

2026 October

 **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	3
			Let's Go Gai Gai - AAC Day 2026 (Center Closed)	Let's Lawn Bowl (Mix) 9:30am - 11:30am	
				Let's Gold Aerobic 9:00am - 10:00am	
				Let's Do Seated Exercise 10:15am - 11:15am	
				Let's Do Clay Art 2:00pm - 4.00pm	
				Strategise with Kakis (Rummy-O) 2:00pm - 5.00pm	
				Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10
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 Do Seated Exercise (Malay Exclusive) 8:30am - 9:30am	Let's Lawn Bowl (Mix) 9:30am - 11:30am	Let's go Gai Gai (Jurong Fishery Port) 2:00am - 4:00am
Let's Dragonboat 9:30am - 11:30am	Let's Gel Blaster 10:00am - 11:00am	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 Walking Football (Final) One Tampines Hub 9:30am - 11:30am	
Let's Zumba Gold 9:30am - 10:30am	HAPPY Programme 2:00pm - 3:00pm	Let's Jam with Ukulele 10:30am - 12:00pm	Riang Ria Sekampung* 10:00am - 11:00am	Let's Gold Aerobic 9:00am - 10:00am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	Let's Do Paper Quilling 2:00pm - 4:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Community Fall to Fit - 9/10 9:30am - 11:30am	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Talk News 11:00am - 12:00pm	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 Do Crochet 2:00pm - 4:00pm	
Let's KTV Together* 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Bowl at Orchid Bowl (OCC)* 2:30pm - 4:30pm	
Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm				Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
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 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	Let's Wheelchair Servicing Workshop 9.30am - 11.30am	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Community Fall to Fit - Post Assesment 9:30am - 1:30pm	Let's Gold Aerobic 9:00am - 10:00am	
Let's Zumba Gold 9:30am - 10:30am	HAPPY Programme 2:00pm - 3:00pm	Let's Jam with Ukulele 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	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	CEO Town Hall sharing (Center Closed)	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Clay Art 2:00pm - 4:00pm	
Let's KTV Together* 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	IMDA Digital Club 2:30pm - 4:00pm	
Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm				Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm				Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 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	Let's Gel Blaster 10:00am - 11:00am	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 Gold Aerobic 9:00am - 10:00am	
Let's Zumba Gold 9:30am - 10:30am	Let's Gen Together - Primary Sengkang Primary School Location: Fab Lab - Kampung Admiralty 11:00am - 12:30pm	Let's Do Recycle Art 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Seated Exercise 10:15am - 11:15am	
Let's Lim Kopi (Male Exclusive)* (Kaki Stretching Exercise*) 10:00am - 11:00am	HAPPY Programme 2:00pm - 3:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Gen Together - Primary Sengkang Primary School Location: Fab Lab - Kampung Admiralty 11:00am - 12:30pm	
Let's KTV Together* 2:00pm - 5:00pm	Let's Do Paper Quilling 2:00pm - 4:00pm		Let's Dance & Let's Gen Together with Eunoia Junior College @ NTUC Health Kampung Admiralty 5:00pm - 6:00pm	Let's Do Crochet 2:00pm - 4:00pm	
Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm			Let's Gen Together with Tertiary (True origin) Youth Corp Location: NTUC Health Kampung Admiralty 2:30am - 5:00pm	
Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm			Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
				Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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MON

TUE

WED

THU

FRI

SAT

26	27	28	29	30	31
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 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	Let's Archery at City Sprout Bedok 10:00am - 12:00pm	Let's Piloxing Lite (Kampung Admiralty Event Plaza) 10:00am - 11:00am	Let's Dance through the Eras 1/10 9:30am - 10:30am	Let's Gold Aerobic 9:00am - 10:00am	
Let's Zumba Gold 9:30am - 10:30am	Happy Programme 2:00pm - 3:00pm	Let's Gen Together with Primary Sengkang Primary School Location: Fab Lab - Kampung Admiralty 11:00am - 12:30pm	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	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Do Recycle Art 2:00pm - 4:00pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Gen Together with Primary Sengkang Primary School Location: Fab Lab - Kampung Admiralty 11:00am - 12:30pm	
Let's KTV Together* 2:00pm - 5:00pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Gen Together - Primary Riverside Primary School Modern Dance 2:30pm - 3:30pm	Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	Let's Makan Together* 12:00pm - 1:00pm"	
Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm		Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	Let's Dance & Let's Gen Together with Eunoia Junior College @ NTUC Health Kampung Admiralty 4:30pm - 6:30pm	Strategise with Kakis (Rummy-O) 2:00pm - 5:00pm	
Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm		Stay Green Together (Gardening/ Hydroponics) 4:00pm - 5:00pm	

