




2026 January

 **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
			Happy New Year 2026	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
				Let's Do Clay Art 2:00pm - 4:00pm	
				Let's Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
				Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
5	6	7	8	9	10
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel (Level 2) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (11/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Piloxing (Lite) 10:00am - 11:00am	Seniors Fitness Practicum #1 (Project with Temasek Polytechnic) 10:30am - 12:30pm	Let's Talk News (SPH) 11:00am - 12:00pm	
Let's Do Kopi Kaki Stretching Exercise* 9:30am - 10:00am	Let's CALM (Instructor Led) - 3/7 9:30am - 10:30am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's CALM (AAC Led) - 2/7 2:00pm - 3:00pm	"Let's Makan Together* 12:00pm - 1:00pm"	
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 Do Crochet 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 - 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 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
12	13	14	15	16	17
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel (Level 2) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (12/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Stay Well Series - Nutrition Talk Grp 2 (2/4) (Republic Polytechnics) 9:30am - 12:00pm	Stay Well Series - Nutrition Talk Grp 3 (2/4) (Republic Polytechnics) 9:30am - 12:00pm	Let's Riang Ria Sekampung 11:00am - 12:00pm	
Let's Do Kopi Kaki Stretching Exercise* 9:30am - 10:00am	Stay Well Series - Nutrition Talk Grp 1 (2/4) (Republic Polytechnics) 9:30am - 12:00pm	Let's Piloxing (Lite) 10:00am - 11:00am	Seniors Fitness Practicum #2 (Project with Temasek Polytechnic) 10:30am - 12:30pm	Let's Talk News (SPH) 12:00pm - 1:00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's CALM (Instructor Led) - 4/7 9:30am - 10:30am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's CALM (AAC Led) - 3/7 2:00pm - 3:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Do Paper Quilling (Teacher) 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Learn to play Rummy-O (Beginner Session) 2:00pm - 4:00pm	Digital - IMDA Go-Digital Session 2:30pm - 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 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
19	20	21	22	23	24
Community Healtj Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel (Level 2) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (13/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Lawn Bowl** 9:30am - 11:30am	Let's Learn Archery 10.30am -12.30pm	Stay Well Series - Nutrition Talk Grp 3 (3/4) (Republic Polytechnics) 9:30am - 12:00pm	"Let's Makan Together* 12:00pm - 1:00pm"	
Let's Do Kopi Kaki Stretching Exercise* 9:30am - 10:00am	Let’s CALM (Instructor Led) - 5/7 9:30am - 10:30am	Stay Well Series - Nutrition Talk Grp 2 (3/4) (Republic Polytechnics) 9:30am - 12:00pm	Seniors Fitness Practicum #3 (Project with Temasek Polytechnic) 10:30am - 12:30pm	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 Piloxing (Lite) 10:00am - 11:00am	Let’s CALM (AAC Led) - 4/7 2:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Learn to play Rummy-O (Beginner Session) 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 Do Recycle Art 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 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
26	27	28	29	30	31
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Jam with Glockenspiel (Level 2) 9:30am - 11:00am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (14/20)** 9:30am - 10:30am	Let's Exercise with Razak (Seated) 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let’s CALM (Instructor Led) - 6/7 9:30am - 10:30am	Let's Piloxing (Lite) 10:00am - 11:00am	Let's Ukulele (Jamming) * 10:00am - 11:30am	Let's Makan Together* 12:00pm - 1:00pm"	
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	Seniors Fitness Practicum - Assessment (Project with Temasek Polytechnic) 10:30am - 12:30pm	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Learn Archery 2:00pm - 4:00pm	Let’s CALM (AAC Led) - 5/7 2:00pm - 3:00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
Let's Play TactSim (Male Exclusive)* 1:00pm - 3:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	Let's Strategise with Kakis (Rummy-O) 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 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
			1	2	3
			新年快乐 2026	一起跟Razak运动 9:30am - 10.30am	
				一起做粘土艺术 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	
5	6	7	8	9	10
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 (二级班) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 11/20 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 10:00am - 11:00am	老年人健身实习 10:30am - 12:30pm	一起聊新闻 11:00am - 12:00pm	
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(教练)3/7 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	年龄相关性肌肉流失 (CALM) 运动 (中心练习) 2/7 2:00pm - 3:00pm	一起来makan* 12:00pm - 1:00pm	
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	一起玩游戏时间 初级班 Rummy-O 2:00pm - 5:00pm	一起钩针编织 2:00pm - 4:00pm	
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	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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12	13	14	15	16	17
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 (二级班) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 12/20 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 (2/4) 9:30am - 12:00pm	健康生活系列 营养讲座第三组 (2/4) 9:30am - 12:00pm	一起来 Riang Ria (马来族专属) 11:00am - 12:00pm	
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 (2/4) 9:30am - 12:00pm	一起普拉提轻度训练 10:00am - 11:00am	老年人健身实习 #2 10:30am - 12:30pm	一起聊新闻 12:00pm - 1.00pm	
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) 4/7 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	年龄相关性肌肉流失 (CALM) 运动 (中心练习) 3/7 2:00pm - 3:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起来K歌* 2:00pm - 5:00pm	一起做衍纸 (老师) 2:00pm - 4:00pm	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	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		一起水培法 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	一起玩钟琴 (二级班) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 13/20 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 (3/4) 9:30am - 12:00pm	健康生活系列 营养讲座第三组 (3/4) 9:30am - 12:00pm	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 (教练) 5/7 9.30am - 10.30am	一起普拉提 轻度训练 10:00am - 11:00am	老年人健身实习 #3 10:30am - 12:30pm	一起钩针编织 2:00pm - 4:00pm	
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	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	年龄相关性肌肉流失 (CALM) 运动 (中心练习) 4/7 2:00pm - 3.00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
一起来K歌* 2:00pm - 5:00pm	一起水培法 4:00pm - 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 (二级班) 9:30am - 11:00am	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 14/20 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	年龄相关性肌肉流失 (CALM) 运动(教练) 6/7 9.30am - 10.30am	一起普拉提轻度训练 10:00am - 11:00am	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	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	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	老年人健身实习 (测试后评估) 10:30am - 12:30pm	一起做粘土 艺术 2:00pm - 4:00pm	
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	一起学习射箭* 9:30am - 12:30pm	年龄相关性肌肉流失 (CALM) 运动 (中心练习) 5/7 2:00pm - 3:00pm	一起打保龄球* (胡姬乡村俱乐部) 2:30pm - 4:30pm	
一起来玩战术模拟游戏 (仅限男性)* 1:00pm - 3:00pm	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	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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