




2026 May

 **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
				Labour Day Centre Closed	
4	5	6	7	8	9
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* (Male Exclusive) 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Yoga 9:30am - 10:30am	Townhall (Center Closed)	
Let's Zumba Gold 9:30am - 10:30am	Let's CALM Maintenance Programme 10/12 (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		
Let's Lim Kopi* (Kaki Stretching Exercise) 9:30am - 10:00am	Let's Walking Football 3/13 (Woodlands Sport Pavilion) 10:00am - 11:30am	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Chair Yoga 10:45am - 11:30am		
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Happy Programme 2:00pm - 3:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Riang Ria Sekampung* (Muslim Programme) 10:00am - 11:00am		
Let's Talk News 11:00am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Talk News 11:00am - 12:00pm		
Let's KTV Together* 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 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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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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NTUC Health

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Community Health Post (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* (Male Exclusive) 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	<p>Let's Lawn Bowl Shortmat Competition by Parabowl Singapore (Event Plaza @ Kampung Admiralty Hub)</p> <p>9:30am - 5:00pm</p>
Let's Zumba Gold 9:30am - 10:30am	Let's CALM Maintenance Programme 11/12 (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	Let's Adaptive Sports (Senior National Game) 10:30am - 12:00pm	
Let's Lim Kopi* (Kaki Stretching Exercise) 9:30am - 10:00am	Happy Programme 2:00pm - 3:00pm	Let's Jam with Ukulele (Advanced Techniques) 10:30am - 12:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's Lawn Bowl* (Practise for Competition) 9:30am - 11:30am	
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 Fun with Tech/ Exergame (Happy Feet) 2:00pm - 4:00pm	Let's Do Clay Art 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 Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	IMDA Digital Club 2:30pm - 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 - 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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ntuc Health

MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* (Male Exclusive) 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Go Kai Kai (Hay Dairies) 9:00am - 11:00am	Let's Do Seated Exercise 9:30am - 10:30am	
Let's Zumba Gold 9:30am - 10:30am	CALM Maintenance Programme 12/12 (Muscle & Mind) 9:30am - 10:30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Yoga 9:30am - 10:30am	Let's Adaptive Sports (Senior National Game) 10:30am - 12:00pm	
Let's Lim Kopi* (Kaki Stretching Exercise) 9:30am - 10:00am	Let's Walking Football 4/13 (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 Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi* (Male Exclusive) 10:00am - 11:00am	Happy Programme 2:00pm - 3:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Chair Yoga 10:45am - 11:30am	Let's go Rock Climbing* (Adventure HQ-HomeTeamNS @ Khatib) 10:30am - 12:30pm	
Let's Talk News 11:00am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Fun with Tech/ Exergame (Happy Feet) 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 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 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
25	26	27	28	29	30
CHP Services (by appointment only) 9:00am - 5:00pm	Let's Lawn Bowl* (Male Exclusive) 9:30am - 11:30am	Hari Raya Haji (Center Closed)	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 Wheelchair Servicing Workshop 9.30am - 11.30am		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 (Kaki Stretching Exercise*) 9:30am - 10:00am	Happy Programme 1:00pm - 2.00pm		Let's Chair Yoga 10:45am - 11:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Lim Kopi (Male Exclusive)* 10:00am - 11:00am	Leave Well Series Legacy Planning Workshop - Advanced Care Planning 2:30pm - 4.30pm		Let's Archery @ City Sprout (Bedok) 10:00am - 12.00pm	Let's Makan Together* 12:00pm - 1:00pm"	
Let's KTV Together* 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm		Let's Gen Together - Primary School (Greenwood Primary School) 3:00pm - 4.30pm	Let's Do Clay Art 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 Strategise with Kakis (Rummy-O) 2:00pm - 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 Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	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	

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MON	TUE	WED	THU	FRI	SAT
				1 劳动节 中心关闭	2
4 服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm	5 一起来草地滚球* (只限男性) 9:30am - 11:30am	6 一起跳椅子尊巴 9:00am - 10:00am	7 一起做瑜伽 9:30am - 10:30am	8	9
一起黄金尊巴舞 9:30am - 10:30am	CALM 身心保养计划 10/12 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	员工培训 中心休业	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	一起来踢球 3/13 (Woodlands Sport Pavilion) 10:00am - 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		
一起喝咖啡* (只限男性) 10:00am - 11:00am	推广健康老龄化计划 (Happy Programme) 2:00pm - 3:00pm	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		
一起聊新闻 11:00am - 12.00pm	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	一起聊新闻 11:00am - 12.00pm		
一起来K歌* 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
11	12	13	14	15	16
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* (只限男性) 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	一起来草地滚球比赛 短垫比赛 Parabowl Singapore (海军部一楼活动广场) 9:00am - 5:00pm
一起黄金尊巴舞 9:30am - 10:30am	CALM 身心保养计划 11/12 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	一起做运动 (Senior National Game) 10:30am - 12.00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	推广健康老龄化计划 (Happy Programme) 2:00pm - 3:00pm	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	一起来草地滚球 (比赛热身) 9:30am - 11:30am	
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	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm	一起做粘土艺术 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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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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* (只限男性) 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起去Gai Gai (Hay Dairies - 羊农场) 9:00am - 11:00am	一起做运动 (坐式) 9:30am - 10.30am	
一起黄金尊巴舞 9:30am - 10:30am	CALM 身心保养计划 12/12 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	一起做瑜伽 9:30am - 10:30am	一起做运动 (Senior National Game) 10:30am - 12.00pm	
咖啡kaki 一起拉筋运动* 9:30am - 10:00am	一起来踢球 4/13 (Woodands 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	一起来草地滚球(男女) 9:30am - 11:30am	
一起喝咖啡* (只限男性) 10:00am - 11:00am	推广健康老龄化计划 (Happy Programme) 2:00pm - 3:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起做坐式瑜伽 10:45am - 11:30am	一起来攀岩* (HomeTeamNS @ Khatib) 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	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩运动游戏时间 (快乐的脚) 2:00pm - 4:00pm	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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25	26	27	28	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* (只限男性) 9:30am - 11:30am	哈芝节 中心关闭	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	一起维修轮椅工作坊 9:30am - 11:30am		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* 9:30am - 10:00am	推广健康老龄化计划 (Happy Programme) 1:00pm - 2:00pm		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	
一起喝咖啡* (只限男性) 10:00am - 11:00am	走得自在系列 - 预先护理计划 2:30pm - 4:30pm		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	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm		代际交流 - 小学 (林景小学) 3:00pm - 4:30pm	一起做粘土艺术 2:00pm - 4:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		一起玩游戏时间 Rummy-O 2:00pm - 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			一起水培法 4:00pm - 5:00pm	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	

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