

# 2026 March

 **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
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 (17/20)** 9:30am - 10:30am	Let's Do Seated Exercise 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 Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	CALM Maintenance Programme 2/12 (Muscle & Mind) 9:30am - 10:30am	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Gen Together - NTU Volunteer (WE Rummy-O Competition) 2:00pm - 5.00pm	Let's Gen Together - Secondary (Sembawang Secondary School) 2:30pm - 4.00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Celebrate CNY 2026 (Chap Goh Meh Lo Hei) 12:00pm - 2:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 4.00pm	
Let's 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 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	Centre Closed for Staff Training 9:00am - 6:00pm	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (18/20)** 9:30am - 10:30am	Let's Do Seated Exercise Exclusively for Selected Seniors 9:30am - 10:30am	
Let's Zumba Gold 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 Do Crochet 2:00pm - 4:00pm	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am		Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Gen Together - NTU Volunteer 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 4:00pm	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am		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 Talk News 11:00am - 12:00pm		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 Strategise with Kakis (Rummy-O) 2:00pm - 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

16	17	18	19	20	21
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 (19/20)** 9:30am - 10:30am	Let's Do Seated Exercise 9:30am - 10:30am	Selamat Hari Raya Puasa
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 Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Clay Art 2:00pm - 4.00pm	
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	CALM Maintenance Programme 3/12 (Muscle & Mind) 9:30am - 10:30am	Let's Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Gen Together - NTU Volunteer 2:00pm - 5.00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
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 Gen Together - Tertiary (True Origin) @ NTUC Health AACC Kampung Admiralty 2:00pm - 5.00pm	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			
Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm					

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
<b>Selamat Hari Raya Puasa (Off in Lieu) Center Closed</b>	Let's Glockenspiel 9:00am - 10:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Dance through the Eras (20/20)** 9:30am - 10:30am	Let's Do Seated Exercise 9:30am - 10:30am	
	CALM Maintenance Programme 4/12 (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 Lawn Bowl** 9:30am - 11:30am	Let's Ukulele (Jamming) * 10:00am - 11:30am	Let's Gen Together - NTU Volunteer 2:00pm - 5:00pm	"Let's Makan Together* 12:00pm - 1:00pm"	
	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 Do Crochet 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 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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30	31				
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Glockenspiel 9:00am - 10:30am				
Let's Zumba Gold 9:30am - 10:30am	CALM Maintenance Programme 5/12 (Muscle & Mind) 9:30am - 10:30am				
Let's Lim Kopi (Kaki Stretching Exercise*) 9:30am - 10:00am	Let's Lawn Bowl** 9:30am - 11:30am				
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Let's Wheelchair Servicing Workshop 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 play Air-Soft Together* 2:00pm - 4:00pm	Let's Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				
Let's KTV Together* 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					

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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 (Woodlands Sport Pavillion) 10:00am - 11:00am	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起做粘土艺术 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 2/12 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	代际交流 - 大学 (南洋理工大学) Rummy-O 比赛 2:00pm - 5:00pm	代际交流 - 中学 (胜宝旺中学) 2:30pm - 4:00pm	
一起喝咖啡* (只限男性) 10:00am - 11:00am	一起来庆祝元宵 (劳鱼生) 12.00pm - 2.00pm	一起做再循环工艺 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					

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9	10	11	12	13	14
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	员工培训 中心休业	一起跳椅子尊巴 9:00am - 10:00am	舞蹈工作坊 18/20 9:30am - 10:30am	一起跟运动 9:30am - 10:30am	
一起黄金尊巴舞 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	一起钩针编织 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am		一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	代际交流 - 大学 (南洋理工大学) 2:00pm - 5:00pm	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		一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 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					

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MON	TUE	WED	THU	FRI	SAT
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	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 19/20 9:30am - 10:30am	一起跟运动 9:30am - 10:30am	开斋节
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	一起做粘土艺术 2:00pm - 4:00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	CALM 身心保养计划 3/12 9.30am - 10.30am	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	代际交流 - 大学 (南洋理工大学) 2:00pm - 5:00pm	一起打保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
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	代际交流 - 大专学府 (True Origin) @ NTUC Health AACC Kampung Admiralty 2:00pm - 5:00pm	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	
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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
开斋节 补假	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 20/20 9:30am - 10:30am	一起跟运动 9:30am - 10.30am	
	CALM 身心保养计划 4/12 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	一起来 makan* 12:00pm - 1:00pm	
	一起来草地滚球** 9:30am - 11:30am	一起玩尤克里里琴 (即兴演奏班) 10:00am - 11:30am	代际交流 - 大学 (南洋理工大学) 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	一起做再循环工艺 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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MON

TUE

WED

THU

FRI

SAT

30	31				
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				
一起黄金尊巴舞 9:30am - 10:30am	CALM 身心保养计划 5/12 9.30am - 10.30am				
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				
一起聊新闻 11:00am - 12:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm				
一起来玩气枪游戏吧 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm				
一起来K歌 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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