




# 2026 June

 **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	5	6
<p><b>Vesak Day</b> Off in Lieu (Center Close)</p>	<p>Let's Lawn Bowl* 9:30am - 11:30am</p>	<p>Let's Chair Zumba 9:00am - 10:00am</p>	<p>Let's Yoga 9:30am - 10:30am</p>	<p>Let's Do Seated Exercise 9:30am - 10:30am</p>	
	<p>Let's Join Senior National Games - Heats (OCBC Arena) 9:00am - 1:00pm</p>	<p>Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am</p>	<p>Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am</p>	<p>Let's Adaptive Sports (Senior National Game) 10:30am - 12:00pm</p>	
	<p>Let's SwimSeniors 1/12 (Canberra Swimming Complex) 10:00am - 10.45am</p>	<p>Let's Play with Ukulele (Advanced Techniques) 10:30am - 12:00pm</p>	<p>Let's Chair Yoga 10:45am - 11:30am</p>	<p>Let's Lawn Bowl (Mix) 9:30am - 11:30am</p>	
	<p>Happy Programme 2:00pm - 3:00pm</p>	<p>Let's Do Recycle Art 2:00pm - 4:00pm</p>	<p>Haircut Services for Seniors @ Block 693E Registration Required 10:30am - 12:30pm</p>	<p>Let's Do Clay Art 2:00pm - 4:00pm</p>	
	<p>Let's Do Paper Quilling 2:00pm - 4:00pm</p>	<p>Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm</p>	<p>Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm</p>	<p>Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm</p>	
	<p>Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm</p>	<p>Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm</p>	<p>Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm</p>	<p>Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm</p>	
	<p>Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm</p>				

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**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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	Let's SwimSeniors 2/12 (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 Adaptive Sports (Senior National Game) 10:30am - 12:00pm	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Happy Programme 2:00pm - 3.00pm	Let's Play with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Go Fencing* 10:00am - 12:00pm	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
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 Chair Yoga 10:45am - 11:30am	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	Riang Ria Sekampung* 10:00am - 11.00am	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 Talk News 11:00am - 12.00pm	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
15	16	17	18	19	20
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 Gymnastic* 10:00am - 12:00pm	
Let's Zumba Gold 9:30am - 10:30am	Let's Walking Football 5/13 (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 Adaptive Sports (Senior National Game) 10:30am - 12:00pm	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's SwimSeniors 3/12 (Canberra Swimming Complex) 10:00am - 10:45am	Let's Play with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 2:00pm - 3:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Go Gai Gai (Duck Tour) 10:30am - 12:30pm	Let's Do Clay Art 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 Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	IMDA Digital Club 2:30pm - 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 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 - 4:00pm	
	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
22	23	24	25	26	27
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	ICCP - Let's go Gai Gai (The Albatross File Exhibition) 10:30am - 12:30pm
Let's Zumba Gold 9:30am - 10:30am	SwimSeniors 4/12 (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 Adaptive Sports (Senior National Game) 10:30am - 12:00pm	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Happy Programme 2:00pm - 3.00pm	Let's Ukulele (Jamming) * 10:00am - 11:30am	Let's Archery at City Sprout Bedok 10:00am - 12.00pm	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lion Dance (NTUC Health AACC Kampung Admiralty) 11:30am - 12:30pm	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 Makan Together* 12:00pm - 1:00pm"	
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 Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Crochet 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 Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
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
29	30				
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl** 9:30am - 11:30am				
Let's Zumba Gold 9:30am - 10:30am	Let's Wheelchair Servicing Workshop 9.30am - 11.30am				
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Walking Football 6/13 (Woodlands Sport Pavilion) 10:00am - 11.30am				
Let's Talk News 11:00am - 12:00pm	Let's SwimSeniors 5/12 (Canberra Swimming Complex) 10:00am - 10.45am				
Let's KTV Together* 2:00pm - 5:00pm	Happy Programme 1:00pm - 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 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
1	2	3	4	5	6
卫塞节 补假 (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	一起做瑜伽 9:30am - 10:30am	一起做运动 (坐式) 9:30am - 10:30am	
	全国老年运动会 - 预赛 (华侨银行体育馆) 9:00am - 1:00pm	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 (Senior National Game) 10:30am - 12:00pm	
	乐龄游泳 1/12 (Canberra 游泳中心) 10:00am - 10:45am	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	一起来草地滚球 (男女) 9:30am - 11:30am	
	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	乐龄理发服务 @ Block 693E (需提前预约) 10:30am - 12:30pm	一起做粘土艺术 2:00pm - 4:00pm	
	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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NTUC Health

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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) 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	乐龄游泳 2/12 (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 (Senior National Game) 10:30am - 12.00pm	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 10:30am	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起来击剑* 10:00am - 12:00pm	一起来草地滚球 (男女) 9:30am - 11:30am	
一起聊新闻 11:00am - 12.30pm	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	
一起玩游戏时间 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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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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	我们来做体操吧* 9:30am - 10:30am	
一起黄金尊巴舞 9:30am - 10:30am	一起来踢球 5/13 (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	一起做运动 (Senior National Game) 10:30am - 12:00pm	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 10:30am	乐龄游泳 3/12 (Canberra 游泳中心) 10:00am - 10:45am	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	一起来草地滚球(男女) 9:30am - 11:30am	
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	一起做再循环工艺 2:00pm - 4:00pm	一起去Gai Gai (Duck Tour) 10:30am - 12:30pm	一起做粘土艺术 2:00pm - 4:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做衍纸 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	IMDA 数码技能咨询服务 2:30pm - 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			一起水培法 4:00pm - 5:00pm	

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22	23	24	25	26	27
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) 9:30am - 10:30am	一起去Gai Gai 《信天翁文件: 揭开新马 分家内情》展览 (国家图书馆展厅) 10:30am - 12:30pm
一起黄金尊巴舞 9:30am - 10:30am	乐龄游泳 4/12 (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 (Senior National Game) 10:30am - 12:00pm	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	推广健康老龄化计划 (Happy Programme 开心计划) 2:00pm - 3:00pm	一起玩尤克里里琴 (即兴演奏班) 10:00am - 11:30am	一起来玩射箭 @ City Sprout Bedok 10:00am - 12:00pm	一起来草地滚球 (男女) 9:30am - 11:30am	
一起玩舞狮表演 NTUC Health AACC Kampung Admiralty 11:30am - 12:30pm	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	一起来 makan* 12:00pm - 1:00pm	
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	一起水培法 4:00pm - 5:00pm	一起打保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
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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**NTUC Health**

MON

TUE

WED

THU

FRI

SAT

29	30				
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				
一起黄金尊巴舞 9:30am - 10:30am	一起维修轮椅工作坊 9:30am - 11:30am				
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:30am	一起来踢球 6/13 (Woodlands Sport Pavilion) 10:00am - 11:30am				
一起聊新闻 11:00am - 12:30pm	乐龄游泳 5/12 (Canberra 游泳中心) 10:00am - 10:45am				
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。