




2026 July

 **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

		1	2	3	4
		Let's Chair Zumba 9:00am - 10:00am	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 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	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
		Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Do Clay Art 2:00pm - 4:00pm	
		Let's Do Recycle Art 2:00pm - 4:00pm	Let's Adaptive Sports 2:00pm - 3:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
		Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	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		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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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 Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	SwimSeniors 7/12 (Canberra Swimming Complex) 10:00am - 10.45am	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	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Digital - Fab Lab Series - Laser Cutting Workshop (NTUC Health AACC Kampung Admiralty) 10:00am - 1:00pm	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Do Crochet 2:00pm - 4.00pm	
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	Riang Ria Sekampung* 10:00am - 11.00am	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 2:00pm - 3.00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Talk News 11:00am - 12.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Adaptive Sports 2:00pm - 3:00pm		
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		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
13	14	15	16	17	18
CHP Services (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 Yoga 9:30am - 10:30am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Walking Football 8/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	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	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Digital - Fab Lab Series - Digital Embroidery Workshop (NTUC Health AACC Kampung Admiralty) 10:00am - 1:00pm	SwimSeniors 8/12 (Canberra Swimming Complex) 10:00am - 10:45am	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Jam with Glockenspiel 1/6 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4:30pm	
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 2:00pm - 3:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Adaptive Sports 2:00pm - 3:00pm	IMDA Digital Club 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 Stay Green Together (Hydroponics Refresher Course) 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 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
20	21	22	23	24	25
CHP Services (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 Yoga 9:30am - 10:30am	Lawn Bowl Competition (Woodlands East) 9:00am - 5:00pm	
Let's Zumba Gold 9:30am - 10:30am	SwimSeniors 9/12 (Canberra Swimming Complex) 10:00am - 10.45am	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	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Fun-Wall Climb @ Adventure HQ (Home Team Khatib) 10:00am - 1.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's go Gai Gai LKH Crocodile Farm 10:00am - 12.00pm	Let's Appreciate Wine Together* 2:00pm - 4:00pm"	
Let's KTV Together* 2:00pm - 5:00pm	Let's Jam with Glockenspiel 2/6 10:30am - 12:00pm	Let's Gen Together (Woodgrove Ssecondary School) 2:30pm - 4:00pm	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Do Crochet 2:00pm - 4.00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Paper Quilling 2:00pm - 4.00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	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	Happy Programme 2:00pm - 3.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Adaptive Sports 2:00pm - 3:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's 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
27	28	29	30	31	
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl** 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Fall to Fit (Pre Assessment) 9:15am - 11:15am	Lawn Bowl Competition (Bishan) 9:30am - 5:00pm	
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	Let's Yoga 9:30am - 10:30am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Walking Football 8/13 (Woodlands Sport Pavilion) 10:00am - 11.30am	Let's Ukulele (Jamming) * 10:00am - 11:30am	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Makan Together* 12:00pm - 1:00pm"	
Let's KTV Together* 2:00pm - 5:00pm	SwimSeniors 10/12 (Canberra Swimming Complex) 10:00am - 10.45am	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Archery at City Sprout Bedok 10:00am - 12:00pm	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Jam with Glockenspiel 3/6 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Happy Programme 1:00pm - 2.00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Fall to Fit (Pre Assessment) 1:00pm - 3:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	
	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's 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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NTUC Health

MON

TUE

WED

THU

FRI




SAT

		1	2	3	4
		一起跳椅子尊巴 9:00am - 10:00am	一起做瑜伽 9:30am - 10:30am	一起做运动 (坐式) 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	一起来草地滚球 (男女) 9:30am - 11:30am	
		一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起做粘土艺术 2:00pm - 4:00pm	
		一起做再循环工艺 2:00pm - 4:00pm	一起做运动 2:00pm - 3:00pm	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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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	一起来草地滚球** 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做瑜伽 9:30am - 10:30am	一起做运动 (坐式) 10:15am - 11:15am	
一起黄金尊巴舞 9:30am - 10:30am	乐龄游泳 7/12 (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 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起来草地滚球 (男女) 9:30am - 11:30am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 10:30am	激光切割工作坊 (海军部乐龄活跃中心 6 楼) 10:00am - 1:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起钩针编织 2:00pm - 4:00pm	
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	一起来 Riang Ria (马来族专属) 10:00am - 11:00am	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	
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	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起聊新闻 11:00am - 12:00pm	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	一起做运动 2:00pm - 3:00pm		
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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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	一起来草地滚球* 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起做瑜伽 9:30am - 10:30am	一起做运动 (坐式) 10:15am - 11.15am	
一起黄金尊巴舞 9:30am - 10:30am	一起来踢球 8/13 (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 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起来草地滚球 (男女) 9:30am - 11:30am	
数码刺绣工作坊 (海军部乐龄活跃中心 6 楼) 10:00am - 1:00pm	乐龄游泳 8/12 (Canberra 游泳中心) 10:00am - 10:45am	一起做再循环工艺 2:00pm - 4:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起做粘土艺术 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 10:30am	一起玩铁琴 1/6 10:30am - 12:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做坐式瑜伽 10:45am - 11:30am	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	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起水培法 4:00pm - 5:00pm	一起做运动 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	

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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	一起做瑜伽 9:30am - 10:30am	草地滚球比赛 (兀兰西) 9:30am - 1:00pm	
一起黄金尊巴舞 9:30am - 10:30am	乐龄游泳 9/12 (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 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起做运动 (坐式) 10:15am - 11:15am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	趣味攀岩 @ 冒险总部 (Home Team Khatib) 10:30am - 12:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起去 Gai Gai (LKH - 鳄鱼养殖场) 9:00am - 11:00am	一起鉴赏红酒* 2:00pm - 4:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩铁琴 2/6 10:30am - 12:00pm	代际交流 - 中学 (林景中学) 2:30pm - 4:00pm	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	一起做衍纸 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	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	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起水培法 4:00pm - 5:00pm	一起做运动 2:00pm - 3:00pm	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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27	28	29	30	31	
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	跌倒防护与健康计划 (预评估) 9:15am - 11:15am	草地滚球比赛 (碧山) 9:30am - 1:00pm	
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	一起做瑜伽 9:30am - 10:30am	一起做运动 (坐式) 9:30am - 10:30am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	一起来踢球 8/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	一起玩尤克里里琴 (即兴演奏班) 10:00am - 11:30am	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	
一起聊新闻 11:00am - 12:30pm	乐龄游泳 10/12 (Canberra 游泳中心) 10:00am - 10:45am	一起做再循环工艺 2:00pm - 4:00pm	一起来玩射箭 @ City Sprout Bedok 10:00am - 12:00pm	一起做粘土艺术 2:00pm - 4:00pm	
一起来K歌 2:00pm - 5:00pm	一起玩铁琴 3/6 10:30am - 12:00pm	代际交流 - 小学 (林景中学) 2:30pm - 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	
一起玩游戏时间 Rummy-O 2:00pm - 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	跌倒防护与健康计划 (预评估) 12:30pm - 4:30pm	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	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		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。