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

			1	2	3
			AAC 日 (中心关闭)	一起来草地滚球(男女) 9:30am - 11:30am	
				一起跟做运动(站式) 9:00am - 10:00am	
				一起跟做运动(坐式) 10:15am - 11:15am	
				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	

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MON

TUE

WED

THU

FRI

SAT

5	6	7	8	9	10
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	一起去 Gai Gai Jurong Fishery Port 2:00am - 4:00am
一起划龙舟 9:00am - 11:30am	一起玩凝胶弹枪 10:00am - 11:00am	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	一起来踢球决赛 (One Tampines Hub) 9:30am - 11.30am	
一起黄金尊巴舞 9:30am - 10:30am	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起玩尤克里里琴 (技巧) 11:30am - 1:00pm	一起来 Riang Ria (马来族专属) 10:00am - 11:00am	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 - 11:00am	一起做衍纸 2:00pm - 4:00pm	一起做再循环工艺 2:00pm - 4:00pm	Fall to Fit 运动 9/10 9:30am - 11:30am	一起跟做运动 (坐式) 10:15am - 11.15am	
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	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	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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12	13	14	15	16	17
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	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	Fall to Fit 运动后评估 9:30am - 1:30pm	一起跟做运动 (站式) 9:00am - 10.00am	
一起黄金尊巴舞 9:30am - 10:30am	推广健康老龄化计划 (Happy Programme 快乐计划) 2:00pm - 3:00pm	一起玩尤克里里琴 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 - 11:30am	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	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	一起水培法 4:00pm - 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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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	一起玩凝胶弹枪 10:00am - 11:00am	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	一起跟做运动 (站式) 9:00am - 10:00am	
一起黄金尊巴舞 9:30am - 10:30am	代际交流 - 小学 1/3 Sengkang Primary ESchool Fab Lab - Kampung Admiralty 11:00am - 12:30pm	一起玩尤克里里琴 10:30am - 12:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	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 - 11:30am	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	一起水培法 4:00pm - 5:00pm	代际交流 - 小学 2/3 Sengkang Primary School Fab Lab - Kampung Admiralty 11:00am - 12:30pm	
一起来K歌 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	一起跳舞吧 让我们跨代共舞 - 尤诺亚初级学 院 5:00pm - 6:00pm	一起钩针编织 2:00pm - 4:00pm	
一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	一起水培法 4:00pm - 5:00pm		代际交流 - 大专 True Origin - Youth Corp NTUC Health AACC Kampung Admiralty 2:30pm - 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	

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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	
一起划龙舟 9:00am - 11:30am	一起来玩射箭 @ City Sprout Bedok 10:00am - 12:00pm	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 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	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 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 - 11:30am	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	代际交流 - 小学 2/3 Sengkang Primary School Fab Lab - Kampung Admiralty 11:00am - 12:30pm	一起玩游戏时间 Rummy-O 2:00pm - 5:00pm	代际交流 - 小学 2/3 Sengkang Primary School Fab Lab - Kampung Admiralty 11:00am - 12:30pm	
一起聊新闻 11:00am - 12:30pm	一起水培法 4:00pm - 5:00pm	一起做再循环工艺 2:00pm - 4:00pm	一起水培法 4:00pm - 5:00pm	一起来 makan* 12:00pm - 1:00pm	
一起来K歌 2:00pm - 5:00pm		代际交流 - 小学 Riverside Primary School 现代舞 2:30pm - 3:30pm	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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