2026 November

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 Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Dragonboat 9:30am - 11:30am	Happy Programme 2:00pm - 3.00pm	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Dance through the Eras 2/10 9:30am - 10.30am	Gold Aerobic 9:00am - 10:00am	
Let's Zumba Gold 9:30am - 10:30am	Let's Do Paper Quilling 2:00pm - 4.00pm	Let's Jam with Ukulele (Technique) 10:30am - 12:00pm	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	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 Do Clay Art 2:00pm - 4.00pm	
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 Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
Let's KTV Together* 2:00pm - 5:00pm			Let's Dance - Silver Steps (NTUC Health AACC Kampung Admiralty Lv 6) 4.30pm - 5.30pm	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
9	10	11	12	13	14
Happy Deepavali Off in Lieu (Center Closed)	Let's Lawn Bowl* 9:30am - 11:30am	Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
	Digital - Fab Lab Series - Laser Cutting Workshop 10:00am - 1:00pm	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Dance through the Eras 3/10 9:30am - 10.30am	Gold Aerobic 9:00am - 10:00am	
	Happy Programme 2:00pm - 3.00pm	Let's Jam with Ukulele (Technique) 10:30am - 12:00pm	Riang Ria Sekampung* 10:00am - 11.00am	Let's Do Seated Exercise 10:15am - 11:15am	
	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	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 Target together (Gel Blaster)* 2:00pm - 4:00pm	Let's Dragon Boat (Race Day) - Kallang Basin 2:30pm - 6:00pm	
		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	
			Let's Dance - Silver Steps (NTUC Health AACC Kampung Admiralty Lv 6) 4.30pm - 5.30pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
CHP Services (by appointment only) 9:00am - 5:00pm		Let's Chair Zumba 9:00am - 10:00am	Let's Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am		Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Dance through the Eras 4/10 9:30am - 10.30am	Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	**AAC Townhall Staff Training (Center Close)**	Road Safety Talk @ East Coast Park 10:00am - 12:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's KTV Together* 2:00pm - 5:00pm		Let's Jam with Ukulele (Interest Group) 10:30am - 12:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	AAC Dinner and Dance (Center Close at 3pm)	
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 Dance - Silver Steps (NTUC Health AACC Kampung Admiralty Lv 6) 4.30pm - 5.30pm		

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MON	TUE	WED	THU	FRI	SAT
23	**24**	**25**	**26**	**27**	**28**
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 Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	Let's Wheelchair Servicing Session 9.30am - 11.30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Dance through the Eras 5/10 9:30am - 10:30am	Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Happy Programme 2:00pm - 3.00pm	Let's Jam with Ukulele (Interest Group) 10:30am - 12:00pm	Let's Steel Tonic (Lite) (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's KTV Together* 2:00pm - 5:00pm	Let's Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Let's Target together (Gel Blaster)* 2:00pm - 4:00pm	Let's Makan Together* 12:00pm - 1:00pm"	
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 Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	Let's Do Crochet 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 Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4.30pm	
			Let's Dance Let's Intergen Together with Eunoia Junior College Location: NTUC Health Kampung Admiralty 4:30pm - 6:30pm	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
30					
CHP Services (by appointment only) 9:00am - 5:00pm					
Let's Zumba Gold 9:30am - 10:30am					
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am					
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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MON	TUE	WED	THU	FRI	SAT
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	一起来草地滚球** 9:30am - 11:30am	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球（男女） 9:30am - 11:30am	
一起划龙舟 9:00am - 11:30am	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起舞动各个时代 2/10 (Howone) 9:30am - 10.30am	一起跟做运动 (站式) 9:00am - 10.00am	
一起黄金尊巴舞 9:30am - 10:30am	一起做衍纸 2:00pm - 4:00pm	一起玩乌克丽丽 (兴趣班) 10:30am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
咖啡kaki 一起拉筋运动* 一起喝咖啡* 10:00am - 11:00am	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩射击（凝胶弹）* 2:00pm - 4:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起做粘土 艺术 2:00pm - 4:00pm	
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		一起水培法 4:00pm - 5:00pm	一起跳舞吧 让我们跨代共舞 - 尤诺亚初级学院 4:30pm - 6:30pm	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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MON	TUE	WED	THU	FRI	SAT
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屠妖节 补休 （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	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球（男女） 9:30am - 11:30am	
	激光切割工作坊 10:00am - 1:00pm	一起普拉提轻度训练 (海军部一楼活动广场) 10:00am - 11:00am	一起舞动各个时代 3/10 (Howone) 9:30am - 10.30am	一起跟做运动 (站式) 9:00am - 10.00am	
	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起玩乌克丽丽 (兴趣班) 10:30am - 12:00pm	一起来 Riang Ria (马来族专属） 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
	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 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	
	一起水培法 4:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩射击 (凝胶弹枪) * 2:00pm - 4:00pm	一起划龙舟 (比赛日）- 加冷 2:30pm - 6:00pm	
		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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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	员工培训 （中心关闭）	一起跳椅子尊巴 9:00am - 10:00am	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球（男女） 9:30am - 11:30am	
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	一起舞动各个时代 4/10 (Howone) 9:30am - 10.30am	一起跟做运动 (站式) 9:00am - 10.00am	
咖啡kaki 一起拉筋运动* 一起喝咖啡 * 10:00am - 11:30am		道路安全讲座 @ 东海岸公园 10:00am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
一起来K歌 2:00pm - 5:00pm		一起玩乌克丽丽 (兴趣班) 10:30am - 12:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	员工晚宴和舞会 （中心3点后关闭）	
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	一起跳舞吧 让我们跨代共舞 - 尤诺亚初级学院 4:30pm - 6:30pm		

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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	一起跟做运动 (坐式) (马来族专属) 8:30am - 9.30am	一起来草地滚球（男女） 9:30am - 11:30am	
一起黄金尊巴舞 9:30am - 10:30am	轮椅维修工作坊 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	一起舞动各个时代 5/10 (Howone) 9:30am - 10.30am	一起跟做运动 (站式) 9:00am - 10.00am	
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	一起玩乌克丽丽 (兴趣班) 10:30am - 12:00pm	一起做 Steel Tonic Lite (海军部一楼活动广场) 10:00am - 11:00am	一起跟做运动 (坐式) 10:15am - 11.15am	
一起来K歌 2:00pm - 5:00pm	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	一起玩射击（凝胶弹）* 2:00pm - 4:00pm	一起来makan 12:00pm - 1.00pm	
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	一起钩针编织 2:00pm - 4:00pm	
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	一起打保龄球 (胡姬乡村俱乐部) 2:30pm - 4:30pm	
			一起跳舞吧 让我们跨代共舞 - 尤诺亚初级学院 4:30pm - 6:30pm	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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30					
服务 - 健康检查 (护士和健康教练) 预约 9:00am - 5:00pm 一起黄金尊巴舞 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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