4:00pm	一起钩针编织 2:00pm - 4:00pm	一起打保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
一起来K歌 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起学习如何玩 Rummy-O 游戏 (初学者) 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	一起水培法 4:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm	

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